## 2018 Spring Session

**April 5 – May 24, 2018**
**Thursdays: 12:00 – 2:30pm**

<table>
<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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| 4/5/18    | Kitchen Rules and Safety: Indian                | Carrot Mango Lassi  
Lightened up Butter Chicken  
Sweet Potato Curry w/Spinach and Chickpeas |
| 4/12/18   | What are “Healthy” Fats and How to Add Them to Your Diet: Mexican | Chipotle Lime Salmon baked in Tin Foil Packets  
Avocado Salad  
Mexican Brown Rice and Beans |
| 4/19/18   | How to Clean & Organize Your Refrigerator for Fast, Healthy Meals: Chinese | Stir-fried Egg with Tomato  
Chili and Sour Potato  
Mapo Tofu |
| 4/26/18   | Vitamins Every Woman Needs: Italian             | Traditional Lemon and Garlic Pasta  
Italian Roasted Vegetables and Mushrooms  
Diabetic Friendly Italian Bread Pudding |
| 5/3/18    | African Cooking Guest Speaker: Linda Ortiz Mahsue | Yassa  
Liberian Chuck Rice-Naivety  
Liberian Potato Salad |
| 5/10/18   | How to Eat for Beautiful Skin: Brazilian        | Salmon Moqueca  
Brazilian Collard Greens  
Mango and Black Bean Salsa with Avocado |
| 5/17/18   | The French Paradox                              | Hearty Lentils  
Vegetable Ragout with Fresh Herbs  
Quick Vegetarian Cassoulet |
| 5/24/18   | What is the Mediterranean Diet and Why It’s Healthy for You: Greek | Greek Fish Stew  
Spaghetti with Cauliflower  
Greek Kale Salad |

East Harlem Neighborhood Health Action Center  
158 E. 115th Street, NYC 10029 (corner of Lexington & 115th St. – #6 Train to Lexington & 116th St).

**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.

www.smartuniversity.org