



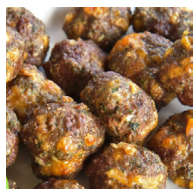
# COOKING CLASS

## 6 Ingredients, 3 Easy Meals

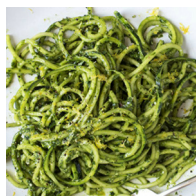
Try something new! Attend this cooking class to learn how to make 3 easy dishes with just 6 ingredients. You will participate in making the dishes, get a cooking demonstration, and be able to taste the final product. See for yourself how EASY, HEALTHY, and DELICIOUS these dishes are!

Instructed by Florey Miller, MS, RD, CDE & Natalia Garcia, RDN, LDN, CISSN, CHWC

### Menu Includes



*Meatballs with fresh herbs and garlic*



*Zoodles with pesto*



*Cauliflower fried rice*

| Date                   | Time          | Location  |
|------------------------|---------------|---|
| Saturday, February 9th | 1:00p - 3:00p | Central Library, Auditorium<br>1301 Barcarrota Blvd W., Bradenton |
| Monday, February 11th  | 5:15p - 7:00p | Central Library, Auditorium<br>1301 Barcarrota Blvd W., Bradenton |

**Register at [www.manateeyourchoice.com/register](http://www.manateeyourchoice.com/register)**

(Select "Cooking Class" in the dropdown menu or use the search bar)



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