



2010-2011 Schedule

MHealthy Cooking Classes

Medical research overwhelmingly supports healthy eating as one of the most important choices a person can make to live a longer and healthier life. Eating a healthful diet of whole foods may lower the risk of developing many chronic, debilitating health problems such as heart disease, hypertension, diabetes, obesity, digestive disorders, Alzheimer's disease and some types of cancer. Decreasing the use of pre-packaged, processed and refined foods high in sweeteners, sodium, saturated and trans fat, artificial ingredients and preservatives has been shown to have significant health benefits. Our classes focus on teaching easy and delicious meal and snack preparation based on vegetables, fruits, whole grains, beans, nuts, fish, low-fat dairy, lean meat and beneficial fats. We'll share tips for saving time, cutting costs and having fun making tasty, healthy food that you and your family will love!

Generous tastings of all recipes are offered in every class.



What's New: Food and Your Mood More Meals for LE\$\$

Look inside for details

Many returning favorites:

Splendid Soups • In the Herb Garden • Sensational Seafood • Knife Skills • Many More!

MHealthy Cooking Class Policies & Information

General Information

- **All classes are only \$25* each** (Excluding Basic Knife Skills).
- All classes are taught by the MHealthy Culinary Team, unless otherwise indicated.
- Generous samples offered at every class.
- All classes are demonstrations with the exception of Basic Knife Skills.

Registration Information:

Pre-registration is REQUIRED at www.mhealthy.umich.edu/cooking.

We will be opening registration six classes at a time. **Register for the first six classes August 10!** See schedule for other registration dates.

Refund & Cancellation Policies

- All classes are **NON-REFUNDABLE** and **NON-TRANSFERABLE** to another class. Only under certain circumstances will a credit to another class be given at MHealthy's discretion.
- Classes canceled due to inclement weather or instructor illness will either be rescheduled or refunded at MHealthy's discretion. If you are worried that a class may be canceled, please check our website or call us at 734-975-3024 for information. We will do our best to contact you if a class has been canceled and a message will be posted on the website.

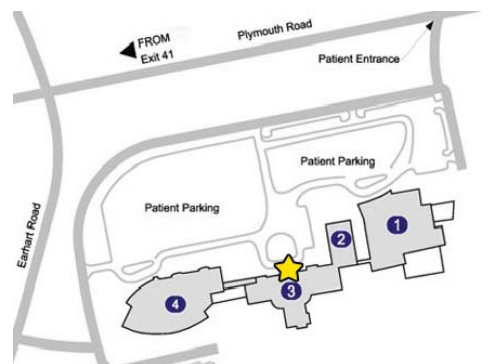
Location

All classes are held at the East Ann Arbor Health & Geriatrics Center in the lower level demonstration kitchen, 4260 Plymouth Road, Ann Arbor, MI 48109. **Please enter the building through the revolving doors at valet parking** and follow the signs down to the demonstration kitchen.

Questions?

Contact us at 734-975-3024 or mhealthynutrition@umich.edu.

*This price excludes Basic Knife Skills (which is \$35 for everyone). No other discounts will be given.



www.mhealthy.umich.edu/cooking

2010-2011 Cooking Class Schedule

Please note that pre-registration is required for all classes.

GF = Gluten Free V = Vegetarian

SEPTEMBER, 2010

Basic Knife Skills¹ 9/8/10 6:00 - 8:00PM \$35

A hands-on class limited to 10 people. Bring your knives, cutting board, an apron and a couple of dish towels. You will learn the basic techniques of how to slice, dice, julienne, and chiffonade a variety of vegetables, fruits and herbs. We'll also teach you how to make some quick and easy garnishes for that finishing touch, and how to keep a sharp edge on your knife.

- Melting Pot Minestrone Soup with Great Harvest Bread^V
- Seasonal Fresh Fruit Platter^{GF, V}

Fast, Fresh and Easy Veggies¹ 9/22/10 6:00 - 8:00PM \$25

With the local markets, (or maybe even your own garden) at its peak of production, nothing could be more wonderful than to capture the flavors of the season with some fast and fabulous recipes.

- Grilled Zucchini with Green Sauce^{GF, V}
- Oven-Roasted Sweet & Savory Veggies^{GF, V}
- Root Vegetable Mash with Lemon & Herbs^{GF, V}
- Hot & Sweet Baked Winter Squash^{GF, V}
- Fresh & Fabulous Tomato Soup^{GF, V}
- Stir-Fried Green Beans^{GF, V}
- Saucy Plums & Apples^{GF, V}

OCTOBER

More Meals for LE\$\$¹ 10/6/10 6:00 - 8:00PM \$25

With ever increasing costs of food, gas, and other daily expenses, you don't have to give up great-tasting healthy meals. We will show you how to prepare easy, delicious and nutritious dishes with low-cost ingredients.

- Shepherd's Pie^{GF}
- Chicken Marsala with Caramelized Carrots^{GF}
- Asian Pork Chops with Bok Choy^{GF}
- Pasta with Plenty of Veggies in a Creamy Nut Sauce^{GF, V}
- Autumn Harvest Baked Apples with Raisins, Walnuts & Cinnamon^{GF, V}

Mediterranean Meals for your Health¹ 10/20/10 6:00 - 8:00PM \$25

Several large studies overwhelmingly confirm the health benefits such as lower risks for cardiovascular disease, and cancer and increased longevity when adopting a Mediterranean diet. The meals are based on using olive oil and nuts as primary fats, they are high in vegetables, fruits, and whole grains. Moderate intake of dairy products, primarily from yogurt and cheese, moderate wine consumption, and limited amounts of red meat and saturated fats are part of the plan.

- White Bean Dip with Herb Oil Drizzle^{GF, V}
- Figalicious Pizza
- Risotto with Many Mushrooms^{GF}
- Roasted Pepper Medley^{GF, V}
- Baked Chicken Breasts with Lemon & Rosemary Marinade^{GF}
- Divine Dates^{GF, V}

¹ Registration begins August 10, 2010 at 9:00am.

NOVEMBER

Dr. Lu's Healing Cuisine¹

11/3/10

6:00 - 8:00PM

\$25

With guest chefs Dr. Yun Lu and Mai. Come experience the taste of Dr. Lu's Healing Cuisine, the Traditional Chinese Medicine practice of cooking with natural foods and Chinese herbs specifically designed to assist the body in healing itself and preventing disease. Dr. Yun Lu, and his chef will demonstrate how to prepare several dishes of this fresh, delicious and healthful food. Learn how to utilize healing herbal formulas to balance the physical body, strengthen the immune system, and release toxins. Dr. Yun Lu, MD, TCM, Ph.D is President and CEO of Golden Courage International and comes from a long lineage of Chinese healers.

Easy & Elegant Appetizers¹

11/17/10

6:00 - 8:00PM

\$25

Learn how to make little bites of intense flavor for every occasion from a holiday gathering, a reunion with friends, an evening of romance, or to tempt your dinner guests before the main course is served. We have selected a variety of flavors from different international cuisines but with ingredients that are found in our local markets. We will teach you do-ahead tips for making the recipes ahead of time and how to garnish and present the tasty morsels with flair, so you can focus on having fun with your friends.

- Three Simple & Spicy Nut Sensations^{GF, V}
- Smoked Oyster & Cucumber Canapés^{GF}
- Nutty Mushrooms^{GF, V}

- Pork Potstickers with Sesame Ginger Dipping Sauce
- Deviled Eggs with Smoked Salmon & Herbs^{GF}
- Chocolate-Dipped Fruit Assortment^{GF, V}

DECEMBER

Just Desserts²

12/1/10

6:00 - 8:00PM

\$25

Good News: Eating a healthy diet does not mean you have to ditch desserts! Yes, you can indulge yourself with these delicious treats made with less sugar and fat. We like to add more fruit, nuts, whole grains, and even a bit of everyone's favorite source of antioxidants - dark chocolate! YUM!!

- Crunchy-Topped Pears with Chocolate Drizzle^{GF, V}
- Sparkling Pomegranate Jigglers^{GF, V}
- Warm Upside-down Apple Cakes^V

- Beautiful Basic Biscotti, have it your way...^V
- Honey Preserved Citrus Slices^{GF, V}

Fabulous, Fresh and Sensational Seafood²

12/8/10

6:00 - 8:00PM

\$25

With guest chefs Mike Monahan & Bernie Fritzsich of Monahan's Seafood Market. Mike and Bernie are back again with their display of beautiful and bountiful fresh fish of the season. They will show you how to select, store and prepare the original fast food - seafood! Mike and Bernie always arrive with the best fish from our oceans, lakes and rivers and teach some swift and simple recipes that will make you no longer fear preparing (or cooking) fish! This class fills quickly, so sign up soon!

JANUARY, 2009

Basic Knife Skills²

1/12/11

6:00 - 8:00PM

\$35

A hands-on class limited to 10 people. Bring your knives, cutting board, an apron and a couple of dish towels. You will learn the basic techniques of how to slice, dice, julienne, and chiffonade a variety of vegetables, fruits and herbs. We'll also teach you how to make some quick and easy garnishes for that finishing touch, and how to keep a sharp edge on your knife.

- Melting Pot Minestrone Soup with Great Harvest Bread^V
- Seasonal Fresh Fruit Platter^{GF, V}

¹ Registration begins August 10, 2010 at 9:00am.

² Registration begins October 5, 2010 at 9:00am.

January, continued

Splendid Soups²

1/26/11

6:00 - 8:00PM

\$25

Here are some great reasons to make and eat soups: they're warm and comforting, they're easy to make and only use one pot (so very little clean-up), they're filling without a lot of fat or calories, they're a good source of vitamins and fiber, they're a great way to sneak more veggies into your diet, and they freeze well for future enjoyment!

- Smooth & Spicy Root Soup^{GF}
- Hearty Lentil & Quinoa Soup^{GF, V}
- Bison, Barley & Mushroom Soup

- Crazy Creol Seafood Gumbo^{GF}
- Cornmeal Citrus Cake with Winter Fruit Compote^V

FEBRUARY

Food and Your Mood²

2/9/11

6:00 - 8:00PM

\$25

Nutrition research has shown that certain foods can alter our mood by influencing the level of chemicals in our brain called neurotransmitters. Some foods can increase reaction times, ability to concentrate and enhance memory. Other foods have a calming or anti-anxiety effect. There are even foods that can actually increase stress, irritability and poor concentration. We will present good mood foods and discuss how to avoid the highs and lows of mood and energy by making better choices.

- Simple Herb-Smothered Salmon^{GF}
- Walnut-Stuffed Chicken Breasts^{GF}
- Winter Vegetable & Quinoa Pilaf^{GF, V}

- Yummy Spinach Salad^{GF, V}
- Brain-Boosting Berry Delights^{GF, V}

Gone Fishin' with Lizzie and Kathy²

2/16/11

6:00 - 8:00PM

\$25

Research suggests that people who eat more fish and foods high in omega-3 fatty acids may be able to combat many diseases from heart attacks and strokes, to depression, joint pain, and inflammation. You'll get hooked on seafood with these fast, fresh and fabulous recipes!

- Skillet-Seared Salmon with Spicy Hoisin Glaze^{GF}
- Simple & Spicy Sesame Pickles^{GF, V}
- Steamed Mussels with Tomato & Fennel^{GF}
- Baked Fish Fillets with Southwest Pesto Crust^{GF}

- Chile Lime Shrimp^{GF}
- Oven-Roasted Cauliflower with Lemon & Capers^{GF, V}
- Individual Pavlovas with Lemon Curd & Berries^{GF, V}

MARCH

Vegetarian Cuisine³

3/2/11

6:00 - 8:00PM

\$25

With guest chef Susan Bellinson of Whole Foods Market. Fresh organic vegetables, wholesome whole grains, sweet fruits and lovely legumes will be the featured ingredients when Susan Bellinson presents the best that the season has to offer with exciting and delicious meatless recipes from Whole Foods.

Basic Knife Skills³

3/16/11

6:00 - 8:00PM

\$35

A hands-on class limited to 10 people. Bring your knives, cutting board, an apron and a couple of dish towels. You will learn the basic techniques of how to slice, dice, julienne, and chiffonade a variety of vegetables, fruits and herbs. We'll also teach you how to make some quick and easy garnishes for that finishing touch, and how to keep a sharp edge on your knife.

- Melting Pot Minestrone Soup with Great Harvest Bread^V
- Seasonal Fresh Fruit Platter^{GF, V}

² Registration begins October 5, 2010 at 9:00am.

³ Registration begins January 11, 2011 at 9:00am.

APRIL

From the Farm to the Table³

4/6/11

6:00 - 8:00^{PM}

\$25

With Guest Chef Alan Merhan from Evans Street Station (in Tecumseh) and the Glass House Café in Palmer Commons. Large scale, industrial food production and distribution have a serious impact on our health and the environment in which we live. Through our purchasing decisions, our meals can not only taste better but be more nutritious, have lower disease risk, improve public and environmental health, and contribute to social and economic well being. Chef Alan will create a beautiful, seasonal menu incorporating locally grown and produced ingredients that will change the way we think about where and how our food gets from the farm to our plates.

Cooking for Two³

4/13/11

6:00 - 8:00^{PM}

\$25

With guest chef Rebecca Wauldren. If you are tired of opening a can of soup, or zapping a frozen microwave meal for dinner, you will love to learn about these swift and simply delicious home-cooked meals. With lovely recipes designed to make enough for 1 or 2 meals, you won't have to worry about mountains of leftovers, but if you have more mouths to feed, they can always be doubled or tripled for friends and family.

MAY

Salads for Spring, Summer or Anytime³

5/4/11

6:00 - 8:00^{PM}

\$25

As the days grow longer and get warmer, there's no better way to beat the heat and get in shape for swimsuit season than with these simple and scrumptious salads.

- Thai-Style Cabbage Slaw with Mint & Cilantro^{GF, V}
- Arugula Salad with Pears & Prosciutto^{GF}
- South of the Border Bean & Grain Salad^{GF, V}
- Roasted Fingerling Potato Salad with Herb Mustard Vinaigrette^{GF}
- Simple Skillet-Poached Peaches with Raspberries^{GF, V}

In the Herb Garden³

5/18/11

6:00 - 8:00^{PM}

\$25

With Guest Presenter Peter Stark from Renaissance Acres Organic Herb Farm. Add flavor to your favorite foods while lowering the fat, sugar and sodium with wonderful herbs from your own garden! Peter will share his tips for growing culinary herbs in containers or your garden. He will bring a variety of herbs and vegetables from his farm to get you started.

- Pink Peppercorn Soda Splash^{GF, V}
- Dilly White Bean Salad with Diced Tomatoes^{GF, V}
- Roasted Corn & Jicama Salad with Avocado Dressing^{GF, V}
- Tahini Marinated Chicken with Herb & Pine Nut Gremolata^{GF}
- A Trio of Fruit Sorbets^{GF, V}

Registration Dates

Look for a number next to each class title to find its corresponding registration date.

- 1 - Registration begins 8/10/10 at 9:00am.
- 2 - Registration begins 10/5/10 at 9:00am.
- 3 - Registration begins 1/11/11 at 9:00am.

With grateful appreciation to our major sponsors!



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The MHealthy Culinary Team



Katherine Briggs Goldberg, MS, RD

Kathy has an interesting background in both food service and nutrition. She began her culinary career at Detroit's London Chop House with Jimmy Schmidt. Kathy worked with Peter Goatley - Detroit's leading gourmet caterer of Peter's Palate Pleaser - for over a decade. Kathy is a registered dietitian and has a master of science degree in clinical nutrition from the University of Michigan. Kathy has been an instructor at Schoolcraft College's Culinary Arts Program teaching the chefs of tomorrow about nutritious, delicious food preparation. She is an active member of the International Association of Culinary Professionals, and the Food and Culinary Professionals practice group of the American Dietetic Association. Kathy has attended the Great Chefs Cooking School at the Robert Mondavi Winery with Chef Joel Robuchon, the Ecole Ritz Escoffier in Paris, the Institut Paul Bocuse in Lyon, and the Great Chocolate School of Valrhona Chocolate in Tain in France. Kathy has worked in the UMHS Preventive Cardiology Program as a clinical nutrition counselor, providing medical nutrition therapy to patients with heart disease, diabetes and weight management issues. Kathy is co-author of the High Fit-Low Fat Vegetarian cookbook. With her colleague, Lizzie Burt, Kathy is featured in two instructional videos on the preparation of delicious healthy food, which are shown regularly on the UMHS patient TV network. She is happily married, the mother of two sons and enjoys spending her free time playing tennis, golf, hiking, and downhill skiing.

Elizabeth (Lizzie) Rosalie Burt, IACP

A seven-time Hawaii Ironman Triathlon participant, and three-time Boston marathoner, Lizzie is an avid competitor. She realized an athletic dream when she won her age division in Hawaii in 1987. Lizzie made a career switch from registered nurse to the culinary arts in 1978. She has had the privilege of learning her trade from such culinary notables as Jacques Pepin, Simone Beck, Paula Wolfert, Bernard Clayton, and Marcella Hazan. Today, as part of the University of Michigan's MHealthy Culinary Team, she enjoys the challenge of convincing others that good food and good health are synonymous. In 1996, Lizzie was featured in Graham Kerr's cookbook, *Graham Kerr's Kitchen*. Later, she appeared as a guest on "Graham Kerr's Gathering Places" television culinary show, which was aired internationally in September 1999. From February 1998 through January 1999, Lizzie was part of the University of Michigan Healthy Lifestyle Team who appeared regularly on Fox 2 TV demonstrating healthy cooking techniques as part of the news anchor's weight loss challenge. She is co-author of the two cookbooks, *High Fit - Low Fat* and *High Fit - Low Fat Vegetarian*, published in 1989 and 1996, respectively. Lizzie still enjoys competing in triathlons and biathlons, and is regularly named age division champion in the Michigan Grand Prix series of triathlons. Lizzie enjoys helping others in the community to prepare delicious and nutritious meals for their families and friends. With her colleague, Kathy Goldberg, Lizzie is featured in two instructional videos on the preparation of delicious healthy food, which are shown regularly on the UMHS patient TV network. Lizzie lives in Ann Arbor with her husband, Brian. She enjoys frequent visits to Colorado to visit her two sons, their wives, and her precious grandchildren.



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