



VEGAN & VEGETARIAN FARE WINTER CLASSES

Learn to make hearty, wholesome and tasty vegan soups and dishes with vegetarian options. Main dish recipes, accompanying sauces and salads will highlight the use of legumes, grains nuts and seeds and seasonal vegetables. Dishes will utilize a variety of herbs, spices and vegan condiments. Participants take home the food they prepare.

Time: Wednesday evenings from 6:00 to 8:30

Dates: February 22, 29, March 7 & 14.

Cost: \$160.00. Includes ingredients.

To Register: call Mary Jane's Cooking School: 775-2522 or email: mjcookin@mymts.net