

Stir It Up!!



Brought to you by the **5K Walk/Run for Scholarships Wellness Program**

*Tired of making the same recipes for dinner each night? Trying to get the family to eat more fresh vegetables? Stir frying is a great way to take advantage of the season's harvest and pack a variety of fresh ingredients into one tasty dish. And adding fresh sweet pineapple makes it a family favorite. Learn the basics of stir-frying in this **in-person** and **hands-on** cooking class led by Chef Angela Douglas of MCC's Hospitality Department.*

- Who?** This event is open to all MCC employees
- What?** The Menu includes: Thai Pineapple Chicken Stir Fry
- When?** Wednesday September 15, 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 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.

