

Healthy Cooking Club

Cost: \$15 per class or \$40 for all three

Dates: Tuesday, April 29th

Tuesday, May 27th

Tuesday, June 24th

Time: 4:30-6:30 PM

Location: 31 Woodland Rd., Waltham, MA

Details: This cooking club takes participants on a scrumptious tour across the globe, as well as to their local farmers' markets! Emphasizing fresh vegetables and whole foods, this course caters to those who are looking to add local and global spice and excitement to their diet while reaping the health benefits that come from choosing a plant based diet. This is a hands-on cooking club, not a sit-down lecture, so come prepared to be a chef for a night! Participants will dine on their culinary creations at the end of each class.



April: Vegetarian Cooking with Early Spring Vegetables for Everyone

Participants learn easy, delicious recipes featuring early spring vegetables including sweet peas, crisp asparagus, and luscious artichokes.

Menu:

Spinach and Artichoke Dip

Spring Veggie Stir-Fry

Refreshing Tomato and Watermelon Salad

