



HEALTHY COOKING CLASSES

FOR SELF-ADVOCATES & STAFF

Embark on a culinary adventure with us at Thyme In Your Kitchen! Join us for hands-on cooking classes as we travel across the country preparing healthy meals for breakfast, lunch, dinner, and dessert. These classes will guide participants to become self-confident cooks while making healthy food choices, sparking creativity, and most of all, having fun in an interactive environment. Self-Advocates and their staff will team up and cook a complete meal from start to finish with a professional chef as their instructor. When the dishes are ready, the class will sit down to enjoy the meal together.

****This class is limited to 10 participants. Each participant will be required to work with their staff person.****

AUGUST 6 (NOON—2 P.M.) - Latin breakfast

- Huevos Rancheros (poached egg, pico de gallo and queso fresca on tostadas), Mexican crumb cake (a crumbly coffee cake made with cinnamon and coconut milk, and tropical fruit salad)

SEPTEMBER 3 (NOON—2 P.M.) - Southern lunch

- Open-faced Kentucky Hot Brown sandwich (a turkey tomato sandwich smothered in cheese sauce, cobb salad, and banana mousse parfait)

OCTOBER 8 (NOON—2 P.M.) - German Polish dinner

- Pork Schnitzel (thin pork cutlets that are breaded and fried) with handmade egg noodles and mushroom gravy, and molasses cookies

NOVEMBER 5 (NOON—2 P.M.) - American Fall desserts

- Cranberry curd with shortbread, pumpkin mousse parfait, and sticky gingerbread cake

THYME IN YOUR KITCHEN
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REGISTRATION

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