



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING KITCHEN

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11 COOKING CLASS Fiesta Chicken Salad-11:30am w/Amy (GF)	12	13	14	15
16	17	18 PRESCHOOL COOKING CLASS START! Tuesdays at 11am w/Amy GET SUMMER TEEN COOKING CLASSES START! Tuesdays at 12pm	19	20 KIDS COOKING CLASS STARTS TODAY! Thursdays at 10:15am w/Amy	21 COOKING CLASS Strawberry Watermelon Agua Fresca & Beet Salad- 11:30am w/Christa (V,GF)	22
23	24	25	26	27 COOKING CLASS Fiesta Chicken Salad- 5:30pm w/Joan (GF)	28	

JUNE-SIMPLE SUMMER RECIPES



Strawberry Watermelon Basil Agua Fresca



Shaved Beet Salad



Blackened Fiesta Chicken Salad



Kid's Healthy Cooking Classes!



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June Class Descriptions:

COOKING CLASSES: Cooking classes will give you (and your family) an opportunity to learn from nutritionists and health/wellness professionals that are excited to share how food can be used to benefit your body. Our certified cooking facilitators will guide the class through the preparation of a meal, with the option for participants to assist in prepping the food. You'll complete the class by sampling the food you learned to prepare and take home the recipes used during class for reference. This month we are making picnic foods that are not only quick but healthy!

\$10 per member; \$15 per nonmember

- **Blackened Fiesta Chicken Salad (GF)**
Tuesday, June 11th at 11:30am-12:30pm with Amy
Thursday, June 27th at 5:30-6:30pm with Joan.

Blackened chicken over a flavorful chickpea salad with fresh corn, tomatoes, avocado and lime juice. This salad makes a quick and easy summer weeknight dish!

- **Strawberry Basil Watermelon Agua Fresca & Shaved Beet, Carrot & Radish Salad (GF, V)**
Friday, June 21st 11:30am-12:30pm with Christa

Check out this amazing, refreshing fruity summer beverage. The fresh strawberries and watermelon make it sweet with no added sugar needed! It's a perfect paleo friendly soda or fruity "mocktail". The raw shaved beet, carrot and radish salad is dressed up with an easy homemade vinaigrette. The two recipes are perfect for your next picnic or barbeque.

GF= Gluten Free Recipe V=Vegan

Sign up for grocery shopping or cooking classes at the front desk or online at:

https://www.ymcamn.org/locations/forest_lake_ymca/health_fitness/healthy_living_kitchen

****Please sign up 1 week prior to class date. Classes are subject to cancellation if enrollment is low.**

PRESCHOOL AND KID'S HEALTHY COOKING CLASSES*: Our hands on cooking classes gives your kids the opportunity to discover and make tasty healthy treats and meals.

\$35 per member /\$55 per nonmember

- **Preschool Healthy Cooking Basics**
Ages 3-5; Meets 7 times on Tuesdays at 11-11:30am with Amy starting June 18th.
- **Kid's Healthy Options**
Ages 6-11; Meets 7 times on Thursdays at 10:15-11am with Amy starting June 20th.

Sign up at the front desk or online at:

<https://www.ymcamn.org/forestlake>

***No classes the week of July 4th**