University of Illinois Extension, Kankakee County presents

Spring 2018 Tasty Tuesdays

- **Soups and Stews – March 20, 2018 ~ 10:30 am – 1:00 pm**
  Smooth harmonies of warm flavor. They can be a complete meal unto themselves, the ultimate comfort food worldwide. A light broth, hearty meat and potatoes, fish and seafood, pasta, vegetables, and purees, all embellished with diverse toppings, a side of crusty bread, or green salad. Uh-huh!

- **Snacks and Small Meals – April 24, 2018 ~ 10:30 am – 1:00 pm**
  The nostalgic notions of three balanced meals and avoid between meal snacks is outdated. In fact, frequent snacking characterizes modern eating trends. When should we be snacking and what is a good snack?

- **Pasta: Spotlight on Quick Dishes – May 22, 2018 ~ 10:30 am – 1:00 pm**
  Pasta is the most diverse food made from grain. Although homemade pasta is relatively easy, we will not be making any in this class. Fresh, chilled, and dried pasta of every shape are readily available in supermarkets. We will make a variety of sauces to compliment whole-wheat pasta, spinach pasta, and other flavored pastas.

*Presenter: Drusilla Banks, MS, Extension Educator, Nutrition and Wellness*

All programs will be held at the Kankakee County Extension office. Pre-registration fee of $10 per person per program is required in advance at registration. Registration opens January 16, 2018. Minimum age is 18 to attend. Class size is limited. Please call University of Illinois, Kankakee County at 815-933-8337 if you have any questions.

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*University of Illinois Extension provides equal opportunities in programs and employment. If you need a reasonable accommodation to participate in this program, please contact the Kankakee County Office at least two weeks prior to the event.*

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**Registration Form ~ Tasty Tuesdays**

Name(s): __________________________________________

Address: __________________________________________

Telephone: __________________________ Fee per person

E-mail: __________________________ enclosed: $____

Please make check payable to University of Illinois Extension. No refunds unless the program is cancelled by the Extension office.

**Program Dates:**

Soups and Stews ~ (March 20) ___

Snacks and Small Meals ~ (April 24) ___

Pasta: Spotlight on Quick Dishes ~ (May 22) ___

**Return to:**

University of Illinois Extension
Kankakee County
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