

# MEDITERRANEAN COOKING

2-session series- Choose one or both! \$40 per class

Learn about one of the healthiest diets in the world

Practice basic & new cooking skills- no culinary experience needed

Teams will prepare a variety of dishes.



Location: UT Extension- 6183 Adamson Circle, Chattanooga  
We cannot substitute foods for those with dietary restrictions.  
Class size limited. No refunds 5 days prior to class. Adults only.  
Call 423-209-8560 M-F 8:00-4:30 for more info

Choose one or both: August 6<sup>th</sup> (1:00-3:00)  
or 11<sup>th</sup> (10:00-12:00)

Explore the herbs & spices of the Mediterranean region plus the joys of olive oils

Learn to incorporate this eating pattern into main dishes, snacks & dessert.

Try easy, quick recipes that are easy on the budget. Spice up your pasta!

Take home recipes & cooking tools to make meal prep easy & fun!



THE CHATTERY

Real. Life. Solutions.

**UT EXTENSION**  
INSTITUTE OF AGRICULTURE  
THE UNIVERSITY OF TENNESSEE

Clip & mail form with check made to University of Tennessee Extension OR  
Check back later to [Hamilton.Tennessee.edu](http://Hamilton.Tennessee.edu) for QR codes for credit card OR

Mail to UT Extension, 6183 Adamson Circle, Chattanooga, TN 37416 OR pay in-person (check, credit card or cash) M-F 8-4:30.

Participant(s) Name(s): \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Amount enclosed: \$ \_\_\_\_\_ \$40 per person per class

Check class(es) attending: \_\_\_\_\_ August 6 1:00-3:00 \_\_\_\_\_ August 11 10:00-12:00