

## "Cooking in the Kitchen with Nina" Cooking Classes

*Perfect for beginners, cooking enthusiasts, food lovers, busy cooks, singles, couples and groups!*

- Learn culinary techniques and helpful food tips and develop or expand your cooking confidence.
- Watch demonstration-style classes—up-close—sitting at the counter.
- Interact, eat and have fun in a relaxing and highly social atmosphere!

Join Culinary Professional and Cookbook Author Nina Swan-Kohler in her kitchen in Robins.

### January 2022 Cooking Class Schedule

#### Happy New Year!

#### **Healthy Low-Fat 3-Course Dinner: (GF) *On the menu:***

Italian Mixed Green Salad with Homemade Red Wine Vinaigrette, Pan-Seared Salmon with Stir-Fry Vegetables and Fresh Fruit Parfait with Yogurt Cream. \$50.00

**January 4 (Tuesday) begins at 6 p.m.**

**Magnificent Meatless Meals: *On the menu:*** Mexican Roasted Vegetable Lasagna, Homemade Italian Gnocchi with Basil and Tomatoes, Cheese Tortellini with Sage Cream Sauce. \$50.00

**January 5 (Wednesday) begins at 11 a.m.**

**Eat Healthy –Mediterranean Foods:** You'll learn how to incorporate super foods into your diet with this healthful menu.

***On the menu:*** Bruschetta with Artichoke Topping, Chicken with Sun-dried Tomatoes, Spinach and Olives served over Israeli Couscous; Easy Almond Tart. \$55.00

**January 10 (Monday) begins at 6 p.m.**

**Salad, Salad and More Salad: *On the menu:*** Italian Spinach Salad, Tossed Greens with Oranges, Craisins and Almonds with Almond Vinaigrette; and Strawberry-Avocado Salad with Walnut Vinaigrette. Wedge Salad with Bacon, Tomatoes and Homemade Blue Cheese Dressing. \$50.00

**January 11 (Tuesday) begins at 11 a.m.**

**WOW Class for Widows or Widowers: *On the menu:*** Roasted Vegetable Quesadillas. This class includes a special beverage, side dish and dessert. \$15.00

**FREE for first time attendees**

**January 20 (Thursday) Noon to 1 p.m.**

**Cooking for Two – Healthy Low-Carb Meals:** This class is perfect for couples, "empty-nesters" and singles. ***On the menu:*** Roasted Tilapia with Avocado-Cucumber Salsa, Parmesan Chicken over Italian Spinach Salad, Turkey Lettuce Wraps, Beef Stir Fry. \$50.00

**January 21 (Friday) begins at 11 a.m.**

**Easy Entrees: *On the menu:*** Pan-fried Chicken with Fruit Salsa, Roasted Pork Tenderloin with Cherry Salsa, Roasted Salmon with Mango Salsa; and Maple-Glazed Pork Medallions. \$50.00

**January 24 (Monday) begins at 6 p.m.**

**Easy and Satisfying Potato Soups: *On the menu:*** Creamy Potato Leek Soup, Roasted Corn and Potato Soup, Italian Sausage and Potato Soup and Thai-Style Curried Chicken and Potato Soup. \$50.00

**January 25 (Tuesday) begins at 6 p.m.**

#### **"Comfort Foods" with a Tasty Twist: *On the menu:***

Best-Ever Beef Stroganoff, Meatloaf with Caramelized Onions, Mashed Potatoes, Quick and Easy Chicken and Dumplings.

\$50.00

**January 27 (Thursday) begins at 6 p.m.**

**Convection Oven Basics:** Please come to this class to learn when and how to use your convection oven. ***On the menu:*** Basic Biscuits, Bruschetta Toasts with Fresh Mozzarella, Roasted Rosemary Chicken, Roasted Winter Vegetables, Streusel-Topped Cranberry-Orange Muffins, Toasted Hazelnut-Honey Oatmeal Cookies. \$60.00

**January 31 (Monday) begins at 6 p.m.**

#### "Cooking in the Kitchen with Nina"

1. To register for a class, please call: 319-393-7675 with your credit card number:  
or email: [swankohler@cs.com](mailto:swankohler@cs.com)  
or online at [www.cookingwithnina.net](http://www.cookingwithnina.net)
2. Classes are held @ 460 Hickory Ct, Robins, IA 52328.
3. Classes are subject to cancellation if registration is insufficient.

**Cancellation Policy:** No refunds or credits will be given for a cancellation made less than 48 hours before the class. When a class is cancelled due to inclement weather, you will be contacted by email or telephone and issued a full refund.

**Nina's Cooking Class Schedule is also available at**  
[www.cookingwithnina.net](http://www.cookingwithnina.net)

**Questions, please call Nina at 319-393-7675 or email:**  
[swankohler@cs.com](mailto:swankohler@cs.com) or [nina@cookingwithnina.net](mailto:nina@cookingwithnina.net)

*Please call me if you have any concerns regarding masks and social distancing.*