



What to cook?

Do you . . .

- *need some kitchen inspiration?*
- *love traditional recipes?*
- *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: Love Center Community Room
1291 Massillon Rd (St. Rt. 241),
Millersburg

Dates & Times:
Tuesdays, September 12, 19 & 26
6:00pm - 8:00pm
OR
Wednesdays, September 13, 20 & 27
10:30am - 12:30pm

Cost: \$5.00 per person



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

OSU Extension Holmes County

75 E Clinton Street
Suite 109

Millersburg, OH 44654
Phone: 330-674-3015

email: Shumaker.68@osu.edu
Visit us online at: holmes.osu.edu

CFAES provides research and related educational programs to clients on a nondiscriminatory basis. For more information:
<http://go.osu.edu/cfaesdiversity>.

OHIO STATE UNIVERSITY EXTENSION

Cooking with Kate

Classic Cooking

Classic dishes with lots of variations!



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

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. 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.

Week 1 (September 12/13)

Simple Flavors

- Juicy Pork Chops
- Scalloped Potatoes
- Pasta Primavera
- Chocolate Brownies

Week 2 (September 19/20)

Impressive Italian

- Pasta Carbonara
- Chicken & Pasta Alfredo
- Simple Tomato Sauce & Pasta
- Coffee Cake

Week 3 (September 26/27)

Variations on a Theme

- Frittata
- Stir Fry
- Stuffed Chicken Breast
- Carrot Cake w/ Cream Cheese Frosting

Registration Form

Pre-registration by **September 8th** is requested.

Cooking with Kate classes

Where: Love Center Community Room

Cost: \$5.00 per person

To register

Call: OSU Extension @ 330-674-3015
OR

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

Choose one:

_____ Tuesday evenings

_____ Wednesday mornings

Name: _____

Address: _____

Phone: _____

Email: _____

_____ \$5 fee
enclosed

(check payable
to OSU Extension)

