**Healthy Indian Curry & Okra Party**

 

***Brought to you by the***

**5K Walk/Run for Scholarships Wellness Program**

*Have you ever had healthy Chicken Curry and tasted fresh Okra? Do you want to learn how? Explore transforming your favorite dinner into a tasty healthy option while showcasing the season’s fresh ingredients. Join the Hospitality Department’s Chef Lannak in this* ***In-Person******and Hands-On*** *cooking demonstration and cooking**class to learn more.*

**Who?** This event is open to all MCC employees

**What?** The Menu includes Chicken Curry over Rice and Indian Style Sautéed Okra

**When?** Wednesday September 29, 2021 from 5:00 p.m. to 6:00 p.m.

**Where?** MCC Hospitality Department kitchen: Building 3 Room 140

**How?** How much does it cost? The cooking class is FREE (thanks to the 5K

 Walk/Run for Scholarships Wellness Program!)

*Seating is limited to 15 participants and is on a first come, first served basis, so sign up early. Email* A*ndrea Wolff at* *awolff@monroecc.edu* *for additional details and to register for the class.*

***For your safety in the kitchen, please wear covered-toed shoes with non-slip bottoms. Tennis shoes are great! Note that Masks are required.***