

# RIDGEWOOD PARKS AND RECREATION

The Stable, 259 N. Maple Avenue, Ridgewood  
Telephone 201-670-5560



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## Annie's Artisanal Cookery

### Easy Sheet Pan Meals

Fall I 2018

Using just your sheet pan, learn how to make healthy, tasty and easy dinners . . .  
with virtually no clean up!

Menu highlights include:

- Lemon Garlic Chicken with Asparagus and Purple Potatoes
- Shrimp Stir Fry
- Beef Fajita with Peppers and Onions
- Apple Cider Glazed Pork with Roasted Broccoli
- Mediterranean Turkey Meatballs with Chickpeas, Roasted Cauliflower and Yogurt Sauce
- Beet Red Velvet Chocolate Chip Cookies



2 Delicious Recipes Every Class

Mondays, 12 noon to 2 pm

3 weeks – October 7, (no 14), 21 and 28

The Stable, 259 N. Maple Avenue Tel: 201-670-5560

\$75 - fee includes all materials (\$85 non-residents)  
(please bring an apron and Tupperware for left-overs)



### **PROGRAM REGISTRATION online at [www.ridgewoodnj.net/communitypass](http://www.ridgewoodnj.net/communitypass)**

In Person/By Mail: **The Stable, 259 N. Maple Ave., Ridgewood, NJ 07450 Tel: 201-670-5560**

Checks should be made payable to: **RIDGEWOOD PARKS & RECREATION**

Cancel Policy - Administrative fees apply prior to the start of session. No refunds once session begins.

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Address \_\_\_\_\_ Emergency Tel \_\_\_\_\_

\_\_\_\_\_ Allergies \_\_\_\_\_

Email \_\_\_\_\_ Fall Session I 2019

Program Easy Sheet Pan Meals \$75 (\$85 non-residents)

Payment \_\_\_\_\_ Check # \_\_\_\_\_



I assume all risks and hazards incidental to the participation in the above referenced Recreation program. I hereby waive, release, absolve, indemnify and agree to hold harmless the organizers, sponsors, supervisors, and persons involved in the activities for any claim arising out of an injury to my child, whether the result of negligence or for any other cause, except to the extent and in amount covered by accident insurance.

Signature \_\_\_\_\_