SMART Body

2019 Winter Session

FREE Cooking Classes!

Thursdays: 12:00 – 2:30pm
January 10 – February 28, 2019

1/10/19 *Kitchen Safety and Rules*
- Zuchini Bread
- Vegetarian White Chili
- Sweet Potato, Black Bean, and Kale Quesadillas

1/17/19 *Intuitive Eating (How to eat when you're hungry and stop when you're full)*
- Cauliflower "Toast" with cheesy mushroom topping and scallions
- Green Tea and Pineapple Smoothie
- White Fish Gumbo with Brown Rice

1/24/19 *Stomach Health*
- Carrot Cake Energy Bites
- Miso Chicken Soup with Vegetables
- Roasted Fennel with a Crispy Top

1/31/19 *Heart Health (from lowering your blood pressure to preventing a stroke)*
- Poached Salmon, Fennel, and Potato Stew
- Ghanaian Green Rice
- Pumpkin Pie Smoothie

2/7/19 *Can Food Ease Anxiety?*
- Loaded Cauliflower and Potato Soup
- Chamomile Latte
- Roasted Beet with Arugula, Walnuts, and Goat Cheese with Balsamic Dressing

2/14/19 *Love Yourself Valentine's Day Class (aka how self esteem affects your health)*
- Honey Fruit Squares
- Orecchiette with Salmon, Arugula, and Sun-dried Tomatoes
- Roasted Asparagus

2/21/19 *How to Order Healthy Meals at a Bodega, Deli, or Restaurant*
- Ministrone Soup
- You Won't Believe It's a Healthy "Frosty"
- 20-minute Baked Chicken Parm with Zoodles

2/28/19 *Health Soul Food for Your Soul!*
- Vegan Smoky Collard Greens
- Corn Mac Chou
- Plant-based Jambalaya

OPEN TO ALL SELF-IDENTIFIED WOMEN. If you are interested in attending SMART Body classes, please contact Tara at (212) 289-3900 to schedule an intake interview prior to attending class for the first time. A metrocard will be provided at each class.

East Harlem Neighborhood Health Action Center
158 E. 115th Street, New York, NY 10029 (corner of Lexington & 115th St.)

www.smartuniversity.org