



# Healthy Cooking School

Are you ready to make a healthy change in your eating plan? Would you like to learn some basic kitchen skills? Then join us for this free 6-week series. You will get hands-on experience with a basic kitchen skill, sample a featured recipe of the week, and get some information on reaching a healthy weight.

<b>When/Where</b>	<b>Kitchen Skill</b>	<b>Recipe</b>	<b>Healthy Weight</b>
Monday, January 23 5:00 pm Lifeskills Center (Basement)	How to chop an onion	Can Opener Salsa	Why we eat what we eat
Monday, January 30 5:00 pm Lifeskills Center	How to measure every- thing	Whole wheat waffles with yogurt and fruit	Design Your Plan
Monday, February 6 5:00 pm Extension Office	How to make bread	Simple Artisan Bread	Feeling Good About food
Monday, February 13 5:00 pm Extension Office	How To Boil Water	Pasta with Chicken and Spinach	Bodies in Motion
Monday, February 20 5:00 pm Extension Office	Kitchen Shortcuts	Crock Pot Fajitas	Build Your Strength
Monday, February 27 5:00 pm Lifeskills Center	An Apple A Day	Healthy Peanut Butter Dip	Shed 5 lb. with Ward- robe Basics

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