

COOKING CLASS

JOIN US FOR A SUMMER FOODS COOKING CLASS

A BENEFIT FOR THE PACIFICA LIBRARY

JULY 9TH 1PM-3 PM, AT THE LIBRARY

104 HILTON WAY

Learn a professional chef's secrets for vegetarian summer foods sure to delight everyone in your family.

The class will feature delicious and cholesterol-free Basil Pesto, Potato Salad with Leeks, BBQ, and Chocolate Strawberries. Samples and recipes are included.

Our instructor, Chef Alex Bury, is a graduate of the premier culinary college, the Culinary Institute of America. Alex is a cooking instructor for the McDougall Program and Bay Area Vegetarians. Standing ovations and enthusiastic acclamations follow her cooking presentations.

All labor and profits are being donated to the Pacifica Library.

Produce donated by Pacifica Farmers Market



**REGISTER
TODAY**

Pre-registration is highly recommended to reserve your space. Class registration is sliding scale to make this class affordable, while raising funds for our Pacifica Library. Suggested sliding scale donation is \$20-\$30 per adult and \$10-\$15 per student under 18. Walk-ins accommodated as space permits. To register send checks, plus name, number of people, and email or phone to Bay Area Vegetarians, POB 371215 Montara CA 94037. 415-57-VEG-57

MORE INFORMATION..... WWW.BAYAREAVEG.ORG