



What to cook?

Do you . . .

- need some kitchen inspiration?
- want to cook a little healthier?
- want more control over the ingredients in your food?
- want to learn new tips and tricks?

Join Kate Shumaker, OSU Extension Educator and Registered Dietitian, at Cooking with Kate for a fun perspective on food.

- Watch new recipes being prepared.
- See helpful kitchen gadgets in action.
- Gain practical cooking tips and techniques.
- Taste all of the foods prepared.

Where & When

Where:

Love Center Community Room
1291 Massillon Rd (St. Rt. 241)
Millersburg, OH 44654

Dates and Times:

Tuesdays, April 2, 9 & 16, 2019
6 to 8 p.m.

- or -

Wednesdays, April 3, 10 and 17, 2019
10:30 a.m. to 12:30 p.m.

Cost:

\$10 per person

* Free to Food Pantry Clients



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU Extension Holmes County

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OHIO STATE UNIVERSITY
EXTENSION

Cooking with Kate

Fresh and Flavorful



OSU Extension Holmes County

holmes.osu.edu

Why eat at home?



Preparing and eating meals at home is an important step toward eating healthy. Too many of us eat out in restaurants and on the go more than we should. When we eat out we usually eat more calories, fat, and sugar; fewer fruits and vegetables; fewer whole grains; and fewer low-fat dairy products.

Home-cooked food is usually lower in saturated fat, sodium, and sugar and higher in good nutrients like fiber, calcium, and iron. Why is this so? When you prepare food at home, you get to choose the ingredients.

Eating at home helps you make other healthy choices. You can include more fruits and vegetables in your main dish and side dishes and for dessert.

Meals you prepare and eat at home don't have to be fancy and don't have to take a lot of time. Preparing a simple meal at home takes about as much time as driving to a fast food restaurant or ordering a pizza.

You **CAN** have *easy, quick*, and *healthy* meals at home.

Source: eXtension.org

Cooking with Kate
is divided into 3 lessons,
each focusing on easy and
delicious dishes.

Week 1 (April 2/3)

Bright and Flavorful

- Grilled Korean Flank Steak
- Lasagna Toasts
- Chipotle Rice Casserole
- Easy Chocolate Mousse

Week 2 (April 9/10)

Dinner is Served

- Maple Glazed Salmon
- Green Beans with Mushrooms
- Creamy Mushroom Cavatappi
- Garlic Cheddar Chicken Bake

Week 3 (April 16/17)

Great for Gatherings

- Chicken Fajita Filling
- Greek Chicken Dippers
- Bloody Mary Tomato Salad
- Jam Crumble Bars

Registration Form

*Pre-registration by **March 25, 2019**
is requested.*

Cooking with Kate classes

Where: Love Center Community Room

Cost: \$10 per person

** Free to Food Pantry Clients*

To register

Call: OSU Extension @ 330-674-3015

- or -

Mail: 75 E Clinton St., Suite 109
Millersburg, OH 44654

Choose one:

- ☐ Tuesday evenings
☐ Wednesday mornings

Name: _____

Address: _____

Phone: _____

Email: _____

☐ \$10 fee enclosed

(check payable to OSU Extension)

