

**Join us Monday, June 11th
5:30-8pm
Tamaya Wellness Center
Demo Kitchen**

Meat & Potatoes

Instructor: Jan Laird

Many would say dinner wouldn't be complete without a hearty meat and potato meal. And it doesn't have to take a lot of time! Come learn how to add a little pizzazz to your favorite chicken, beef or turkey dishes. Pick up a few simple tips on how to pair different potato varieties to add flavor to your evening meal, and discover how creating a robust, balanced dinner can be just as tasty as it is nutritious.

Limited to 10 participants

Must be 18+ to participate

To sign up, call Tina @ 771-6753 or Tina.Winn@santaana-nsn.gov



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