



HEALTHY COOKING

Healthy Italian Eats

Class menu includes Fusion Avocado-Caprese Salad in Parmesan Crisps, Mediterranean Sweet Potatoes, Eggplant Rollitini, and Strawberries with Black Pepper and Balsamic.

September 14 Thursday 7 pm - 9 pm \$49

Harvest Veggie Clean Eating with Quinoa

This fabulous fall menu includes Quinoa-Apple-Gruyere Stuffed Mini Peppers, Quinoa/Roasted Veggie Bowl, and Quinoa Black Bean Burgers and Butternut Squash Polenta

October 12 Thursday 7 pm - 9 pm \$49

Thanksgiving Favorites to Complement Your Bird

Classic recipes with a healthy twist include Turkey-Apple-Havarti Quesadillas, Cranberry-Orange Cornbread Stuffed Acorn Squash Rings, Roasted-Mashed Cauliflower, and Quick Baked Pears.

November 16 Thursday 7 pm - 9 pm \$49

Christmas Non-Traditional Dessert All Year, Every Day

These fruit-centered recipes include Baked Bananas with Huli-Huli Sauce, No-Crust Apple Pies and Apple Rosettes, Cherry Pie Wontons, and Roasted-Mango-Pineapple Bananas with Maple Glaze.

December 14 Thursday 7 pm - 9 pm \$49

Class Location: [Father Bill's Kitchen, St. Vincent de Paul CDA](#)
1317 N 1st St, CDA 83814

Enroll now online at www.workforcetraining.nic.edu
or call (208) 769-3214



North Idaho College

Workforce Training and Community Education

