

# COOKING CLASSES

College students can eat a lot more than ramen! Bring something new to the table and learn from our nutrition professionals here at Campus Rec and Wellness.

All classes cost \$5 to attend and take place at the Teaching Kitchen at Gallogy Recreation and Wellness Center from 5:30pm-7:30pm

**2/2 Valentine's Chicken Skewers and Dessert**  
Registration opens 1/19 \*Remote Class

**3/1 Soup and Salad**  
Registration opens 2/15

**3/16 Pasta Night**  
Registration opens 3/2

**4/7 Spring Rolls and Sushi**  
Registration opens 3/24

**4/26 Taco Tuesday**  
Registration opens 4/12

## Samples with Dietitians

All demonstrations are FREE and take place in the Recreation Center Lobby 5:30pm-7:00pm.

**1/20 Homemade Fruit Leather**

**2/17 "Amped Up" Super Bowl Appetizers**

**3/29 Tea Samples**

**4/13 Turmeric Golden Milk**

**5/4 Make Your Own Trail Mix**

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SPRING  
2022



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Colorado Springs

REGISTER AT: [campusrec.uccs.edu](https://campusrec.uccs.edu)