

COOKIN' UP FUN

with Veggies

Vegetables often get stereotyped as being the most boring food group... To help dispel that myth, *"Cookin' Up Fun with Veggies"* is an opportunity to learn creative, tasty ways to serve this very versatile food group. **This is a fun, hands-on learning session for individuals of any skill level.**



The site of the workshop is the Bridgerland Applied Technology College in Logan and we'll be working under the direction of John Krusi, Instructor of Culinary Arts.

- Participants will learn the proper use of kitchen utensils in preparing simple, quick and easy ways to cook vegetables.
- We'll pair off into groups of 3-4 to learn some recipes that you could cook at home and add to a meal to make it nutritious, balanced, and full of colorful nutrients.

All materials and supplies will be provided. All you need to bring is your excitement and creativity. Come ready to learn and have some fun!