

RIDGEWOOD PARKS AND RECREATION



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

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Annie's Artisanal Cookery

Winter 2017

Hearty & Healthy Winter Soups and Salads

Super charge your diet with these healthy comfort food recipes that are filling and good for you.

Menu highlights include:

- Spinach Salad with Roasted Pear, Gorgonzola and Pomegranate with Pomegranate Dressing
- Chicken Marsala Stew with Mushrooms, Cauliflower Puree and Basil Pesto
- Baby Kale Salad with Roasted Beets, Goat Cheese and Multi-Grain Croutons with Creaming Balsamic Dressing
- Mexican 'Zoodle' Soup with Spiraled Zucchini, Cilantro, Jalapeno, Avocado, Tomatoes and Coconut Milk
- Arugula Salad with Ancient Grains, Grapes, Feta and Lemon Parsley Vinaigrette
- Greek Lemon Chicken and Orzo Soup
- Mixed Greens Salad with Apple, Brie, Apple Cider Dijon Dressing
- Winter Quinoa Vegetable Soup



2 Delicious Recipes Every Class

Mondays, 12 noon to 2 pm

4 sessions – January 23, 30, February 6 and 13

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

\$100 - fee includes all materials (\$110 non-residents)

(Please bring an apron and Tupperware for left-overs)

PROGRAM REGISTRATION online at 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 _____

Winter 2017

Program Hearty and Healthy Winter Soups and Salads

\$100 (\$110 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 _____