

June 2010



• Register at our
Guest Service Desk or
by calling (970) 267-9200•



TASTE WHAT LOCAL HAS TO OFFER!

CLASS KEY:

D = **Demonstrative class.** Lots of food and learning going on here!

H = **Hands-on class.** Come ready to roll up your sleeves, learn and to have some great food!

I = **Informative class.** More of an educational tool, expect to learn more and eat less than other classes.

F = **Fast-Fix class.** This quick demonstration is shorter than the rest but is jam-packed with food, facts and fun in 30 minutes or less!

Can't Beat These Breakfasts-Cheap, Easy, Fast & Healthy!

F

Wednesday, June 9th 6:30 to 7 p.m.

Join Healthy Eating Specialist Jill Chodak for a Fast-Fix demonstration on great ways to start your day without the calories or preservatives! The samples will range from a fresh-made smoothie to homemade oatmeal.

Cost is \$10 and is limited to 10 students

Great Grilling! Homemade Rubs and Spices that Wow

H

Friday, June 11th 6:30 to 8:30 p.m.



Grilling season is here! Ditch the pre-packaged, expensive spice blends for healthier homemade rubs that wow! Join veteran cooking instructor Malini Bartels for this hands-on class that includes:

- ~Garam Masala Chicken Skewers
- ~Moroccan Rubbed Pork Chops
- ~Simply Spiced Basmati Rice with grilled vegetables

Cost is \$30 and is limited to 12 students

Introduction to Nutrient-Dense Eating

Wednesday, June 16th 6:30 to 8 p.m.

H

**Back by
Demand**

Learn how to pack the most nutrients into each bite! Join Healthy Eating Specialist Jill Chodak as she shares a menu according to the 4 Pillars: Low Fat, Plant-Based, Nutrient Dense, Whole Foods. Menu includes:

- ~Homemade Hummus and Pita Chips
- ~Roasted Beet Salad with Arugula, Pears, Walnuts and Balsamic
- ~From the Pantry, Easy Weeknight Veggie Chili
- ~Refreshing Fruit Smoothie

Cost is \$30 and is limited to 12 students



Date Night! Italian Cuisine

H

Friday, June 18th 6:30 to 8:30 p.m.

Take a journey through Sicily and its amazing food! LOCAL Singing Caterer Marianna Perez will share her old family recipe for Chicken Cacciatore, among others, as our cooking school is transformed into an Italian Bistro! Join in on the fun as you get your hands on making this menu:

- ~Quick Focaccia Bread
- ~Antipasto Salad
- ~Chicken Cacciatore (hunter's stew)
- ~Italian Ice with Fresh Fruit
- ~Sparkling Grape Juice



Cost is \$40 per person and is limited to 12 students

Back by Demand

Fresh from the Farm Series with Grant Family Farms

D

Thursday, June 24th 6:30 to 8:30 p.m.

As farms prepare to get their first CSA boxes out for the season we're ready to show you how to use all those veggies! Learn to create simple, tasty and quick meals using LOCAL foods fresh from the farm. Some of the featured ingredients in this class will be leafy greens, peas and herbs.

Cost is \$30 for non-CSA members and \$25 for Grant Farms CSA members

Class is limited to 24 students

Gluten-Free Gourmet

H

Friday, June 25th 6:30 to 8:30 p.m.

Famed author of "The Gluten-Free Almond Flour Cookbook," chef and LOCAL, Elana Amsterdam, will create quick and savory weeknight meals that are gluten-free AND savory! Her menu includes:

- ~Thai Chicken Soup
- ~Chicken Wraps with Satay Sauce
- ~Asian Cole Slaw
- ~Raw Kale Salad with Sesame Dressing
- ~Banana Cream Pie Cupcakes
- ~Chocolate Chip Cookies

GLUTEN-FREE

Cost is \$40 and is limited to 12 students

YOU'RE INVITED

Our 6th Birthday Party!

**Let's Celebrate with a FREE Rocky Mountain Luau
Saturday, June 26th Noon to 4 p.m.**

**Festivities include:: Live DJ & Tahitian Dancers, Give-Aways, Face Painting,
Grilling Specials, Birthday Cake, Food Demos & Limbo Contests!!!**



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Find Whole Foods Fort Collins on Facebook for classes, news and sales!

2201 S. College Ave. Fort Collins, CO www.wholefoodsmarket.com