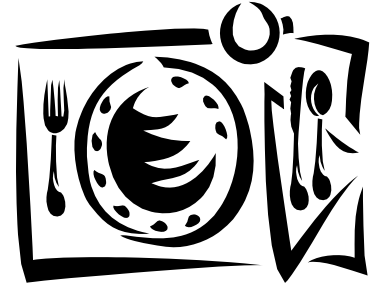


February 2010 Cooking Class

“I can't believe
there's no dairy!”



Saturday, February 13th, 2010
4:00 – 5:30 PM Cooking Class
Presented by Maria Buckman
Sponsored by EarthSave Louisville
Paris-Germantown Neighborhood Association
1094 E. Kentucky St., 40204 (next to St.
Therese Catholic Church)
502.299.9520 <http://metageny.com/earthsave>

APPETIZER
Colby "Cheez" w/Tamari Rice Crisps
ENTREE
Tofu "Cheez" Lasagna
DESSERT
Dark Chocolate Mousse w/Tofu
Whipped Cream

This month's theme: Learning how to use dairy-free ingredients to prepare traditional recipes that normally call for milk and cheese. The result will be delicious vegan dishes that taste even better than the "real" thing. Having a flavor and texture reminiscent of dairy, these recipes will be healthy (organic, and completely cholesterol-free) and gluten-free!

If you are ready to learn and engage in ideas about food preparation and consumption, then come! An EarthSave potluck will directly follow at 6:00 PM, wherein the terrific dishes will be celebrated and consumed by happy attendees.

EarthSave leans toward the thinking that helping to save the earth is only a bite away. Each bite comes from a meal, so helping the earth is a meal away. Each meal comes from a recipe, so helping the earth is a recipe away. Each recipe is taught and/or tried, so helping the earth is one class away-- Come to EarthSave's monthly cooking class! Come on out, start bringing habits of health to your body while moving the planet towards the same...one bite/meal/recipe/class at a time!

If you can RSVP, then do so (502 299 9520 or louisville@earthsave.org; not strictly required). This event is not only valuable, it's free; Spread the word! New menu and ideas every 2nd Saturday. Come often.

<http://metageny.com/earthsave/CookingClassEarthsave.pdf>

