



**City of San Ramon**  
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# DIABETES FRIENDLY - HEART HEALTHY COOKING CLASS

Learn how to stock a diabetic-friendly pantry and refrigerator and understand what makes a meal heart-healthy.



We will cook and eat poultry, meat and seafood dishes, use grains like quinoa, whole wheat and couscous in novel ways, and remake traditional desserts that diabetics can enjoy.

**Class Fee:** \$94. for 2 sessions

Sign Up >> 64428 \$64 plus \$30 materials fee payable on first day of class

**Dates:** 2 consecutive Thursdays  
 May 6, 2010  
 May 13, 2010

**Time:** 6:00 — 9:00 p.m.

**Location:** Community Center  
 at Central Park  
 12501 Alcosta Boulevard  
 San Ramon, CA 94583

## Class Menu

### Thursday May 6

#### Weekday Meal

- ❖ Creamy Broccoli Soup
- ❖ Heart Healthy Shepherd's Pie
- ❖ Quinoa Stuffed Pepper
- ❖ Blueberry Oat Muffin

### Thursday May 13

#### Mediterranean Dinner

- ❖ Roasted Vegetable Crostini
- ❖ Pan Roasted Fish w/ Lemon Sauce
- ❖ Vegetable Paella
- ❖ Berry Yogurt Parfait

*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.

