



2012 Healthy Cooking Class Schedule 11 a.m. - noon

January 26	Healthy Pizza
February 23.....	Meals for Two
March 22.....	Stretching Meals Throughout the Week
April 26.....	Cooking Fish
May 17	Low Calorie Mexican Food
June 28	Garden Party
July 26.....	Summer Salads
August 23.....	Healthy Breakfast Recipes
September 20	Snacks on the Go
October 18	Sweet Dreams: Diabetes Friendly Desserts
November 15.....	Healthy Southern Cooking
December 6	Healthy Holiday Meals

..... Watch recipe videos at TexasDiabetesInstitute.com/Cooking

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

