






JULY – SEPT 2011 COOKING CLASS SCHEDULE

| CLASS / DATE / TIME | DESCRIPTION | LOCATION |
|---|--|---|
| Thurs, July 14, 2011 6:45-8:00 PM | Down home Goodness The southern comfort food you grew up on does not have to be soaking in oil and butter. Learn how to enjoy southern soul food without suffering the after effects. Cabbage Slaw Williams' Unfried Chicken with Fresh Greens and Sweet Potatoes Apple Amani | DALLAS The Kitchen Source 1544 Slocum Street |
|  Sat, July 16, 2011 9:30-11:00 AM | Beyond Lettuce Are you stuck at lettuce and not sure what else makes a great salad? Learn how to prepare salads as meals that are simple and filling. Lentil Soup Southwestern Grilled Chicken Salad with Heirloom Tomatoes Banana Pudding | DALLAS The Kitchen Source 1544 Slocum Street |
|  Thurs, July 21, 2011 6:45-8:00 PM | Mexican Fare Take a short trip to Mexico to discover quick ways to enjoy their native spices. Tortilla Soup, Tijuana Torta Roll with Grilled Corn and Tomatoes and Broccoli Fruit Ice Cream | DALLAS The Kitchen Source 1544 Slocum Street |
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JULY – SEPT 2011 COOKING CLASS SCHEDULE

| CLASS / DATE / TIME | DESCRIPTION | LOCATION |
|--|--|---|
| Thurs, July 28, 2011 6:45-8:00 PM  | Deep Blue Sea Summer brings forth the desire to vacation on an exotic island and spend lazy days relaxing by the sea. With the class learn to enjoy the sea natives in a tasteful way. Tomato and Red Pepper Bruschetta Grilled Salmon Or Sea Bass over Wheat Pasta With Zucchini and Cremin Mushrooms Yogurt and Fresh Berries | DALLAS The Kitchen Source 1544 Slocum Street |
| Thurs, Aug 4, 2011 6:45-8:00 PM  | Thirty Minutes or less Between work, school, after school activities and all the other things we find ourselves doing any given day, there may not be an hour or two to prepare dinner. This class will help you see that nutritious and delicious can be done in less than 30 minutes. Strawberry and Feta Mixed Greens Salad Baked Pasta with Spinach or Roasted Eggplant Marinara over Fusilli Texas Grapefruit Smoothie | DALLAS The Kitchen Source 1544 Slocum Street |
| Thurs, Aug 11, 2011 6:45-8:00 PM  | Down home Goodness The southern comfort food you grew up on does not have to be soaking in oil and butter. Learn how to enjoy southern soul food without suffering the after effects. Cabbage Slaw Williams' Unfried Chicken with Fresh Greens and Sweet Potatoes Apple Amani | DALLAS The Kitchen Source 1544 Slocum Street |



JULY – SEPT 2011 COOKING CLASS SCHEDULE

| CLASS / DATE / TIME | DESCRIPTION | LOCATION |
|---|--|--|
| Thurs, Aug 18, 2011 | | DALLAS |
| 6:45-8:00 PM | | The Kitchen Source 1544 Slocum Street |
|  | Beyond Lettuce Are you stuck at lettuce and not sure what else makes a great salad? Learn how to prepare salads as meals that are simple and filling. | |
| | Lentil Soup Southwestern Grilled Chicken Salad with Heirloom Tomatoes Not My Momma's Banana Pudding | |
| Sat, Aug 20, 2011 | | DALLAS |
| 9:30-11:00 AM | | The Kitchen Source 1544 Slocum Street |
|  | Mexican Fare Take a short trip to Mexico to discover quick ways to enjoy their native spices. | |
| | Tortilla Soup, Tijuana Torta Roll with Grilled Corn and Tomatoes and Broccoli Fruit Ice Cream | |
| Thurs, Aug 25, 2011 | | DALLAS |
| 6:45-8:00 PM | | The Kitchen Source 1544 Slocum Street |
|  | Deep Blue Sea Summer brings forth the desire to vacation on an exotic island and spend lazy days relaxing by the sea. With the class learn to enjoy the sea natives in a tasteful way. | |
| | Tomato and Red Pepper Bruschetta Grilled Salmon Or Sea Bass over Wheat Pasta With Zucchini and Cremin Mushrooms Yogurt and Fresh Berries | |



JULY – SEPT 2011 COOKING CLASS SCHEDULE

| CLASS / DATE / TIME | DESCRIPTION | LOCATION |
|---|--|---|
| Thurs, Sept 8, 2011 6:45-8:00 PM | Thirty Minutes or less Between work, school, after school activities and all the other things we find ourselves doing any given day, there may not be an hour or two to prepare dinner. This class will help you see that nutritious and delicious can be done in less than 30 minutes. Strawberry and Feta Mixed Greens Salad Baked Pasta with Spinach or Roasted Eggplant Marinara over Fusilli Texas Grapefruit Smoothie | DALLAS The Kitchen Source 1544 Slocum Street |
|  Sat, Sept 17, 2011 9:30-11:00 AM | Down home Goodness The southern comfort food you grew up on does not have to be soaking in oil and butter. Learn how to enjoy southern soul food without suffering the after effects. Cabbage Slaw Williams' Unfried Chicken with Fresh Greens and Sweet Potatoes Apple Amani | DALLAS The Kitchen Source 1544 Slocum Street |
|  Thurs, Sept 22, 2011 6:45-8:00 PM | Beyond Lettuce Are you stuck at lettuce and not sure what else makes a great salad? Learn how to prepare salads as meals that are simple and filling. Lentil Soup Southwestern Grilled Chicken Salad with Heirloom Tomatoes Banana Pudding | DALLAS The Kitchen Source 1544 Slocum Street |
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