Vegetarian or Vegan Difficulty Level Spicy

**CHEW**

Cooking Healthy. Eating Well

Free for SJSU Students
Located in SWC 122
Walk-ins accepted
All classes 1 hr. 15 min
Sign up for any 2 classes

**Sign up at:**

tinyurl.com/CHEWFall2018

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**PANCAKE PARTY**

**TU. SEPT 11@ 1P**
**WED. SEPT 12@ 3P**

Bored with just butter and syrup on pancakes? Play a little with your breakfast change up your pancake routine and experiment with three different fruit toppings.

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**PLANT POWERED**

**TU. SEPT 18@ 3P**
**WED. SEPT 19@ 3P**

This plant powered burger will fuel your body and mind for a full day of classes and study. Learn how to cook sweet potatoes and quinoa with minimal kitchen equipment.

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**THIS IS HOW WE ROLL**

**FRI. SEPT 21@ 1:30P**
**TU. SEPT 25@ 1P**

The word "kim" in Korean is seaweed and "bap" is rice. Kimbap are rice rolls that look similar to sushi. Roll up your sleeves and let’s make some Korean sushi together!

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**BANH MI BOWL**

**TU. OCT 9@ 1P**
**TU. OCT 9@ 3P**

We ditched the buns and deconstruct the classic Vietnamese sandwich to create a delicious bowl with rice noodles that’s perfect for make-ahead lunches or dinner.

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**SALMON ’N SOBA**

**WED. SEPT 26@ 3P**
**FRI. SEPT 28@ 1:30P**

A sweet and salty miso glaze caramelized over a salmon filet with sesame soba noodles and a vegetable medley. Learn to cook fish to desired juicy and delicious doneness.

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**DON’T STEW OVER IT, MAKE FESENJAN**

**TU. OCT 16@ 1P**
**TU. OCT 16@ 3P**

A classic Persian preparation you don’t want to miss! This chicken stew combines the creamy richness of a slow cooked ground walnut sauce with a sour sweet undercurrent of pomegranate molasses.

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**YOU’VE GOT ME WONTON MORE**

**WED. OCT 24@ 3P**
**FRI. OCT 26@ 1:30P**

When it’s cold, there is nothing more comforting than a warm, hearty bowl of chicken wonton soup. Make extra wontons for the freezer for simple soup in a moment’s notice!

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**GREEK TWIST**

**TU. NOV 6@ 3P**
**WED. NOV 7@ 3P**

A spin on soup ‘n salad. Easy and classic Greek soup that is thickened with eggs, spiked with lemon, and served with simple Greek orzo salad. Add some shredded chicken if you want and call it a meal.

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**FINGER LICKIN’ CURRY**

**TU. NOV 13@ 1P**
**WED. NOV 14@ 3P**

Bring some international flare to your dinner with this Thai vegetable curry. Coconut milk makes the curry rich and creamy, perfect for serving over rice.

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**THE FINAL STRETCH**

**TU. DEC 4@ 1P**
**TU. DEC 4@ 3P**

With finals around the corner and cozy weather on deck, come learn some simple yet satisfying snack combinations to help pull you through to the finish line.

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www.sjsu.edu/wellness/nutrition/CHEW

SJSUDemoLab@gmail.com

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**SJSU Treat Yourself Well**