



*You are cordially invited to enjoy an evening of
Culinary Health and Wellness*

*Thursday, October 27, 2016
6 - 8 p.m.*

*New Jersey Institute for Food,
Nutrition, and Health
61 Dudley Road
New Brunswick, NJ*

*Cooking demonstration and full three-course meal paired
with New Jersey wines from Hopewell Valley Vineyards*

*Pan-seared red snapper over black rice salad
with avocado and pink grapefruit*

*Braised smoked turkey with
a ruby beet and bean cake*

*Poached Seckle pears with mascarpone
and pecan nut puree*

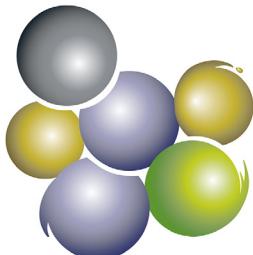
Special dietary requests can be accommodated

- Learn culinary techniques used in healthy cuisines
- Become educated on the nutritional benefits of the foods served
- Hear about the latest research in diet and health
- You will leave satiated and educated



Featuring:

Chef Ian Keith, Culinary Institute of America graduate,
Manager of Harvest at the IFNH
Dr. Peggy Pollicastro, RD, Director of Behavioral
Nutrition at the IFNH



Deadline for registration is October 13, 2016
Must be 21 or older
Seating is limited. - Register early
Prix-fixe: \$75 per person

For further information, contact Charity at 848-932-3500

[Click here to register](#)