

Recipe for Success

healthy cooking class schedule

Date	Time	Topic
January 7	11 a.m - noon	Soups
February 4	11 a.m - noon	Casseroles
March 4	11 a.m - noon	Oven Fried Foods
April 8	11 a.m - noon	Light Mexican Meals
May 6	11 a.m - noon	Healthy Italian dishes
June 3	11 a.m - noon	Summer Salads
July 8	11 a.m - noon	Wraps and Sandwiches
August 12	11 a.m - noon	Nutritious and Delicious Treats
September 9	11 a.m - noon	Healthy Breakfast Ideas
October 7	11 a.m - noon	Healthy Vegetable Dishes
November 11	11 a.m - noon	Healthy Thanksgiving Meals
December 9	11 a.m - noon	Healthy Holiday Meals

- Classes are held in the teaching kitchen, inside the Diabetes Education department, on the 2nd floor.
- Classes are taught by registered dietitians.
- Cost is \$5, payable on the day of class.
- Recipes and samples are provided!
- Everyone is welcome.
- Please call to pre-register.
- Come join the fun!

Watch recipe videos at www.texasdiabetesinstitute.com/cooking

Texas Diabetes Institute

 **University Health System**

701 S. Zarzamora | San Antonio, TX
Diabetes Education department, 2nd floor
Call 358-7100 for more cooking class information