

Dinner Tonight Cooking School Cooking through the Seasons

Looking for recipes that are quick, economical, and nutritious? How about learning new kitchen skills, the latest on the nutritional information of the foods you are eating, and see live food demonstrations? Well, look no further because Texas A&M AgriLife Extension Service has the answer! Gather up your best girlfriends and join us for the “Cooking through the Seasons” Dinner Tonight Cooking School which will be held at the Recreation Outreach Center (ROC) in Sulphur Springs on Friday, May 20, 2016. It is being hosted by Family & Consumer Sciences Agents, Denita Young – Rains County, Johanna Hicks – Hopkins County, and Angie Monk – Wood County.

We are partnering with local experts in their fields to bring you the latest in nutrition information, as well as, teaching kitchen technique skills. Kim Sellers, RD will be educating you on healthy vs. unhealthy fats. She will take the mystery and confusion out of which fats you should be incorporating into your diet. Plus, Celebrity Chef Lyndsay Caldwell will be demonstrating the proper way to use your kitchen knives, so you can wield your knives just like the professionals! She will also be featuring spring and summer produce in her recipe demonstration.

Angie Monk will help you expand your baking skills by demonstrating some delicious Fall and Winter baking recipes, featuring whole wheat flour. Johanna Hicks will be sharing great tips on using the latest kitchen gadgets and how to use them to incorporate healthy food choices into your family mealtime. Lastly, Denita Young will have several tablescape ideas for all seasons of the year.

The Texas Beef Council is helping sponsor this event by providing a goody bag filled with recipes, measuring spoons, and other nutritional handouts. There will also be door prizes given throughout the program.

Lastly, there will be several businesses on hand to make your girls day out complete! Come and see an array of exciting shopping opportunities. Don't miss out on this morning full of useful and fun ideas!

Cost is \$15.00 if paid by May 9, 2016. Contact the Texas A&M AgriLife Extension Service office for a complete registration brochure.

For more information may contact the AgriLife Extension Office at 903-473-4580 or visit us at rains.agrilife.org. We are also on Facebook at [Facebook.com/pages/Rains-County-Family-Consumer-Sciences](https://www.facebook.com/pages/Rains-County-Family-Consumer-Sciences). Go and “Like” our page to keep up with the latest news, events, and programs offered by Family & Consumer Sciences in Rains County.

