



LIFT Enrichment After School Cooking Classes

Murdock Elementary - Fall 2019



Fall 2019 - Mediterranean Favorites

Kids will learn to cook Mediterranean classics in this fun, hands-on cooking class. Mediterranean food is considered one of the healthiest cuisines in the world because it focuses on lean proteins, healthy fats (olive oil) and lots of fresh fruits and vegetables without sacrificing flavor. We teach kids to expand their palates, try new foods and learn a variety of fast, easy recipes they can make at home. Develop your culinary confidence, learn from professional chefs and eat delicious food from Greece, North Africa, Spain, Italy and more!

All recipes are nut-free & have vegetarian options. This session includes: Couscous Salad, Chickpea Sauté with Greek Yogurt, Homemade Pita Bread, Beef & Veggie Shish Kabobs, Quinoa Salad, The "Chocolate-Cookie" Roll & more!

A digital cookbook with all of the recipes from this session will be emailed to all participants the day before the first class so you can recreate the recipes at home!

On the last day of class, parents are invited to our Kid Restaurant, where the parents can see what their kids learned during the session. Get hungry to learn the art of cooking!!

Day of the Week: Tuesday

Dates: 8/27 – 10/29

No Class: 10/8, 10/15

Lessons: 8

Time: 1:05 PM-2:05 PM

Price: \$184

Grades: 1-6



Space is limited register today! Only 16 spots available

Registration Deadline: 8/22/19

Register at www.LIFTenrichment.com/sandiego

Or Call (619) 259-5234

LIFT Enrichment teaches kids to cook and improve their health!