



## ASIAN FOODS MADE LIGHT

Explore different Asian culinary cultures. The emphasis will be to take classical recipes and make them healthier, lighter and nutritionally sound.



Pork dumplings, Chicken Saté, Indonesian yellow rice, assorted Sushi, Vietnamese rolls and noodle soup are just a few of the dishes that you will create.

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

Sign Up >> 3352.403 Includes all materials

**Dates: Mondays Oct. 20, 2008  
Oct. 27, 2008  
Nov. 3, 2008**

**Time: 6:30 — 9:30 p.m.**

**Location: Los Gatos High School  
Main Street, Los Gatos  
Kitchen # 100  
(Refer to Map Below)**

### Class Menu

#### Monday Oct. 20

##### Chinese

- ❖ Siu Mai dumplings
- ❖ Clay Pot Rice
- ❖ Mango Pudding

#### Monday Oct. 27

##### Vietnamese

- ❖ Summer Roll w/ Shrimp
- ❖ Shaking Beef
- ❖ Asparagus Crab Soup

#### Monday Nov. 3

##### Indonesian Rijsttafel

- ❖ Chicken Saté w/ Peanut Sauce
- ❖ Nasi Goreng (Fried Rice)
- ❖ Vegetables in Spicy Sauce

**\*\* You can also sign up for single class sessions separately for \$48. each.**

Click on [Spa Dining.com](http://SpaDining.com) or Call 408-957-0661

*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.



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*Eat well, Eat right*

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