What to cook?

Do you . . .

- have to get meals on the table quickly?
- want quick recipes to impress your friends?
- need some kitchen inspiration?
- 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: Thursday, May 12, 19 and 26

Time: 6:30pm - 8:30pm

Cost: $5.00 per person

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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.

Thursday, May 12
Soup & Salad Nights
- Ham & Corn Chowder
- Summer Spinach Salad
- Fiesta Chicken Soup
- Asian Broccoli Slaw
- Sour Cream Pound Cake

Thursday, May 19
Family Dinner Options
- Italian Chicken Stir-fry
- Baked Lime Tilapia
- 10 Minute Baked Beans
- One-pot Mac & Cheese
- Peanut Butter Cup Squares

Thursday, May 26
Breakfast for Dinner
- Super Simple Sticky Buns
- Sausage and Egg Strata
- Fast Fruit Salad
- Waffle-wiches
- Breakfast Tacos

Registration Form
Pre-registration by May 7th is requested.

Cooking with Kate classes
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Dates: Thursdays, May 12, 19 & 26
Time: 6:30-8:30 pm
Cost: $5.00 per person

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)