



COOKING UP SOME FUN FOR THE WHOLE FAMILY



QUICK AND EASY WIC-APPROVED RECIPES

MONDAY, NOVEMBER 13

5:30-6:30PM

FREE FOR EVERYONE

The Merrimack Valley YMCA is teaming up with the Greater Lawrence Community Action Council to offer cooking classes in our new kitchen at the Andover/North Andover Y. Join us for a free cooking workshop and learn how to create delicious meals on a budget. We'll be making healthy, seasonal recipes that your whole family will love and offering tips on how to stretch your grocery dollar.

Come and enjoy **WIC Approved recipes, plus some added recipes from the Andover/North Andover YMCA's kitchen and Cooking Matters:**

SAUTÉED APPLE CRISP

Seasonal apples, WIC vanilla yogurt, and gluten free cereal on top. **KIDS CAN HELP**
Cut up apples or assemble the parfaits

PASTA YOUR WAY

KIDS CAN PICK what they want to add to their pasta

GREEN BEAN CASSEROLE

Canned string beans, sautéed onions, corn cereal, yogurt, cream and fresh mushrooms
KIDS CAN HELP Mixing crunch cereal on top, assembling the dish

SIMPLE SAUTÉED GREENS

From a selection of readily accessible greens, **KIDS CAN PICK** which greens they want to try and we'll sauté them up to try!



KALE, FENNEL AND APPLE SALAD
BUTTERNUT SQUASH RISOTTO



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