

# SOUTHERN MAINE COMMUNITY COLLEGE'S FALL healthy cooking series



## INTRODUCTION TO MACROBIOTICS

Discover how to cook for health and vitality. Learn how to cook whole grains, sea vegetables and soups as well how to stay healthy with the changing seasons.

Date: October 27, 2009  
Time: 6:00-8:30PM  
Location: Culinary Arts Building, South Portland  
Tuition: \$45



## JAPANESE COOKING

Learn how to make miso soup, seaweed salad, tofu gyoza and brown rice nori rolls with natural ingredients.

Date: November 3, 2009  
Time: 6:00-8:30PM  
Location: Culinary Arts Building, South Portland  
Tuition: \$45

## HEALTHY QUICK MEALS

Want to eat healthy in a hurry? Learn how to prepare delicious meals in under 30 minutes without dairy, meat or refined sugars. Menu includes: Jessica's "hamburger helper" — fish wraps with Asian slaw, and tofu mango salad.

Date: November 10, 2009  
Time: 6:00-8:30PM  
Location: Culinary Arts Building, South Portland  
Tuition: \$45



## NATURAL COOKING FOR THE HOLIDAYS

Explore healthy alternatives to traditional holiday dishes. Menu includes cranberry glazed tempeh, whole grain stuffed delicata squash, and vegan pumpkin tarts.

Date: November 17, 2009  
Time: 6:00-8:30PM  
Location: Culinary Arts Building, South Portland  
Tuition: \$45

## ABOUT THE INSTRUCTOR

Lisa Silverman graduated from SMCC's Dietary Technology program in 1987. She has a BA/BS degree in Holistic Nutrition from Lesley College. In addition, she studied Macrobiotic cooking at the Kushi Institute in Becket, MA and at the International Macrobiotic Institute in Kiental, Switzerland. Lisa is the founder of the Five Seasons Whole Foods Cooking School in Portland. Lisa's recipes can be found in the *Hip Chick's Guide to Macrobiotics* by Jessica Porter, *Becoming Whole* by Meg Wolff, and in the new book, *The Kind Diet* by Alicia Silverstone coming out this fall.

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To register, please call (207) 741-5758. **Space is limited!**  
All classes are held on our beautiful South Portland campus.

[www.smccME.edu](http://www.smccME.edu)

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