

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

**Note location change: UT Extension- 6183 Adamson Circle,
Chattanooga 2:00-4:00PM**

Registration deadline 48 hours prior to class.

**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 or call 423-209-8560 M-F 8:00-4:30.**

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 jpuett@utk.edu or (423) 209-8560 for more information.



Real. Life. Solutions.

UT EXTENSION
INSTITUTE OF AGRICULTURE
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