

ANNOUNCING THE NEXT LAD DINING CLUB EVENT!

Share your afternoon with LAD as we participate in a "Hipcooks" Cooking Class.

We will be taking the "Healthy, Fresh and Zingy" Class--Here's a taste of what we will cook, eat and drink:

Healthy, fresh and zingy

Just like you, right? Here I offer two variations on healthy food for everyday eating. These dishes are so scrumptious and fresh that you and your friends won't notice you're being health conscious!

Yin-yang roasted red and yellow pepper soup with a pesto twist
Seared sesame seed crusted ahi tuna (yummy sesame-crusted marinated tofu can be substituted for vegetarians if you let me know)

Mango-ginger salsa

Mini ginger and almond ice cream sandwiches with mint.

Featured drink: Bubbly Water, just kidding, Sauvignon Blanc!

Only 14 spaces are available--So sign-up NOW!

When: Saturday, June 28th

Time: 12:00 PM - 3:00 PM

Cost: \$65

Steps to sign-up

1. Visit "www.hipcooks.com"
2. Select "Enter Hipcooks West" (Robertson Blvd, Los Angeles)
3. Select "Class Schedule" in the upper left hand corner
4. Select the June 28th, 12:00 PM - 3:00 PM, "Health, Fresh & Zingy" class
5. Follow directions for signing yourself up!

If you have any questions, please contact Shannon K. Duffy, MPH, RD, CNSD at sduffy@chla.usc.edu.

Thank you and we look forward to preparing a meal with you on June 28th!