BACK TO THE BASIC: COBB SALAD  
3:00PM  
Living away from home and new to cooking? Don't fear, we have a back to basics class which will guide you through some easy and healthful cooking techniques. This class will give you a good foundation for cooking in the kitchen.

BACK TO THE BASIC: EGG OMELETTE  
1:00PM  
Living away from home and new to cooking? Don't fear, we have a back to basics class which will guide you through some easy and healthful cooking techniques. This class will give you a good foundation for cooking in the kitchen.

JUST IN TIME: CHICKEN, THREE WAYS  
3:00PM  
Not sure how to cook from the bounty you received at the Just In Time mobile food pantry? Here, we'll get you the top tips on how to creatively prepare the best meals on a budget.

JERK PORK  
3:30PM  
Like a beautiful musical symphony, the heat of the fiery scotch bonnet pepper is the high hat to the treble of stewed jerk pork. The spice plays harmoniously with the natural sweetness of fruit. Rice & beans ground this composition out at the bass.

OYAKODON  
3:00PM  
Microwaves can be very powerful kitchen tools. Learn how to cook this culturally iconic Japanese dish in a fraction of the time with the same classic look and taste.

TEFTELI  
1:30PM  
Heighten your gastronomical senses with this hearty meatball dish, covered in a creamy tomato sauce. Do you know what makes these meatballs different than any other you’ve had before? Come and find out what easy pantry staple makes this a Russian favorite.

JUST IN TIME: CHICKEN, THREE WAYS  
4:00PM  
Not sure how to cook from the bounty you received at the Just In Time mobile food pantry? Here, we’ll get you the top tips on how to creatively prepare the best meals on a budget.

“BAKED” POTATO  
3:00PM  
Learn how to cook a culturally iconic dish in a fraction of the time with the same classic look and taste. Then, load it up with your favorite toppings for a hearty and healthy meal. Vegetarian options available!

QUICK & EASY SNACKS  
1:30PM  
How about in-between meal ideas? Let’s talk about our snacks. CHEW’s delicious snacks are ready to go in one hand as you wheelie through your busy schedules.

CHOPPED: SALSA CONTEST  
4:00PM  
Use those knife skills to dice your way to victory! In this competition, we will harness the power of the plant and experience flavors of produce grown right here at SJSU in our AS Garden. Vegan recipe.

BACK TO THE BASIC: COBB SALAD  
2:00PM  
Living away from home and new to cooking? Don’t fear, we have a back to basics class which will guide you through some easy and healthful cooking techniques. This class will give you a good foundation for cooking in the kitchen.

JUST IN TIME: CHICKEN, THREE WAYS  
4:00PM  
Not sure how to cook from the bounty you received at the Just In Time mobile food pantry? Here, we’ll get you the top tips on how to creatively prepare the best meals on a budget.

HOT POT: GROUP DINING  
2:00PM  
We know college is about making great memories with your friends. Let the communal Chinese hot pot make hosting easy, as you and your guests do all the cooking together.

PAD THAI  
1:00PM, 3:00PM  
Jazz up campus life with a flavor-packed Thai noodle dish. Love at first bite, this meal will take you to the waters of the Southeast Asian shores — daydreaming of the twinkling city lights of Bangkok.

FALAFEL SANDWICH  
3:00PM  
This classic is perfectly balanced with all the trimmings to kick up any sandwich - you won’t miss that turkey and Swiss for days.

BERBERE’ STEW  
3:00PM  
Venture into new territory as we bring this favorite traditional Ethiopian dish to our menu. This vegan-friendly lentil dish has just enough spice to scintillate your senses and boost you through finals.

For more info, visit www.sjsu.edu/wellness/nutrition/CHEW or email SJSUDemoLab@gmail.com