

SUMMER COOKING PROGRAM 2016

125
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2016
AURORA,
COLORADO
YEARS



WELCOME

Dear Community of Cooks,

We are delighted to have you as a part of the Kitchen on the Green community. It has been a time of cooking up a lot of change in the kitchen, and we are continuously evolving to offer innovative, top notch and healthy cooking classes.

We are in the process of expanding our cooking classes to more recreation centers throughout the city of Aurora, so please see our offerings at Meadowood Recreation Center this summer! Let us know where else you might like to attend classes.

Thank you for the opportunity to provide healthful and exciting cooking classes for you. We are always open to suggestions, so please let us know if there is a kind of class you would like to take, and we will take those ideas into serious consideration for future classes. You can reach us at 303.326.8656. Our job is to serve you, so let us know how we can be the best possible program.

See you in the kitchen!
Katrina and the Kitchen on the Green Team





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family cooking



Sweet and Healthy Tots

Ages 3-6 w/parent • \$42 (\$32 Resident)

Have a love for sweets? Replace refined sugar for healthy, natural desserts made with whole foods and half the sugar. **Menu:**

Applesauce Banana Bread • Carrot Pineapple Muffins • Blueberry Brownies • Cereal Bars with Dates and Nuts.

234856 June 7 Tue., 4:30-6:30 p.m.

Candace Pyun

Campfire Cookout

Ages 3-6 w/parent • \$38 (\$29 Resident)

Learn tricks to make easy, tasty meals over a campfire. **Menu:** Muffin Tin Omelets • Apple Cinnamon Coffee Cake • Chicken Enchilada Boats • Goopy Banana Splits.

234855 June 11 Sat., 10-11:30 a.m.

Andrea Wight

Little French Kids

Ages 3-6 w/parent • \$42 (\$32 Resident)

Take a little trip to France with this healthy and delicious intro to simple French classics.

Menu: Carrot, Raisin Salad • Croque Monsieur or Croque Madame (Grilled Cheese with Ham or Egg) • Madeleines • Fruit Mime Faces.

234854 June 28 Tue., 10 a.m.-12N

Katrina Brink

America's Bounty

Ages 3-6 w/parent • \$38 (\$29 Resident)

Get in the spirit of the 4th of July! **Menu:**

Grilled Veggie Sandwiches • Very Berry Fruit Salad • Red, White and Blue Corn Bread • Strawberry Mint Sorbet.

234853 July 1 Fri., 10-11:30 a.m.

Katrina Brink

Itty Bitty Breakfasts

Ages 3-6 w/parent • \$42 (\$32 Resident)

Flavor packed, high energy breakfast foods for your kids. Sneak in high nutrient foods that your kids will love. **Menu:** Breakfast Bars • Sweet Potato Pancakes • Banana Bread Pudding • Fruit Dips with Yogurt and Nuts.

235244 July 7 Thu., 10 a.m.-12N

Candace Pyun



Fun with Veggies

Ages 3-6 w/parent • \$42 (\$32 Resident)

Parents and tots learn ways to make eating vegetables tasty and fun! **Menu:**

Baked Parmesan Zucchini Sticks • Garlicky Vegetable Noodles with Basil Pesto • Grilled Chicken Lettuce Wraps • Banana Nutty Butter Soft Serve.

235248 July 23 Sat., 10 a.m.-12N

Andrea Wight

Garden Gnomes

Ages 3-6 w/parent • 42 (\$32 Resident)

Make a fresh farm to table menu sure to please even the pickiest of eaters. **Menu:** Stone Soup (Garden Fresh Vegetable Soup) • Snail Scroll Pinwheels • Fresh Fruit Drink • Strawberry Shortcake.

235250 July 30 Sat., 2-4 p.m.

Peggy Sarcomo



Lil' Garden Chefs

Ages 3-6 w/parent • \$38 (\$29 Resident)

Explore garden-to-table cooking with your tot.

Menu: Make dishes using fresh picked veggies from our garden with Chef T!

234852 Aug. 18 Thu., 10-11:30 a.m.

Thesala Jones

Go Nuts!

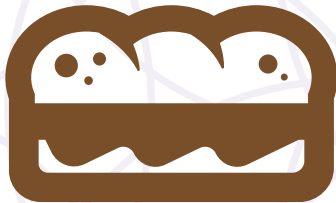
Ages 6-16 w/parent • \$57 (\$44 Resident)

Nuts are a delicious protein alternative, and are more than just for snacking.

Menu: Pesto Rosso (Red) with Pasta • Walnut Tuna Salad • Cashew Alfredo Cream Sauce • Nut Spreads and Dips • Almond Meal Cookies.

235237 June 4 Sat., 9:30 a.m.-12N

Candace Pyun



Kid-Friendly Foods

Ages 6-16 w/parent • \$57 (\$44 Resident)

Transform every day, easy comfort food into healthy, nutrient packed meals your family will love. All recipes are vegetarian and dairy free! **Menu: Mac n' Cheese with Vegetables • Fried Green Tomatoes • Cauliflower Mashed Potatoes • Sloppy Joe's.**

235238 July 2 Sat., 1-3:30 p.m.

Candace Pyun

All About Avocados

Ages 6-16 w/parent

\$57 (\$44 Resident)

More than guacamole! Avocados are full of healthy fats and great for baking.

Incorporate these essential fatty acids into all meals of the day, including desserts, for creamy, filling, and flavorful dishes. **Menu: Green Smoothie • Pasta with Avocado Pesto Cream Sauce • Baked Avocado Tacos • Pound Cake with Seasonal Fruit Topping.**

235239 June 19 Sun., 3-5:30 p.m.

Candace Pyun

Cupcake Mania

Ages 6-16 w/parent • \$64 (\$49 Resident)

Learn the art of the pastry chef in this fun cupcake class! **Menu: Chocolate Truffle**

Cupcakes • Blueberry Chocolate Chip

Baby cakes • Marshmallow Cloud

Cupcakes • Lively Lemon Cupcakes.

235240 June 25 Sat., 1:30-4:30 p.m.

Nancy Schacht

Veggie USA Grill-Out

Ages 6-16 w/parent • \$57 (\$44 Resident)

A healthy and tasty alternative to ground beef patties and grilled foods for your family.

Use up leftovers in the fridge and common pantry ingredients. **Menu: Apple Cole Slaw**

• Sweet Potato Black Bean Burgers •

Grilled Beet Sliders • Honey

Grilled Peaches.

235268 July 1 Fri., 5:30-8 p.m.

Candace Pyun



family cooking



Summer Deliciousness

Ages 6-16 w/parent • \$57 (\$44 Resident)

Want your kids to eat more veggies? What better way than incorporating them in dinner and tasty desserts! Introducing healthy, nutrient packed desserts for your kids. **Menu: Summertime No-Bake Lasagna • Black Bean Brownies • Avocado Key Lime Pie • Kale Carrot Muffins.**

235243 July 6 Wed., 5:30-8 p.m.

Candace Pyun

Around the World

Ages 6-16 w/parent

\$57 (\$44 Resident)

Cuisines from England, Germany, Korea and Russia to take your taste buds on a culinary adventure. **Menu: Breakfast Egg Kimbap • Russian Cucumber Soup • Classic Sunday Roast (Vegetarian) with Yorkshire Puddings • German Almond and Cherry Torte.**

235246 July 9 Sat., 10 a.m.-12:30 p.m.

Candace Pyun

Mexican Fiesta

Ages 6-16 w/parent • \$57 (\$44 Resident)

Take your family on a delectable trip south of the border. **Menu: Chorizo Fondue • Enchiladas Suizas (Chicken) • Carne Asada Street Tacos • Agua Fresca.**

235242 July 24 Sun., 3-5:30 p.m.

Katrina Brink

Summer Squash Stash

Ages 6-16 w/parent 8 \$57 (\$44 Resident)

Zucchini is a healthy, fresh summer squash that can be transformed into everyday classics like pizza, pasta, fries, and baked goods that your kids will love! Gluten free class. **Menu: Pizza with Zucchini Crust • Zucchini Noodle Pasta • Zucchini Fries with Sauces • Zucchini Strawberry Cake.**

235253 Aug. 27 Sat., 3-5:30 p.m.

Candace Pyun



meadowood cooking classes

Teddy Bear Picnic

Ages 3-6 w/parent • \$38 (\$29 Resident)

Menu: Sweet Potato Crunchers • Green Picnic Veggie Wedges • Straw-Beary Dippers • Orange Minty Drink.

235260 June 16 Thu., 2:30-4 p.m.

Katrina Brink • Meadowood

America's Bounty

Ages 3-6 w/parent • \$38 (\$29 Resident)

Get in the spirit of the 4th of July! **Menu:**

Grilled Veggie Sandwiches • Very Berry Fruit Salad • Red, White and Blue Corn Bread • Strawberry Mint Sorbet.

235261 July 19 Tue., 5-6:30 p.m.

Katrina Brink • Meadowood

Kids Back to School Cooking

Ages 6-12 • \$41 (\$31 Resident)

Make tasty snacks for the school day. **Menu:**

Carrot, Apple and Walnut Muffins • Sweet Potato Griddle Cakes • Banana Bread Bites • Power-Up Natural Sports Drink.

234845 Aug. 23 Tue., 4-6 p.m.

Katrina Brink • Meadowood

Meadowood Recreation Center

3054 S. Laredo St.
Aurora, CO 80013



Cooking Class Discounts for Kids & Teens!

- Youth ages 3-18 who qualify for financial assistance receive 40% off all Aurora Recreation programs for all year
- These youth can receive 2 cooking classes per year at an 80% discount.
- Limited number of these ultra-discounted classes available, so register early.
- You can apply for financial assistance at the Expo Recreation Center 10955 E. Exposition Ave. or at the Recreation Office 15151 E. Alameda Parkway, Ste. 1900

We gratefully accept donations to fund this program to offer healthy cooking classes to youth in our community

Call for information or to make a donation:

303.326.8656 or expokitchen@auroragov.org

kids cooking



Grinding Grains

Ages 6-12 • \$44 (\$34 Resident)

Kids will see how to grind various types of grains and incorporate them into baked goods. **Menu: Whole Wheat Pretzels • Cinnamon Scones with Maple Butter • Quinoa Blueberry Muffins • Monster Mash Cookies.**

234827 June 1 Wed., 10 a.m.-12:30 p.m.
Andrea Wight

Chopped!

Ages 6-12 • \$41 (\$31 Resident)

This class includes basic knife skills, cooking methods such as roasting, sautéing, and blanching mixed with some friendly competition. Teams of students will each prepare two one-of-a-kind dishes to be judged and shared in class.

235262 June 7 Tue., 10 a.m.-12N
Andrea Wight

Pasta Palooza

Ages 6-12 • \$41 (\$31 Resident)

Make fresh pasta with summer vegetables. **Menu: Salad Skewers • Fresh Fettuccine • Basil Pesto Ravioli • Tomato and Cheese Toasts.**

234841 June 9 Thu., 10 a.m.-12N
Andrea Wight



Under the Tuscan Sun

Ages 6-12 • \$41 (\$31 Resident)

Take fantastic Italian ingredients and create a meal that will make you a Master Junior Chef! **Menu: Italian Salad with Creamy Avocado Dressing • Ham and Cheese Stromboli • Mini Stuffed Turkey Burgers with Mozzarella • Italian Cream Soda**

234840 June 11 Sat., 1:30-3:30 p.m.
Peggy Sarcomo

Chinese Favorites

Ages 6-12 • \$41 (\$31 Resident)

Menu: Egg Drop Soup • Wontons • Sweet and Sour Chicken • Fried Rice.

234832 June 17 Fri., 10 a.m.-12N
NingNing Ledvina

Father's Day Brunch

Ages 6-12 • \$44 (\$34 Resident)

Enjoy a special Father's Day brunch prepared by your child! Dads return at 11 a.m. to dine. Vegetarian option available.

Menu: Blueberry Cornmeal Pancakes • Citrus and Tropical Fruit Salad • Potato, Bacon and Cheese Frittata • Sparkling OJ with Mint.

234836 June 18 Sat., 9-11:30 a.m.

Mexican Delights

Ages 6-12 • \$41 (\$31 Resident)

Tasty Mexican foods with a little spice! **Menu: Fresh Guacamole and Pico de Gallo • Cheese Quesadillas • Beef or Veggie Tacos • Cinnamon Churros.**

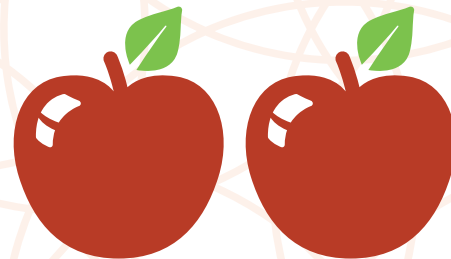
234835 June 27 Mon., 10 a.m.-12N
Senia Hamwi

Spice Explorers

Ages 6-12 • \$44 (\$34 Resident)

Discover the spices of the world and how to use them in cooking! You will get to taste and explore a wide variety of spices as well as herbs fresh from our garden. To test out the spices, you will make roasted vegetables, a grilled sandwich, baked fries and spicy chocolate cookies.

234844 June 30 Thu., 10 a.m.-12:30 p.m.
Katrina Brink



Brunch Buddies

Ages 6-12 • \$41 (\$31 Resident)

Do better than cold cereal this summer! Impress your family with this great brunch menu. **Menu: Sweet Potato Pecan Pancakes • Brown Butter and Veggie Omelet • BLT Biscuit Sliders • Pineapple Orange Slush.**

234837 July 2 Sat., 9:30-11:30 a.m.
Peggy Sarcomo

Pizza Pizzazz

Ages 6-12 • \$41 (\$31 Resident)

Make whole wheat pizza dough and marinara sauce from scratch. Then use a variety of toppings, including veggies, meats and cheeses to create a masterpiece personal pizza. **Menu: Apple Spinach Salad with Lemon Dressing • Homemade Personal Pizzas • Fruit Pizza.**

234842 July 6 Wed., 10 a.m.-12N
Andrea Wight

Picnic Fun!

Ages 6-12 • \$41 (\$31 Resident)

Create picnic foods to share with friends. **Menu: Ants on a Log • Zucchini Nests with Hardboiled Eggs • Fruit Salad with Chocolate Shavings • Sweet and Salty Popcorn.**

235245 July 8 Fri., 10 a.m.-12N
Senia Hamwi

Garden Pestos and Pasta

Ages 6-12 • \$41 (\$31 Resident)

Master the art of making great pesto sauces with homemade pasta! **Menu: Classic Pesto • Pumpkin Seed Pesto • Trio Herb Pesto • Citrus Pesto with Handmade Pasta.**

234829 July 14 Thu., 2-4 p.m.
Thesala Jones

Crêpe Escape

Ages 6-12 • \$41 (\$31 Resident)

Create savory and sweet crêpes using ham, cheese, strawberries, bananas, ricotta filling, chocolate sauce and more!

235263 July 21 Thu., 10 a.m.-12N
Senia Hamwi

Home Alone Lunch

Ages 6-12

\$41 (\$31 Resident)
Become an accomplished chef in your home kitchen by preparing this adventurous lunch. **Menu: Quinoa Chicken Nuggets • Cheesy Vegetable Chowder • Maple Bacon and Chicken Cheddar Wraps • Strawberry, Spinach and Quinoa Salad.**
234828 Aug. 13 Sat., 10 a.m.-12N
Peggy Sarcomo

Back to School Cooking

Ages 6-12

\$41 (\$31 Resident)
Make tasty snacks for the school day. **Menu: Carrot, Apple and Walnut Muffins • Sweet Potato Griddle Cakes • Banana Bread Bites • Power-Up Natural Sports Drink.**
235264 Aug. 15 Mon., 3:30-5:30 p.m.
Katrina Brink



kids cooking camps

Ages 6-12 • Apron and recipes included!



May I Be Excused

Learn dining etiquette the fun way! Each day cook and practice a new skill. On the last day wow your guest with what you've learned during a 4 course meal you prepare.

234839 June 13-16

- Mon.-Thu., 9:30 a.m.-12N
- \$120 (\$100 Resident)
- Thesala Jones

Camp Cook-A-Munga

Learn basic cooking skills, kitchen safety, how to follow a recipe and nutrition basics.

234830 June 20-24

- Mon.-Fri., 9 a.m.-12N
- 234831** Aug. 1-5
- Mon.-Fri., 1:30-4:30 p.m.
- \$150 (\$130 Resident)
- Karon Sorensen

Cooking From The Garden

Eat what you grow! Learn how to garden and cook delicious, fresh summertime dishes using herbs and vegetables from the garden, along with other locally grown foods. Two sessions are available. Activities and recipes will not be repeated from one week to the next. **Menu: Yummy Salads • Homemade Pasta Dishes • Fantastic Cooked Vegetables • Fruit Desserts • Healthy Breakfasts.**

234834 July 25-29

234833 Aug. 1-5

- Mon.-Fri., 9 a.m.-12:30 p.m.
- \$175 (\$155 Resident)



teen cooking camps

Ages 12-16 • Apron and recipes included!

Baking Boot Camp

Take your baking skills to a new level under the direction of our fantastic pastry chef.

Menu: Puff Pastry • Cookies, Cakes • Ice Cream and Sorbet • Custards and Tarts • Petit Fours • Yeasted Doughs.

234861 June 13-15

- Mon.-Wed., 1:30-4:30 p.m.
- \$135 (\$115 Resident)
- Andrea Wight

Cooking Basics

Broaden your cooking knowledge and take your skills to a higher level under the direction of our experienced cooking instructors. Practice: knife skills, garnishing, Asian and Italian techniques, pasta making and baking. Finish the week with an Iron Chef competition.

234864 July 11-15

- Mon.-Fri., 9 a.m.-12N
- \$200 (\$180 Resident)
- Thesala Jones, Andrea Wight and Candace Pyun

Garden Master Chef

Engage all of your senses as you learn about gardening and cooking! Make wonderful meals with produce from our vegetable and herb gardens along with other locally grown foods. Learn about the food system and how to make healthy food and lifestyle choices.

Menu: Pasta and Rice Dishes • Hot and Cold Soups • Roasted Vegetables and Meats • Pastries • Ice Cream and Fruit Sorbet. You will also experiment with spices and sauces.

234867 July 25-29

- Mon.-Fri., 1:30-5 p.m.
- \$185 (\$165 Resident)
- Andrea Wight





Pie in the Sky

Ages 12-16 • \$49 (\$38 Resident)

Menu: Mixed Berry Hand Pies • S'more Whoopie Pies • Frozen Strawberry Lemonade Pie • Peaches and Cream Pie.

234863 June 3 Fri., 10 a.m.-12:30 p.m.
Andrea Wight

Cuckoo for Coconuts

Ages 12-16 • \$49 (\$38 Resident)

These nutty recipes will surely make you cuckoo for coconuts! **Menu: Coconut Brown Rice Pudding with Caramel Chia Sauce • Coconut Curry Soup • Coconut Curried Bananas over Rice • Coconut Fruit Sushi.**

234865 June 4 Sat., 1:30-4 p.m.
Candace Pyun



Frozen Treats

Ages 12-16 • \$49 (\$38 Resident)

Learn the science behind creating frozen treats across the spectrum, from sorbet to ice cream. **Menu: Pretzel Crunch Ice Cream Sandwiches • Peaches and Cream Sherbet Popsicles • Lemon Basil Sorbet in Mini Ice Cream Cones • Limeade with Watermelon Granita.**

234860 June 8 Wed., 9:30-12N
Andrea Wight

Southern Style Cooking

Ages 12-16 • \$49 (\$38 Resident)

Comfort food made with fresh ingredients and full of flavor. **Menu: Fresh Collard Green Wraps • Shrimp and Grits • Baked Cheddar Kale Chips • Peach Pie with Nutty Pie Crust.**

234871 June 15 Wed., 1:30-4 p.m.
Candace Pyun



Pasta, Pasta!

Ages 12-16 • \$49 (\$38 Resident)

Become a versatile Italian cook! Make several types of filled pastas, fillings and sauces. Then mix and match the sauces with the pastas. **Menu: Pasta Shapes: Mezzaluna • Agnolotti • Tortellini. Fillings: Roasted Vegetable • Three Cheese • Italian Sausage. Sauces: Roasted Tomato • Brown Butter • Pesto.**

234870 June 23 Thu., 2-4:30 p.m.
Andrea Wight

Crêpe Escape

Ages 12-16 • \$49 (\$38 Resident)

Escape on an international culinary fusion excursion. **Menu: Roasted Tomato, Balsamic and Feta Crêpes • Crab and Asparagus Cornmeal Crêpes • Chickpea Crêpes with Apricot Chutney • Espresso and Nutella Raspberry Crêpes.**

234866 June 26 Sun., 3-5:30 p.m.
Andrea Wight



Pizza Party

Ages 12-16 • \$49 (\$38 Resident)

Knead, roll and shake up some fun. **Menu: Homemade Pizza • Tossed Salad with Italian Dressing • Garlic Hummus with Crudités • Strawberry Lime Sorbet.**

234869 July 8 Fri., 2-4:30 p.m.

Senia Hamwi

Rockin' n Rollin' Sushi

Ages 12-16 8 \$49 (\$38 Resident)

Hands on sushi fun as you prepare Asian-inspired foods. Gluten free and dairy free.

Menu: Vegetable Sushi Rolls • Miso Soup • Asian Chopped Salad • Bananas with Cinnamon Coconut Sauce.

234868 July 17 Sun., 2:30-5 p.m.

Senia Hamwi

Chopped!

Ages 12-16 • \$49 (\$38 Resident)

This class includes basic knife skills, cooking methods such as roasting, sautéing, and blanching mixed with some friendly competition. Teams of students will each prepare two one-of-a kind dishes to be judged and shared in class.

235277 July 22 Fri., 2-4:30 p.m.

Andrea Wight

Aladdin's Kitchen

Ages 12-16 • \$49 (\$38 Resident)

Learn about and taste mouthwatering Middle Eastern flavors. **Menu: Hummus w/ Homemade Pita Chips • Quick and Easy Shawarma • Falafel • Saffron Ice Cream.**

235249 July 23 Sat., 1:30-4 p.m.

Nancy Schacht

All About Brunch

Ages 12-16 • \$49 (\$38 Resident)

Easy and scrumptious brunch foods sure to impress. **Menu: Lemon and Blueberry Ricotta Pancakes • Veggie Quiche • Smoked Salmon Cream Cheese and Lox Salad • Cucumber Mint Cocktail.**

235251 Aug. 6 Sat., 9:30 a.m.-12 N

Candace Pyun

Oodles of Oats

Ages 12-16 • \$49 (\$38 Resident)

It's all about this gluten free whole grain, packed with protein and fiber and its versatility. It's more than just mushy porridge! **Menu: Nutty Oatmeal Breakfast Bars • Oatmeal Lentil Meatballs over Soba Noodles • Thai Oatmeal • Oat and Date Pie Crust with Plum Filling.**

235252 Aug. 27 Sat., 11 a.m.-1:30 p.m.

Candace Pyun



fitness and food



Summer Sizzler Bootcamp and BBQ

Ages 15 and older

Enjoy the great outdoors as you work up a sweat. This class offers a variety of circuit and interval work with different intensities for all levels and a 90 min healthy BBQ cooking class: Maximize your workout with these nutritious BBQ items. Keeping it fresh with summer flair and fantastic grilled foods.

Menu: Skinny BBQ Chicken Kabobs • Grilled Artichokes • Grilled Grapefruit and Plums with Mascarpone • Infused Water. Note: There will be a 15 minute break to change clothes in between the workout and cooking class.

234636 June 25

- Sat., 9-11:45 a.m.
- \$43 (\$32 Resident)
- Expo



Family Fun Day

Ages 6 and older

60 min family outdoor fitness: Fun relays, obstacle courses and more for the whole family to get fit and have fun in the sun.

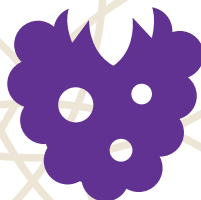
90 min family healthy cooking class: Refuel after being active with the family. **Menu:**

Energy Bon Bons • Homemade Granola Yogurt Parfait • Apple and Protein Boost • Delicious Fruit Smoothie. Note:

There will be a 30 minute break to change clothes in between the workout and cooking class. Children must be accompanied by a registered adult.

234637 July 16

- Sat., 11 a.m.-2 p.m.
- \$43 (\$32 Resident)
- Expo



Summer Nights

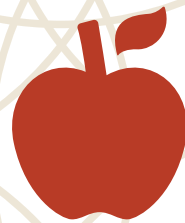
Ages 15 and older

A 60 min Essentrics Class: An original workout that draws on the flowing movement of Tai Chi for health and balance, the strengthening theories behind ballet for long, lean muscles and the healing principles of physiotherapy for a pain free body. 90 min Healthy Harvest cooking class: Healthy Post Workout Foods **Menu: Energy Bites • Garlic Hummus and Vegetable Crudités • Cumin Spiced Eggs with Herbed Tomato • Powerhouse Green Smoothie.**

There will be a 15 minute break to change clothes in between the workout and cooking class.

234635 Aug. 4

- Thu., 5:30-8:15 p.m.
- \$43 (\$32 Resident)
- Beck



adult cooking

Ages 21 and older. ID will be checked prior to class

Couples Cook: Garden Pesto and Summer Wines

Ages 21 and older.

Make homemade pasta with a variety of unique pestos. **Menu:** Hand-Made Pasta with Classic Pesto • Pumpkin Seed Pesto • Roasted Pine Nut Pesto • Edamame Pesto • Trio Herb Pesto • Sunflower Seed Pesto and Creamy Dessert Pesto with Fresh Berries and Puff Pastry. Paired with summer wines.

234814 June 17

- Fri., 6:30-9:30 p.m.
- \$125 (\$105 Resident)/couple
- \$72 (\$55 Resident)/single
- Thesala Jones

Couples Cook: Dinner Under the Stars

Ages 21 and older.

Menu: Caprese Kabobs • Wild Mushroom Tart • Parmesan Broiled Tomatoes • Peppered Beef Tenderloin • Mixed Berry Pavlova. Wines paired with each dish.

234815 June 24

- Fri., 6:30-9:30 p.m.
- \$125 (\$105 Resident)/couple
- \$72 (\$55 Resident)/single
- Nancy Schacht

Couples Cook: Steak House Wine Dinner

Ages 21 and older.

Enjoy a great date night and a fabulous dinner. **Menu:** Green Goddess Salad • Cheesy Polenta • Chili Glazed Shrimp Skewers • Spice Crusted Steak • Bourbon Mud Pie. Wines paired with each dish.

234817 July 15

- Fri., 6:30-9:30 p.m.
- \$125 (\$105 Resident)/couple
- \$72 (\$55 Resident)/single
- Nancy Schacht

Ice Cream for Grownups

Ages 21 and older.

Cool down this summer with these wonderful, gourmet ice creams and sorbets.

Menu: Salted Caramel Ice Cream with Blackberry Sauce • Lemon Ginger Ice Cream with Caramel Whisky Sauce • Honey Lavender Ice Cream • Raspberry Lambic Sorbet • Frozen Irish Cream Cocktail.

234872 July 16

- Sat., 3:00-6:00 p.m.
- \$64 (\$49 Resident)
- Nancy Schacht



adult cooking

Ages 21 and older. ID will be checked prior to class



Couples Cook: Farm to Table and CO Wines

Ages 21 and older.

Delight in creating a fresh, seasonal menu with vegetables straight from the garden at Kitchen on the Green. Specific items will be determined according to seasonality.

Menu: Kitchen on the Green Garden Salad • Family Farms Summer Soup • Kitchen on the Green Garden Small Plates • Berry Patch Farm Dessert.

Paired with wines from Colorado.

234818 July 29

- Fri., 6:30-9:30 p.m.
- \$125 (\$105 Resident)/couple
- \$72 (\$55 Resident)/single
- Thesala Jones



Summer Bounty

Ages 21 and older.

Learn creative techniques to make your garden harvest the focus of your meal.

Menu: Grilled Romaine with Bacon and Buttermilk Dressing • Summer Squash Ribbons with Ginger Corn Sauce • Roasted Pork Tenderloin with Bourbon Grilled Peaches • Plum Galette with Nougat Ice Cream • Cardamom and Carrot Spiced Rum.

234857 Aug. 9

- Tue., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Andrea Wight

Couples Cook: Love Foods and Wine

Ages 21 and older.

Food is like a love potion. Gluten free and dairy free. **Menu: Arugula and Pear Salad**

• Sesame Ginger Salmon • Sautéed Mushrooms with Garlic • Roasted Asparagus with Toasted Almond • Chocolate Covered Strawberries. Paired with summer wines.

234816 Aug. 12

- Fri., 6:30-9:30 p.m.
- \$125 (\$105 Resident)/couple
- \$72 (\$55 Resident)/single
- Senia Hamwi

JUNE

Mexican Cooking I

One of the most thorough introductions to Mexican cooking you'll find, featuring Charlotte's authentic family recipes. **Menu: Homemade Tortillas • Quesadillas • Sopapillas • Burritos • Green Chile Pork • Guacamole • Refried Beans.**

234846 June 6

- Mon., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Charlotte Saenz

Terrific Tofu

Learn about the different types of tofu and how to cook with them. Tofu is low in fat and full of nutrients! Discuss water content and how to season tofu. **Menu: Egg Scramble • Stuffed Shells • Chocolate Peanut Butter Fudge Pie • Mini Quiches • Tofu Bánh Mì Sandwich.**

234812 June 8

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Candace Pyun

International Drumming and Cooking

We are partnering with the Denver Regional Council of Governments and the Colorado African Organization to welcome refugees to the United States and give everyone in the community a chance to meet one another. The first hour of class is a fun, energizing Drumming class. Then enjoy two hours of cooking healthy foods from around the world and make new friends in the process.

Menu: Dishes from Asia, Africa, Europe and the Middle East. Vegetarian options available.

235258 June 10

- Fri., 5:30-8:30 p.m.
- \$64 (\$49 Resident)
- Andrea Wight and Wanda Serino-Washington

Chinese Takeout

Menu: General Tao's Chicken • Shrimp with Lobster Sauce • Vegetable Fried Rice • Sesame Chicken.

234821 June 18

- Sat., 2-5 p.m.
- \$64 (\$49 Resident)
- NingNing Ledvina

Rustic Italian

Create healthy, whole-food meals with Italian flavor and flair.

Menu: Italian Wedding Soup with Veggie Balls • Quinoa Meatless Meatballs with Fresh Sauce and Buckwheat Pasta • Spinach and Artichoke Pasta Casserole • Roasted Tomato and Goat Cheese Polenta • Butterscotch Budino.

234824 June 21

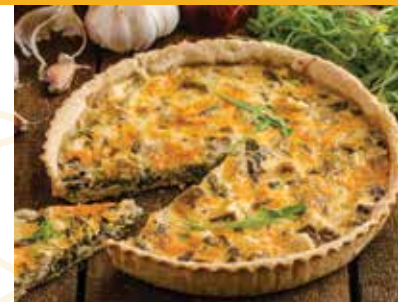
- Tue., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Peggy Sarcomo

Weekly Meal Prep

No time to cook?! Come to this class and learn how to spend a few hours to prepare building blocks for quick, easy and diverse meals all week long! **Menu: Asian/Latin Fusion Soup • Roasted Vegetables with Homemade Vinaigrettes • Lemon and Asparagus Risotto • Roasted Herbed Chicken • Sandwich with Sautéed Greens and Poached Eggs.**

234825 June 22

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Katrina Brink





JULY

Mexican Cooking II

Picking up where Mexican Cooking I left off, with even more authentic recipes. **Menu:** **Homemade Tortilla Chips • Chili Con Queso • Cheese Enchiladas • Tostadas • Pico de Gallo • Green and Red Chile Salsas • Mexican Wedding Cookies • Drying Chiles.**

234847 July 7

- Thu., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Charlotte Saenz

The Grilling Gourmet

Prepare to dazzle your summer guests with this all-star line-up of gourmet grilling.

Menu: **Polynesian Style Pork Loin • Shrimp Three Ways • Mediterranean Butterflied Chicken • Wasabi Seared Tuna and Grilled Pineapple with Nutella Glaze.**

234820 July 9

- Sat., 3-6 p.m.
- \$80 (\$60 Resident)
- David Miller

Healing Through Food

Nourish your body with powerhouse foods. Gluten free. Dairy free. **Menu:** **Ful (Fava Bean Dish) • Spiced Scrambled Eggs • Za'atar Tortillas • Sautéed Cauliflower • Black Mint Tea.**

235229 July 13

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Senia Hamwi

Meatless Monday

Each dish packs 18 grams of protein. Create health-promoting and nutrient balanced vegetarian meals. **Menu:** **Meatless**

Meatloaf with Mushroom Gravy • Barley Risotto with Beans and Greens • Bean-Kale Burgers with Sweet Potato Wedges • Leek, Artichoke and Lentil Linguini and Chocolate Pudding.

235230 July 18

- Mon., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Peggy Sarcoma

Grilling on the Lighter Side

Menu: **Grilled Veggie Salad with Goat Cheese • Black Bean and Corn Salsa • Grilled Citrus Chicken • Southwestern Grilled Salmon • Grilled Chicken Pizza.**

235231 July 20

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- David Miller

International Drumming and Cooking

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The first hour of class is a fun, energizing Drumming class. Then enjoy two hours of cooking healthy foods from around the world and make new friends in the process.

Menu: **Dishes from Asia, Africa, Europe and the Middle East. Vegetarian options available.**

235259 July 22

- Fri., 5:30-8:30 p.m.
- \$64 (\$49 Resident)
- Andrea Wight and Wanda Serino-Washington

Taste of Ethiopia (Vegetarian)

Learn how to make popular and delicious Ethiopian vegetarian dishes that spice up your family dinner nights in a fun new way! This NEW Ethiopian cooking class teaches you secrets to Ethiopian cooking that you won't find from recipes online or in cookbooks. Class will include an overview of traditional Ethiopian spices and ingredients, along with tips that help reduce your cooking time at home. **Menu: Yatakelt Wott (Stewed Potatoes, Carrots, and Cabbage) • Misser Wott (Spicy Red Lentils) • Atar Wott (Mild Yellow Split Peas) • Enjera (Sourdough Flat Bread).** **235232** July 30

- Sat., 9 a.m.-12 N
- \$64 (\$49 Resident)
- Chaltu Kelly



AUGUST

Arash Market Tour and Cooking Class

Tour the Arash International Market to become familiar with the diversity of foods they have available. Return to Kitchen on the Green to make Mediterranean and Middle Eastern delights bursting with flavor! **Menu: A wonderful variety of savory dishes with a dessert and Moroccan Mint Tea.** **Class meets at Arash Market.**

- 234819** Aug. 6
- Sat., 2-6 p.m.
 - \$68 (\$53 Resident)
 - Andrea Wight

Cajun Classics

Menu: Shrimp Étouffée • Crawfish Puffs • Mushroom Strudel • Seafood Gumbo • Key Lime Pie.

- 235233** Aug. 13
- Sat., 2-5 p.m.
 - \$64 (\$49 Resident)
 - David Miller





Caribbean Vacation

Enjoy a stay-cation while you prepare these Caribbean themed delights. Add a little steel drum music in the background and you will feel like you're on a cruise to the Caribbean islands. **Menu:** Caribbean Carrot and Mango Soup • Black Bean and Blackened Fish Tostadas with Goat Cheese • Caribbean Coconut Rice with Garbanzos and Veggies • Caribbean Sweet Potato Patties with Spicy Coconut Sauce • Non-Alcoholic Piña Colada.

235234 Aug. 17

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Peggy Sarcomo

Tamales

From savory to sweet, tamales are a gastronomic delight! Learn traditional rolling methods with a variety of fillings. **Menu:** Green Chile Chicken • Red Chile Pork • Black Bean and Corn • Chocolate Dessert Tamales.

234858 Aug. 22

- Mon., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Charlotte Saenz

Cheese Making

The beginner's guide to making fresh cheeses at home. Make mascarpone, ricotta, feta and buratta from scratch. **Menu:** Mascarpone and Mushroom Crêpes • Watermelon and Feta Salad • Goats Milk Ricotta Gnocchi • Pistachio Buratta with Peaches • Sparkling Hibiscus Flower Tea.

235235 Aug. 24

- Wed., 6:30-9:30 p.m.
- \$64 (\$49 Resident)
- Andrea Wight



wine tasting

Ages 21 and older. ID will be checked prior to class

Wine Tasting

Ages 21 and older.

Bring an appetizer to share and an optional 8 wine glasses. ID will be checked prior to class participation.

Old vs New

A comparison of the world's most beloved grapes from the New World and Old World. Explore Cabernet Sauvignon, Pinot Noir, and Chardonnay from California, Oregon, France and Germany.

235254 June 2

- Thu., 6-7:30 p.m.
- \$31 (\$24 Resident)
- Hannah Huston

American Pinot Noirs

Compare pinot noirs from various regions around the United States.

234876 June 9

- Thu., 7-8:30 p.m.
- \$31 (\$24 Resident)
- Will Schneider

Red, White and Bleu Cheese

Discover red and white wines that go with various types of bleu cheese.

234874 July 12

- Tue., 7-8:30 p.m.
- \$31 (\$24 Resident)
- Will Schneider

Rosé Around the World

The perfect summer wine from a variety of climates and countries.

235255 July 27

- Wed., 6-7:30 p.m.
- \$31 (\$24 Resident)
- Hannah Huston

Riesling

A wonderful grape many think is too sweet. That is not always true! Re-think Riesling with a selection of dry, crisp wines from Germany, France, and Oregon.

235256 Aug. 25

- Thu., 6-7:30 p.m.
- \$31 (\$24 Resident)
- Hannah Huston

Vinho Verde

Add a refreshing sparkle to your summer meals with white and rosé wines from this region of Portugal.

234875 Aug. 16

- Tue., 7-8:30 p.m.
- \$31 (\$24 Resident)
- Will Schneider



fridays uncorked

Ages 21 and older. ID will be checked prior to class



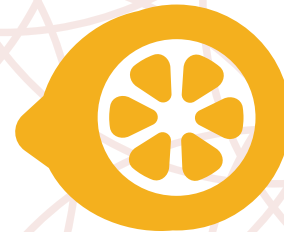
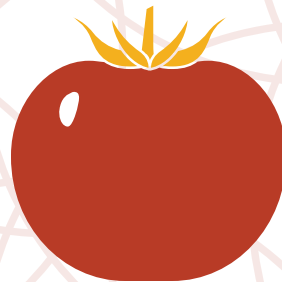
Summer Mixology

Do you ever wish you could mix a cocktail like the professionals and do you get bored drinking the same mixed drink? Come learn the basics of how to make a great cocktail. Using fresh, seasonal ingredients and a variety of base spirits you will make and sample a classic cocktail, innovative new drinks and appetizers. **Drink menu:**

Classic Margarita • Blood Orange Horizon • Blackberry Whiskey Smash. Appetizer Menu: Poblano Pepper Hummus with Pita • Roasted Nuts with Rosemary • Garlic and Roasted Tomato Bruschetta.

234823 June 3

- Fri., 6:30-8:30 p.m.
- \$35
- Brian Kempf



ZumbAsian Fusion

Relax and get together with friends for an end of the week social event. Zumba to fiery Latin dance tunes and learn fun self-defense with Cane Kung Fu, followed by a fusion of Latin and Asian foods paired with a cocktail.

234822 Aug. 19

- Fri., 6-8 p.m.
- \$18
- Wanda Serino-Washington



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