



## **January/February 2010**

January and February are wonderful months to learn a new skill. Make your New Year's resolution to sharpen your culinary skills and to create some great new recipes at home. Whether it is a casual Super Bowl party menu for friends or a romantic dinner for your special someone, Chef Angela can teach you how to pull it off in style! Come to the culinary workshop with your friends for a great night out for only \$20! The lesson is always followed by a delicious tasting of the menu from the evening. Call the courtesy desk to register for the classes. Seating is limited, so register early!

### **Cooking Healthy and Frugally**

(Wednesday, January 13th- 6:30-8:30 pm)

Chef Angela will be teaching a class for the thrifty, health- conscious eater utilizing the ShopRite Flyer. She will also have a nutritious dish for vegetarians.

#### **Menu includes:**

**Grilled Flank Steak with Balsamic Glaze (low fat)**

**Cuban Black Beans and Brown Rice (vegetarian)**

**Use the ShopRite flyer to create a budget-friendly salad**

**Use the ShopRite flyer to create a budget-friendly dessert**

### **Big Game Buffet**

(Wednesday, January 27th-6:30-8:30 pm)

Score the first touchdown with this selection of easy-to-make and delicious Big Game dishes.

#### **Menu includes:**

**Mango and Plum Grilled Pork Skewers**

**Loaded Baked Potato Soup**

**Cornmeal-crust catfish bites with dipping sauce trio**

**Broccoli Cheddar Rolls**

**Bruschetta and Fresh Mozzarella Tartlets**

## **Roman Holiday**

(Wednesday, February 3rd-6:30-8:30pm)

Savor the splendor of Rome. Nothing says Mediterranean more than feta cheese, polenta, and biscotti. Buon appetito!

### **Menu Includes:**

**Cherry Tomato and Hearts of Palm Salad with Feta and Basil**

**Italian "Porchetta"**

**Garlicky Broccoli Rabe and Roasted Peppers over Toasted Corn Polenta**

**Easy Cherry Almond Biscotti Bake**

## **Heart To Heart: Valentine's Day**

(Wednesday, February 10th-6:30-8:30pm)

Shower your Sweetheart with Valentine's Day love wrapped in creamy risotto with a chocolate mocha bow on top.

### **Menu Includes:**

**California-style Citrus and Avocado Salad**

**Scallops with Pistachio Butter and Barley Risotto**

**Herbed Chayote**

**Dark Chocolate Heart-shaped Ramekins**

## **Savor Sorrento!**

(Wednesday, February 24th- 6:30-8:30pm)

Fit and Fabulous is what you'll be if you "Live Right" with our nutritious recipes!

### **Menu Includes:**

**Cannellini Bean and Roasted Pepper Salad with Lemon-Basil Vinaigrette**

**Confetti Spaghetti Squash**

**Sorrento- Style Salmon**

**Almond-Oat stuffed Baked Apple**