



LGS RECREATION

Los Gatos – Saratoga Recreation

123 East Main Street, Los Gatos, CA 95030

Phone: 408.354.8700 Fax: 408.395.3828

Spa Dining™

408.957.0661

www.SpaDining.com



DIABETES FRIENDLY COOKING CLASS

Practical skills in meal preparation for diabetics & pre-diabetics. How to stock a diabetic-friendly pantry and refrigerator. Learn efficient cooking techniques & ingredient substitution, with emphasis on how to make one creative preparation stretch across several meals. In each class, we will cook and enjoy a 3- or 4-course menu that will not leave you hungry.

INSTRUCTOR

Cecilia Lam, Founder, *Spa Dining*™

Cecilia has dedicated two decades of her life toward creating a better dining experience for persons with dietary goals in diabetes control and health management. She holds degrees in Food Science and Nutrition as well as in Food Technology. Check out www.SpaDining.com

FEE

\$45.00 for each class

(by prior arrangement, you may bring one family member or caregiver at no additional charge)

DATE & TIME

June 2, 2010. Time: 6:00 – 8:30 p.m.

The Art of Ingredient Substitution

- ❖ **Hot Artichoke Dip** ❖
- ❖ **Shepherd's Pie** ❖
- ❖ **English Trifle w/ berries & custard** ❖

LOCATION

Warner Hutton House

In the Saratoga City Hall Complex

13777A Fruitvale Avenue

Saratoga, CA 95070-5151

Program No: 3349.043

To sign up for this class, [Click Here](#)