



# PLANT-BASED MEDITERRANEAN COOKING CLASS

SUNDAY, MAY 1, 2022 | 11:00AM - 1:00PM

STRETCH YOUR FOOD DOLLAR WITH  
HOME-COOKED PLANT-BASED MEALS!

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Learn easy plant-based Mediterranean dishes with hands-on cooking. Come out and cook with others.

## MENU

- INSTANT POT WHITE BEANS
- VEGGIE POWER BOWL WITH QUINOA AND KALE
- EASY BAKED TOFU
- LEMON-TAHINI DRESSING
- STUFFED DATE

## REGISTRATION

Online through [www.heatherresek.com/local](http://www.heatherresek.com/local)  
Registration deadline: Wednesday, April 27, 2022

PER PERSON: \$30

USE CODE SDA10 FOR \$10 OFF

## ABOUT THE INSTRUCTOR:

Heather Reseck, RDN is a culinary instructor, health coach, and registered dietitian nutritionist specializing in plant-based nutrition and meal prep.