



# Healthy Eating series

We'll chop and toss and dress and garnish to keep you satisfied and refreshed, taking advantage of summer's abundant veggies. We'll enjoy tomatoes, summer squash, cucumbers, bell peppers and more, in various combinations that keep salads interesting all season. With a special emphasis on creating salads for work-day lunches, creativity and yummy will steal the stage. Bring a friend, co-worker or someone you know who wants to get more veggies on their plate. Go home full of ideas and filled with delicious bites you can prepare anytime.

## Hot Summer Nights Veggie Salads

**July 18th**

Wednesday

6:00 – 8:00 p.m.

Join us to grow your repertoire of entrée salads. Techniques for minimizing the work as you get more fresh and easy salads on the table.

## Easy Ways with Favorite Fall Veggies

**October 13th**

Saturday

12:00 – 2:30 pm

Cooler weather prompts memories of harvest and happy meals together. Course will feature a variety of fall veggies in both familiar and new preparations.

### WHERE:

CSUSB's Yasuda Center, room 105. Park near the Yasuda Center in Lot A. A parking permit dispenser is nearby. \$6 daily parking permit required (\$3 on Saturday).  
5500 University Parkway, San Bernardino, CA 92407

**COST:** \$30, plus parking (pricing subject to change)

**INFO:** For more information, call the PACE staff at 909-537-5983 or email [pace@csusb.edu](mailto:pace@csusb.edu). To register visit our website at <https://cel.csusb.edu/pace/courses-programs>

