

"Cooking in the Kitchen with Nina" Cooking Classes

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

January 2025 Cooking Class Schedule Happy New Year

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 Kalamata Olives served over Israeli Couscous; Easy Almond Tart with Fresh Fruit.
\$60.00/\$55.00

January 13 (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.

\$55.00/\$50.00

January 14 (Tuesday) begins at 6 p.m.

WOW Class for Widows or Widowers: **On the menu:** Roasted Vegetable Quesadillas. This class includes a special beverage, side dish and dessert. **FREE for first time attendees or Reduced Price of \$15 for additional WOW classes.** If it's your first class, please call (319) 393-7675 to register.

January 15 (Wednesday) 5:30 to 7 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, Chicken Caprese with Steamed Spinach and Turkey Lettuce Wraps and surprise dessert for two. \$55.00/\$50.00

January 16 (Thursday) begins at 11 a.m.

***Introducing new pricing structure. The higher price listed is the price when fewer than 6 people are registered for the class. If there are more than 6 people registered, then the lower price will be charged. When you register online, you will be asked to pay the higher price, but if more than 6 people attend and pay for the class, then you will receive a \$5.00 cash refund. Win-Win - It's a better deal for you when you encourage your friends to join you for the class. Please help me, help you. Call 319-393-7675 with questions.**

Nina's Cooking Class Schedule is also available at www.cookingwithnina.net
Questions, please call Nina at 319-393-7675
or email: swankohler@cs.com

Convection Oven Basics: Please come to this class to learn when and how to use your convection oven. **On the menu:** Basic Biscuits, Roasted Pork Tenderloin, Roasted Winter Vegetables, Streusel-Topped Caramel-Apple Muffins, Toasted Coconut-Pecan Cookies. \$65.00/\$60.00

January 27 (Monday) 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. \$55.00/\$50.00

January 28 (Tuesday) 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. \$55.00/\$50.00

January 29 (Wednesday) begins at 6 p.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. \$55.00/\$50.00

January 30 (Thursday) begins at 11 a.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. \$55.00/\$50.00

January 31 (Friday) begins at 6 p.m.

All classes include a non-alcoholic beverage and sweet for dessert.

"Cooking in the Kitchen with Nina"

- To register for a class, call: 319-393-7675 or email: swankohler@cs.com or online at www.cookingwithnina.net
- **Preferred payments are by check or cash.** Paypal and Venmo are available for a small upcharge.
- Classes are held @ 460 Hickory Court, Robins, IA 52328.
- Classes are subject to cancellation if registration is insufficient.

Cancellation Policy: If you cancel, you will receive a full refund when canceling 48 hours in advance of the class. If you cancel 24 hours in advance, you will receive 1/2 of the class fee as a refund. If you cancel on the same day, you will not receive a refund.