



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SOMETHING'S COOKING

MARCH/APRIL 2012

YMCA of Metropolitan Milwaukee

Something's Cooking provides a fun and entertaining skill building experience for adults and families that will encourage and support healthy eating and healthy cooking that is practical and doable for everyday families. It is a great way to re-invigorate families around their own kitchens and family meals; demonstrating that healthy cooking can be convenient, fast, easy, fun, and good for you. A cooking session will be held once each month on a regular schedule so it's easy to remember and gain participation over time.

Program Number: 01409

Price: \$5 for members

\$8 for Community Participants

\$8 same day registration for all

Please pre register by calling your local Y's front desk.

Time	Center	Date	Chef/Dish
11:45-12:45pm	Rite-Hite	3/8/12	Dale Curley, Larry's Market Grilled Lemon & Basil Shrimp Salad with Mesclun Greens, Artichoke Hearts, and a Lemon Dijon Vinaigrette, & Grilled BBQ Pork Tenderloin with Sautéed Fuji Applies & Broccoli Rabe
12:00-1:00pm	Southwest	3/25/12	Alison Hanson, Registered Dietician and YMCA Staff Member Mediterranean Chicken Pasta
12:20-1:20pm	West Suburban	3/29/12	Chef Mark Hammes, Hart Park Square Wheat Berry Salad with Walnuts, Mediterranean Couscous & Lentil Salad
10:00-11:00am	Southwest	4/19/12	Chef Sean Emrick, Library Square in West Allis Sauteed Chicken Breast in a Chive Sauce Pasta with Pomodoro Sauce

Sponsored by: NARI, National Association of the Remodeling Industry, Milwaukee Chapter and Milwaukee NARI Foundation , INC.

Call Stephanie 414-274-0832 or Megan 414-357-2820 with Questions