

MEDITERRANEAN COOKING CLASSES



- 2-session series – Choose one or both! \$38.00 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
- Class size limited
- No refunds 5 days prior to class
- Adults only
- **Questions?** Call (423) 209-8560, Monday – Friday, 8:00 – 4:30
- **NOTE:** We cannot substitute foods for those with dietary restrictions



Choose one or both classes:

August 6th 1:00 – 3:00
August 11th 10:00 – 12:00



- *Explore the herbs and 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*
- *Take home recipes and cooking tools to make meal prep fun! Spice up your pasta!*



THE CHATTERERY

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UT EXTENSION
INSTITUTE OF AGRICULTURE
THE UNIVERSITY OF TENNESSEE

Register online at <https://thechatterery.org> OR clip and mail (or drop off) form below with check made payable to the University of Tennessee. Mail or bring to UT Extension, 6183 Adamson Circle, Chattanooga, TN 37416. Office hours: M-F, 8:00-4:30.

Check class(es) attending:

Name: _____

_____ August 6 1:00 – 3:00

Phone: _____

_____ August 11 10:00 – 12:00

Email: _____