

# Healthy Taco Party



## Brought to you by the MCC Wellness Council

*Have you ever had Street Tacos? Do you want to learn how? Explore transforming your favorite Taco 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 Grilled Chicken Tacos, Cilantro-Lime Coleslaw, & Mexican Black Beans and Brown Rice
- When?** Wednesday August 25, 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](mailto: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.***

