

Mediterranean Hands-On Cooking Class

Join together with others to prepare a delicious Mediterranean style meal. You will prepare the recipes and then gather to share in a meal

- **Quick Minestrone Soup**
- **Italian Beef and Chicken Patties**
- **Medley of Roasted Vegetables**
- **Rosemary Polenta**
- **Poached pears with orange sauce**

Date: Tuesday, February 16th

Time: 5:00 - 8:00 p.m.

Where: Our Savior's Lutheran Church
145 E. Lisbon Rd., Oconomowoc

Cost: \$10.00 (includes recipes & generous samples)

ProHealth Care Dietitian Margaret Pfeiffer,
author of *Smart 4 Your Heart* will be your instructor

To register call Tammy Gallow 414-750-4546
Limited to the first 25 people to register

