

# SUMMER COOKING PROGRAM 2016

**125**  
1891  
AURORA, 2016  
YEARS  
COLORADO



# 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

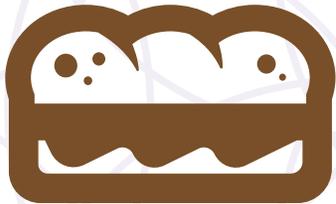
### Go Nuts!

*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-Bear 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](mailto: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.**

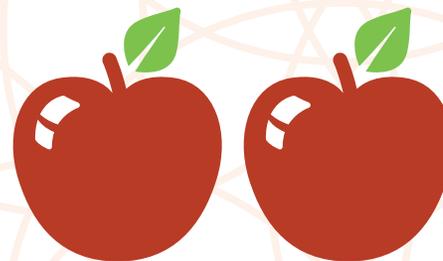
**234835** June 27 Mon., 10 a.m.-12N  
Senia Hamwi

## 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





## 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

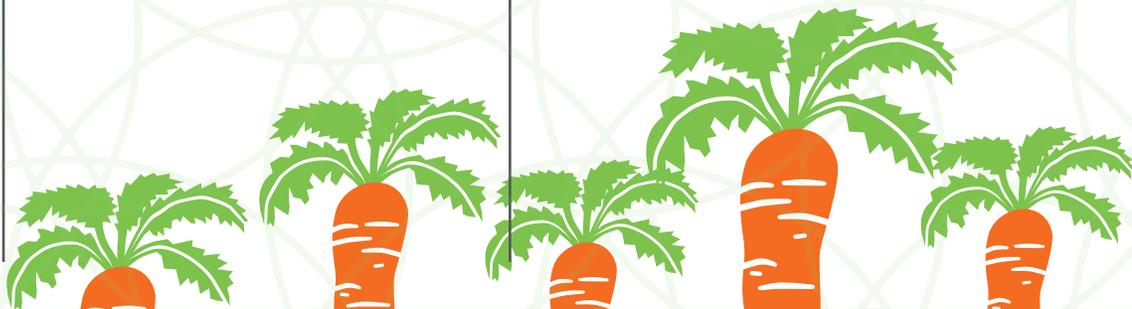
## Cooking From The Garden

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* • \$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



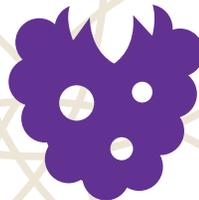
## Family Fun Day

*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



## 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





## 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 Sarcomo

### 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

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.**

**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)
  - Challtu 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.*

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





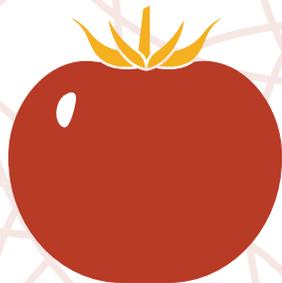
## Summer Mixology

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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