

MEDITERRANEAN COOKING CLASSES



4-session series- learn about one of the healthiest diets in the world

Learn basic cooking skills- no culinary experience needed

Teams will prepare a variety of dishes in each class to be sampled by all

Attend one or more: \$30 for YMCA members/\$45 non-members per class

**JA Henry YMCA Teaching Kitchen- across from Eastlake Academy
3500 Dodds Ave Suite 108, Chattanooga 2:00-4:00PM**

**We cannot substitute foods for those with dietary restrictions.
Class size limited. No refunds 4 days prior to class. Adults only.
Register at QR codes below.**

March 3- Flavors of the Mediterranean

Explore the herbs & spices of region plus the joys of olive oil! Spice up your pasta!



March 5- Fish & Nuts

Turn these nutritious ingredients into healthy, tasty proteins & snacks.



March 10- Versatile Beans & Peas

From snacks to main dish to dessert! Falafel waffles may be your new favorite treat!



March 12- Across the Grains & Veggies

Experience new combinations that are easy to prepare! Bulgur & feta, oh my!



University of Tennessee Extension professional & volunteers with 100+ years' experience will share practical, budget-friendly tips to incorporate healthier foods and preparation methods for nutritious meals. Come prepared for fun, hands-on adventure! Contact Austin Winter at awinter@ymcachattanooga.org or (423) 805-3361 for more information.



Real. Life. Solutions.

