

University of Illinois Extension
presents our 8th Annual....

HEALTHY COOKING SHOWCASE

Saturday,
November 14

Check-in 9:30 – 10:00 a.m.



Gateway Convention Center, One Gateway Drive, Collinsville, IL

Come to the Metro-East's healthy cooking showcase featuring:

- food demonstrations by local food professionals
 - recipes and taste testing
 - lunch (an \$18 value)

10:00 AM	11:00 AM	12:45 PM	1:45 PM
<p>Love the Leftovers Martha Winter, Extension Educator Nutrition and Wellness with University of Illinois Extension will show you deliciously simple ways to turn traditional Thanksgiving dinner leftovers from bland to grand when you serve them again. If "what do I do with the leftovers" is stressing you out and you default to the same old recipes, you won't want to miss this session.</p>	<p>Spice (and Herb) Up Your Meals New to this year's demonstrator lineup is Chef Cari Schaeffer of Dinner at Your Door Personal Chef Service. Confused on what spices and herbs go with what food? Chef Cari will demystify the confusing world of spices and herbs and will show you ways to incorporate them into your holiday and everyday cooking to turn the ordinary into extraordinary.</p>	<p>Elegant Holiday Appetizers Chef Pam Smith, C.P.C., of Your Home Bistro Personal Chef Service, is back by popular demand to share some of her favorite appetizers that are sure to wow your guests this holiday season. Chef Pam will show you how to make some of the most beautiful, clever and delicious appetizers you've ever seen. You won't want to miss watching her make and then tasting her Salmon Pinwheel Christmas Tree appetizer that when you make it this holiday season will have your guests thinking you are a culinary genius.</p>	<p>Holiday Delights... Done Light Carol Schlitt, Extension Educator Nutrition and Wellness with University of Illinois Extension, will wrap up the showcase by sharing a variety of holiday recipes that are appropriate for diabetics and anyone wanting to eat more healthfully during the holidays. You won't believe that the recipes she will make – and you'll taste --- have less carbohydrate and fat than traditional holiday recipes. Now everyone can enjoy the holidays and eat healthfully.</p>

Please send this form with a check for \$38.00 made payable to "University of Illinois Extension" to:
University of Illinois Extension, Madison-St. Clair Unit, 900 Hillsboro Ave., P.O. Box 427, Edwardsville, IL 62025
Register on-line at www.extension.uiuc.edu/madisonstclair.

Registration deadline - November 6, 2009

Early Bird Registration
\$30 postmarked
by Oct. 16.

Name _____

Address _____

City _____ State _____ Zip _____ Phone _____

If you need a reasonable accommodation to participate in this program, please call (618) 650-7050 by November 6.

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