

# Cooking Class with Chef Nadia Guzman



## What's for dinner at EGGLRock Nutrition?

Date: Wed. June 27, 2018 6:00-8:00 PM

Location: 397 Chestnut St Suite 2, Union, NJ 07083

Chef Nadia Guzman will show you how easy it is to prepare **plant-based** dinners for you and your family.

Tasting and tutorial of three dinners:

1. Burgers and fries
2. One-pot meal, Buddha bowls
3. Plant-based pastas



Cost: \$10.00, Pay at Door

RSVP: [EGGLRock@comcast.net](mailto:EGGLRock@comcast.net) or call (908)764-9062

Cooking tip: Freeze the stems of all your fresh greens and add later to soups or sautéed dishes.

