

Budget Cooking Classes (Demonstration Style)

April 7	On the Menu: <ul style="list-style-type: none">- Chicken with Rice and Ground Beef- Tomato and Cucumber Salad- Hummus Dip (Garbanzo)- Baked Pita Chips – with and without herbs
Jun. 3	On the Menu: <ul style="list-style-type: none">- Spinach with Ground beef - served with Rice- Chicken and Pinto Beans - served with Rice- Eggplant Dip- Baked Pita Chips
Aug. 5	On the Menu: <ul style="list-style-type: none">- Lentil Soup (Brown Lentil and Spinach)- Green Beans (Stew Style)- Coleslaw Salad- Lentil (Brown Lentil, Stew Style)
Oct. 7	On the Menu: <ul style="list-style-type: none">- Lentil Soup (Red Lentil served with Baked Pita Chips)- Feta Cheese baked on English muffin- Cheese baked on English muffin (Jack/Mozzarella, onions & parsley)
THANK YOU	END OF COOKING CLASSES