2018 Winter Session

Thursdays: 12:00 – 2:30pm
January 11 – March 1, 2018

FREE Cooking Classes!

1/11/18  Kitchen Safety and Rules
- Butternut Squash Soup
- Green Goddess Grain Bowl
- Granola

2/8/18  Cold and Flu Prevention
- Chicken Medicine Soup
- Parmesan Crusted Roasted Purple Cabbage
- Honey Lemon Ginger Tea

1/18/18  Carb Counting & the Diabetes Management & Prevention Diet
PART 1:
- Salmon in Parchment Paper with Vegetables

2/15/18  Liver and Kidney Health
- Beets with Avocado and Goat Cheese Salad
- Apple Cider Vinegar Smoothie (w/Pineapple Juice)
- Sweet Potato Detox Soup

1/25/18  Carb Counting & the Diabetes Management & Prevention Diet
PART 2:
- Cauliflower Rice Burrito Bowl w/Carrots & Red Bell Peppers
- Pico De Gallo & Guacamole
- Low Sugar & Low Saturated Fat Chocolate Mousse

2/22/18  Preventing/Reversing Anemia
- Kansas City Chili with Pinto Beans
- Beet, Carrot, & Apple juice
- Spinach & Orange Salad with Ginger Vinaigrette

2/1/18  Carb Counting & the Diabetes Management & Prevention Diet
PART 3:
- Sweet Potato Nachos
- Chicken Tortilla Soup
- Southwest Chopped Salad

3/1/18  Healthy Blood Pressure & Reducing Sodium in Your Diet
- Kale Salad with Lemon Chili Vinaigrette
- Pasta Fagioli Soup
- Carrot Cake Oatmeal Cookies

OPEN TO ALL SELF-IDENTIFIED WOMEN. If you are interested in attending SMART Body classes, please contact Tara at (212) 289-3900 to schedule an intake interview prior to attending class for the first time. Refreshments and a Metrocard provided at each class.

East Harlem Neighborhood Health Action Center
158 E. 115th Street, New York, NY 10029 (corner of Lexington & 115th St.)

www.smartuniversity.org