



THE ALLEN CENTER FOR NUTRITION  
**New Cooking Classes!**

[cedarcrest.edu/HSK](https://cedarcrest.edu/HSK)



Please share our schedule! To register, visit: <https://hskclasses.eventbrite.com>

### [Hands-on Cooking Classes, Tastings & Demonstrations](#)

#### **7/14/18 – Cooking Class: Making Perfect Risotto & Gnocchi, 10 AM - 1 PM**

Led by Chef Kieffer, practice the techniques for making perfect risotto Milanese and risotto cakes with any leftovers. Then, learn the secrets of making delicate ricotta gnocchi: you will never have to eat heavy, frozen supermarket “sinkers” again. Register today!

#### **7/21/18 – Cooking Class: Cooking for Kids, 10 AM - 12 PM**

Children can be the harshest mealtime critics. Children who participate in the cooking process are more likely to try the food. Chef Kingsbury shares tips on how to have quality time cooking with your children and save time preparing meals. Join her to make delicious mini meatloaf made with ground turkey and butternut squash macaroni and cheese. This class is for adults but techniques are designed to share with your children. Enjoy learning new techniques!

#### **8/4/18 – Cooking Class: Latin Inspired Appetizers, 10 AM - 1 PM**

Chef Kieffer is the queen of party appetizers! In this hands-on class, you will learn to make Latin-inspired appetizers such as empanadas, stuffed jalapenos, corn cups with green chili, and arepitas with chorizo. These are hearty enough to be a light dinner, too. Register today!

#### **8/11/18 – Professional Workshop - Knife Skills for Registered Dietitians (RDs) and Family & Consumer Sciences Teachers (FACS), 10 AM – 12 PM**

This hands-on workshop is rescheduled from the March snowstorm. Led by Chef Jeffrey Elliot, you will be standing and practicing knife skill for the entire class. Continuing education credits will be provided for RDs and FACS teachers. **For details, please email Krya Conway at [kjconway@cedarcrest.edu](mailto:kjconway@cedarcrest.edu).** Registration has opened and space is limited.

#### **8/18/18 - Cooking Class:**

##### **Homemade Pita Bread, Dried Chickpea Hummus & More, 10 AM - 1 PM**

Led by Chef Kieffer, make homemade pita bread, garlic pita chips, hummus all from dried chickpeas, baharat spice mix, and tehina. Prepare three types of hummus: the ultimate classic hummus tehina, roasted red pepper hummus, and Jerusalem hummus with ground beef. You may never buy the store versions of these foods again! Space is limited. Register today!