



What to cook?

Do you . . .

- *need some kitchen inspiration?*
- *like to cook seasonal dishes?*
- *want quick recipes to impress your friends?*
- *want to learn new tips and tricks?*

Join Kate Shumaker, OSU Extension Educator and Registered Dietitian, at ***Cooking with Kate*** for a new 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: Love Center Community Room
1291 Massillon Rd (St. Rt. 241),
Millersburg

Dates: Tuesdays, Nov. 8, 15 & 22

Time: 6:00pm - 8:00pm

Cost: \$5.00 per person



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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OHIO STATE UNIVERSITY EXTENSION

Cooking with Kate

Harvest & Holiday



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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. We know that when we eat out we usually eat larger portion sizes; 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. If the food you are preparing calls for tomato sauce, you can choose a low-sodium version or simply omit the salt from the ingredient list.

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 or gourmet, and they 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.

Tuesday, November 8

Seasonal Sides

- Mrs. B Potatoes
- Armenian Cheese Bake
- Chicken Corn Soup
- Tomato Basil Bisque
- Shoo-fly Cake

Tuesday, November 15

Hearty & Healthy

- Classic Meatloaf
- Baked Shrimp Scampi
- Chicken Marsala
- Deep Dish Pizza Casserole
- Cream Cheese Mints

Tuesday, November 22

Parties & Potluck

- Chicken (or Turkey) Pot Pie
- Apple Cider Warm-up
- Hot Swiss Almond Spread
- Pumpkin Fluff
- Cake Balls

Registration Form

Pre-registration by **November 1** is requested.

Cooking with Kate classes

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To register

Call: OSU Extension @ 330-674-3015

Send: 75 E Clinton St., Suite 109

Millersburg, OH 44654

Name: _____

Address: _____

Phone: _____

Email: _____

_____ \$5 fee enclosed
(check payable to OSU Extension)

