SUNY Erie’s Chef Debbie Clark presents The Cooking for a Health Lifestyle series, focusing on delicious recipes for a healthy lifestyle. Chef Debbie is a culinary instructor at SUNY Erie and a chef instructor for their Culinary Medicine program. She is the former owner of Delish Cooking School and Pastry Shop on Elmwood Avenue.

Location: SUNY Erie City Campus Culinary Arts lab, 121 Ellicott Street, Buffalo

Fridays, 6-8 p.m.
Individual Cooking Classes: $65/class

On the Path to Better Health
October 19, 2018: In this class, we will explore the basics of the Mediterranean way of dining. Starting with meal planning, shopping, preparing and eating thoughtfully. This will give you a head start for success on a pathway to a healthier lifestyle through nutrition.

Recipes prepared:
- **Breakfast**: Homemade Granola with Greek Yogurt
- **Lunch**: Fattoush (Lebanese Bread Salad) with Lemon Vinaigrette
- **Dinner**: Grilled Chicken with Cucumber-Yogurt Sauce
- **Snacks**: Cranberry Almond Biscotti

Meatless Mondays
November 2, 2018: The second class in the series of Healthy Lifestyle Cooking turns “Meatless Mondays” into a treat instead of a boring chore!

Recipes prepared:
- **Breakfast**: Chocolate Zucchini Muffins
- **Lunch**: Artichoke and Feta Couscous
- **Dinner**: Blackened Fish with Mango Salsa
- **Snacks**: Freshly made Red Pepper Hummus with Toasted Pita

Taco Tuesday
November 16, 2018: In our third class in our series of Healthy Lifestyle Cooking, lets tackle “Taco Tuesday”. Tacos are one of those foods that actually start out really healthy but can go crashing into bad choice oblivion rather quickly if you pile on the wrong ingredients. I’ll give you some great new ideas to work into your dinner plans.

Recipes prepared:
- Tequila Chicken Fajitas with Pineapple Salsa
- Korean Steak Tacos
- Chipotle Roasted Veggie Taco
- Cantaloupe and Cucumber Salad

Baking Class
Friday, 6-8 p.m.

Holiday Cookie Exchange
December 14, 2018: Learn new recipes for five plus cookie varieties, ranging from new American to European style cookies. After class, you leave with a box of three dozen cookies.

For additional information or to register, call SUNY Erie Workforce Development at (716) 851-1800.