

## Center for Arts and Medicine

# MONDAYS IN NOVEMBER

## Cookin' It Up and Feeling Better!

Mondays, November 7, 14, 21, 28

11:00 AM to 1:00 PM

**Enrollment closes:** the Friday before each class. minimum of 8 students needed per class

**Cost for classes:** \$45 each or this series of four for \$160.00

Cost includes sample of all foods demonstrated during class

**Watch your health improve as you learn how to take care of yourself through sharing and having fun in the kitchen!**

### YOU'LL LEARN:

- ▶ The power of whole, unprocessed foods
- ▶ How foods rich in micronutrients, vitamins, fiber, *flavor*, and *love* enhance digestion and absorption
- ▶ Ordinary but seldom eaten foods that can prevent and help manage chronic illness
- ▶ Safe knife skills

### TAKE HOME:

- ▶ A copy of a “made-from-scratch” New York Times bestseller cookbook
- ▶ Direct experience with food preparation and cooking techniques
- ▶ Greater confidence in the kitchen

**November 7:** Butternut squash & white bean soup; whole-wheat jalapeño, cheddar scones; kale salad

**November 14:** Tuna medallions & tomato, garlic, basil, onions; spicy green beans; roasted cauliflower; berry smoothie

**November 21:** Cuban black beans and beef burgers; cornmeal crusted vegetables; caramelized bananas

**November 28:** Slow cooked coffee & smoked salt rubbed pork; cranberry chutney; pumpkin surprise; black-eyed peas/collards



### Instructor: Jana Bartleson, MS, RD, LDN

Jana has been cooking since she was ten years old, beginning in the family kitchen. Her favorite places to be are in the garden, or in the kitchen cooking with fresh food.

Jana completed her Nutrition Public Health Master's Degree and has been working as a Registered Dietitian and Food and Diabetes Educator for Toe River Health District since 1982. In her public role, she has helped people of all ages, knowledge, and motivational levels to eat healthier through informed choices.

She has taught gardening and/or cooking in the middle schools, churches, farmer's market, health department, and most currently for DigIn! Community Garden. She co-founded the East Yancey Middle School garden, was an early advocate of farm to school food. Currently she is Project Coordinator for Toe River Food Security, and facilitates the Yancey Food Gleaners Collaborative.

Register now at Galaxy Arts, Inc. 105 West Main Street, Burnsville, NC or call 828.536.5266 or 828.974.2841