

Help for Celiacs

Jan thru April 2010

Jennifer Cinquepalmi, author of

The Complete Book of Gluten-Free Cooking

and *Gluten-Free Deliciously*

speaks to create awareness and teaches to inform

and educate about Celiac Disease.

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Fri. Jan. 8th 7:00p.m.-8:30p.m. Liberty Recreation Center Plano, TX

“Gluten – Free 101” Adjusting to “life without wheat” can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of Celiac Disease, setting up your gluten-free kitchen, local resources, gluten-free products, and much more! \$15 – \$19 per person Register thru Plano Parks and Recreation 972 769-4234

Sunday Jan. 10th 1:00-3:00 Market Street Cooking School McKinney, TX

“Breads Galore” Yeast bread, quick bread, pizza crust and more...learn to bake great gluten-free Breads galore! The menu for this class includes Super Sandwich Bread, Quinoa Cornbread, Wrap Bread, pizza crust, and Tortilla Wraps. call 972-548-5167 for reservations

Fri. Feb. 19th 6:30-8:00p.m. Liberty Recreation Center Plano, TX

“Gluten – Free 101” Adjusting to “life without wheat” can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of Celiac Disease, setting up your gluten-free kitchen, local resources, and much more! \$15 – \$19 per person Register thru Plano Parks and Recreation 972 769-4234

Sunday Feb. 28th 1:00-3:00 Market Street Cooking School McKinney, TX

“Cast Iron Gluten-Free Cooking” The benefits of cooking with cast iron are numerous. Jennifer Cinquepalmi, author of two gluten-free cookbooks will teach you how to use cast iron to create wonderful and healthy breakfasts, dinners, and more. The menu will include Gulf Coast Jambalaya, Spinach and Potato Bake, Cast Iron Skillet Pizza, and a Dutch Baby Pancake. call 972-548-5167 for reservations

Sun. March 7th 1:00-3:00p.m. Market Street Cooking School Colleyville, TX

"Gluten-Free Cakes" Join Jennifer Cinquepalmi to prepare and sample wonderful gluten-free cakes. This class will include Chocolate Truffle Cheesecake, Lemon Poppyseed cake, Hot Fudge Molten Cakes, and Apple Dapple Cake which can be served for b'fast or as a dessert.
Call 817-577-5047 for reservations

Mon. March 15th 6:30-8:30p.m. Central Market Culinary School San Antonio, TX

"Gluten-Free Breads Galore" Yeast bread, quick bread, pizza crust and more...learn to bake great gluten-free breads galore! The menu for this class includes Super Sandwich Bread, Quinoa Cornbread, Wrap Bread, Calzones, and Tortilla Wraps. call 210-368-8600 for reservations

Thurs. Mar. 18th 6:30-8:30p.m. Central Market Culinary School Austin, TX

"Gluten-Free Breads Galore" Yeast bread, quick bread, pizza crust and more...learn to bake great gluten-free breads galore! The menu for this class includes Super Sandwich Bread, Quinoa Cornbread, hamburger buns, Calzones, and Tortilla Wraps. call 512-458-3068 for reservations

Sunday Mar. 28th 1:00-3:00 Market Street Cooking School McKinney, TX

"Gluten-Free Easy Recipes" Join us to learn new recipes your entire family will enjoy eating, and you will enjoy preparing, time and time again. Jennifer Cinquepalmi, author of *The Complete Book of Gluten-Free Cooking* and *Gluten-Free Deliciously* will show us how easy it is to prepare Chicken Tetrazzini, Stir-Fried Green Beans, Granola, Strawberry Pie, and Spanish Coffee Cake.
call 972-548-5167 for reservations

Fri. April 16th 6:30-8:00p.m. Liberty Recreation Center Plano, TX

"Gluten - Free 101" Adjusting to "life without wheat" can be a daunting task. This informational class will take you through the steps of adapting to the gluten-free lifestyle. Learn about the positive points of Celiac Disease, setting up your gluten-free kitchen, local resources, and much more!
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