



# HEALTHY COOKING AROUND THE WORLD

Spa Dining™  
408.957.0661  
www.SpaDining.com

A culinary travelogue from Asia to Europe to Latin America. Explore diverse ethnic cuisines. We'll make traditional recipes healthier, lighter and nutritionally sound.



Each week, we will cook recipes from a different region. Hands-on class. Bring a towel, an apron and an appetite.

**Class Fee:** \$129. for 3 sessions

Sign Up >> 21202 Includes all materials

**Dates:** 3 consecutive Tuesdays

Mar. 09, 2010

Mar. 16, 2010

Mar. 23, 2010

**Time:** 6:00 — 9:00 p.m.

**Location:** North Campus Fellowship Hall  
City of Saratoga Recreation Dept.  
19848 Prospect Road  
Saratoga, CA 95070-3229

## Class Menu

### Tuesday Mar. 09

#### Japanese Bento

- ❖ Assorted Sushi Rolls
- ❖ Beef Sukiyaki
- ❖ Tsunomono

### Tuesday Mar. 16

#### South of the Border

- ❖ Jicama Salad
- ❖ Pork Chile Verde
- ❖ Spanish Brown Rice
- ❖ Mango Margarita

### Tuesday Mar. 23

#### Malaysian Favorites

- ❖ Nasi Lemak  
(a fragrant Coconut rice)
- ❖ Curry Chicken
- ❖ Stir Fried Green Beans
- ❖ Crispy-battered Banana

You can also sign up for each of the above classes separately for \$48 each.

Call *Spa Dining* at (408) 957-0661 or visit [www.SpaDining.com](http://www.SpaDining.com)

*Cecilia Lam* has dedicated most of her life toward creating a better dining experience for persons seeking a healthy lifestyle.

With degrees in Food Science and Nutrition as well as in Food Technology, Cecilia combines a passion for cooking and fine dining with more than 20 years of professional experience in the food and health sciences industry. As a type 2 diabetic herself, she has experienced first-hand the lifestyle changes necessary for long-term management of her condition, at the same time striving to minimize their impact on the quality of everyday life.

Cecilia is widely traveled, has lived on 3 continents, and indulges a passion for fine dining across diverse cultures.

