

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

- Learn culinary techniques and helpful food tips.
- Develop or expand your confidence in the kitchen.
- Interact, eat and have fun in a relaxing and highly social atmosphere!

### May 2023 Cooking Class Schedule

**Eat Healthy –Mediterranean Foods:** Learn how to incorporate super foods into your diet with this healthy menu. *On the menu:* Bruschetta with Artichoke Topping, Chicken with Sun-dried Tomatoes, Spinach and Olives served over Israeli Couscous; Fresh Steamed Spinach, and Easy Almond Tart. \$55.00

**Monday, May 22 begins at 6 p.m.**

**Light and Healthy Dinner Menu: *On the menu:*** "Soon-to-be-Famous" Italian Salad, Marinated and Grilled Honey-Rosemary Chicken, Spring Vegetable Medley with Herb Butter Sauce and Pavlova (meringues) with Fresh Fruit and Caramel Cream Sauce. \$55.00

**Wednesday, May 24 – starts at 6 p.m.**

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

**FREE for first time attendees**

**Thursday, May 25 – starts at 11:30 a.m.**

**Fire-Up the Grill: *On the menu:*** Sweet and Spicy Shrimp Kabobs, Wacky Mexican Chicken, Italian Marinated Pork Tenderloin, and Caribbean Flank Steak, plus tasty sides. \$55.00

**Friday, May 26 – starts at 6 p.m.**

**Pizza, Pizza, and More Pizza on the Grill: *Learn to make homemade pizza on the grill – three ways. *On the menu:**** Gourmet Italian Sausage Pizza, Tomato, Basil and Fresh Mozzarella Pizza and Sweet and Sour Pork and Pineapple Pizza. \$55.00

**Saturday, May 27 - starts at 6 p.m.**

**Grilled Salmon – Three Ways: *On the menu:*** Honey-Ginger Salmon, BBQ Rubbed Salmon on Cedar Plank, Sweet and Spicy Thai Salmon Skewers, plus tasty side-dishes. \$55.00

**Wednesday, May 31 – starts at 6 p.m.**

**You can always schedule your own family or group to attend a class of your choosing. I have lots of menu options on my web site. Please call me to discuss at 319-393-7675.**

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

1. Prices listed are per person unless otherwise stated.
2. To register for a class, call: 319-393-7675 or email: [swankohler@cs.com](mailto:swankohler@cs.com) or online at [www.cookingwithnina.net](http://www.cookingwithnina.net)
3. *Please call to make reservations and mail a check for the amount of the class.*
4. Classes are held @t 460 Hickory Court, Robins, IA 52328.
5. Classes are subject to cancellation if registration is insufficient.

**Cancellation Policy:** If your plans change, you will receive a full refund when canceling 48 hours in advance of the class. You will not receive a refund when you cancel less than 48 hours in advance.

Doors will not be open until 5 minutes prior to class. Please arrive on time for your class so that we can begin promptly.

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