

Healthy Pasta Night!



Brought to you by The Wellness Council

Who doesn't love a plate of pasta? I know I do! Many options are naturally healthy, and others can be made healthier with some modifications. Learn how to give your family pasta night a healthy spin in this hands-on cooking class. Join the Hospitality department's Chef Douglas for an in-person cooking demonstration and create your own healthy pasta dish using a variety of healthy noodle alternatives and sauce recipes.

- Who?** This event is open to all MCC employees
- What?** The Menu includes: Creamy Pasta Primavera, Cherry Tomato and Ricotta Cheese Pasta, Tuna and Chickpea Pasta
- When?** Wednesday March 16 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 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/sneakers are great! Note that Masks are required.