



What to cook?

Do you . . .

- need some kitchen inspiration?
- want fewer dishes to wash?
- want simple, yummy recipes?
- 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, September 10, 17 & 24
6 to 8 p.m.

- or -

Wednesdays, September 11, 18, & 25
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

One Pan Wonders

Fall 2019



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.

Sheet Pan

- Greek Tilapia
- Roasted Pork Loin Dinner
- Roasted Asparagus
- Cinnamon Sugar Butter Cookies

9x13 Pan

- Baked Lemon Parmesan Salmon
- Chicken and Spinach Phyllo Bake
- Zucchini Casserole
- Caramel Pecan Bars

Skillet

- Asian inspired – Quick Mu Shu Pork or Sweet & Spicy Edamame and Beef
- Balsamic Pan Roasted Broccoli
- Shrimp Scampi
- Cranberry Orange Upside-down Cake

Registration Form

*Pre-registration by **September 6, 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)

