

Dinner Tonight Cooking School

Lunch & Learn Series

Want to learn some new healthy recipes for your family that are quick and easy, not to mention delicious and economical? Then I have the answer for you.....Dinner Tonight recipes. Dinner Tonight is a Texas AgriLife Extension Service program that is designed to help you with easy, nutritious, and delicious meals that you can prepare for your family.

We are going to share some of those recipes with you at our Dinner Tonight Cooking School Lunch and Learn Series. There will be four classes and each one will consist of a live food demonstration from the Dinner Tonight recipe database, stretching your food dollar techniques and hints, and exploring the art of couponing. We will also discuss seasonal foods and how to make them a part of your healthy meals. Plus, lots of other helpful hints and ideas to make your mealtime more enjoyable, including food garnishing and presentation. There will even be some surprise “celebrity” guests sharing their culinary wisdom!

Each class will held from 12 noon to 1:00 p.m. for our lunch break crowd. However, for those who can stay longer, we will be offering some additional activities. What a better way to spend your lunch hour?

The classes will be held on August 23, September 27, October 23, and November 15 for a low cost of \$35.00 for the entire series. Lunch will be provided for each session.

Please contact the Texas AgriLife Extension Service office at 903-473-4580 to pre-register. The deadline to sign up is Thursday, August 16. Call today to reserve your spot because seating is limited.

