

Kitchen Confidence Cooking Series

Monthly Cooking Demonstrations

Learn how to prepare nutritious and flavorful foods and perfect your cooking techniques. Nutrition tips supplement each dish. Enjoy samples and take home recipes.

January 26th • Noon - 1 pm

Lincoln Complex Kitchen • 915 Locust SE

To Register for this Demo please go to:

https://www.research.net/r/Jan26_MO_Cook

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For more information, please send an email to Melani.BuchananFarmer@aps.edu