

Healthy Summer Grilling



Brought to you by the MCC Wellness Council

*Have you ever had a healthy barbeque in the summer? 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 for this **In-Person and Hands-On** cooking demonstration and class to learn more.*

- Who?** This event is open to all MCC employees
- What?** The Menu includes: Grilled Vegetable Salad with Feta, Chicken Sausage and Pepper Dogs, Black Bean Cakes, Jalapeno-Lime Corn on the Cob and Strawberry Limeade
- When?** Monday, June 6, 2022 from 1:00 p.m. to 2:30 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 MCC Wellness Council!)

Seating is limited to 15 participants and is on a first come, first served basis, so sign up early. Email Andrea 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! Bring your favorite apron, Note that masks are optional