



**Phillis Carey Cooks!!**

**February, March, April 2020**

To register for classes,  
email to [philliscarey@aol.com](mailto:philliscarey@aol.com) (best method)  
or call (760) 942-1756

No need to pay ahead—Payment's due at the class!

Classes held at:

**ENCINITAS** Boys and Girls  
Club's Center for a Healthy  
Lifestyle

1221 Encinitas Blvd. \*  
Encinitas, CA 92024

**SOLANA BEACH** Boys and  
Girls Club's Center for a  
Healthy Lifestyle

533 Lomas Santa Fe Dr.\*  
Solana Beach, CA 92075

The **LA JOLLA**  
Community Center  
6811 La Jolla Blvd. \*  
La Jolla, CA 92037

**SIMPLE AND DELICIOUS ENTREES FOR 2020 \$55**

**Monday, January 27 at 6 pm in Solana Beach Full**

**Tuesday, January 28 at 11:30 am in La Jolla 3 spots**

Roasted Poblano, Sausage and Corn Soup;  
Mediterranean Fish en Papillote (Wrapped in Parchment) with Artichoke Hearts,  
Kalamata Olives and Capers;  
"Tastes like Porchetta" Sautéed Fennel Chicken Breasts with Bacon Herbed Topping;  
Italian Braised Pork Tenderloin with Quick Tomato Sauce on Polenta Cacio e Pepe;  
Salted Caramel Sheet Cake with Brown Sugar Buttercream Frosting and Caramel Drizzle.

**COOL WEATHER ENTREES \$55.**

**Monday, February 24 at 6 pm in Encinitas 5 spots**

**Tuesday, February 25 at 11:30 in La Jolla 5 spots**

Creamy Reuben Soup with Corned Beef, Sauerkraut and Rye Crisps;  
Spinach, Cream Cheese and Herb Stuffed Pork Tenderloin with a Bacon Weave Crust;  
Chicken Chile Verde with Poblanos, Tomatillos and Avocado Garnish;  
Quick Chili Cheesesteak Stew with Beans and Pepper Jack Cheese;  
Carrot Cake Pie with a Buttery Crust and Cream Cheese Frosting.

**SAVORY SALMON \$55.**

**Monday, March 2 at 6 pm in Encinitas 4 spots**

**Tuesday, March 3 at 11:30 am in La Jolla 4 spots**

Salmon Burgers with Red Pepper and Caper Sauce;  
Thai Salmon with Coconut Milk, Ginger, Lime and Basil and Coconut Rice;  
Bruschetta Salmon Sauté with Tomatoes, Basil, Parmesan and Balsamic Glaze;  
Roasted Tandoori-Spiced Salmon with Pickled Onions;  
Glazed Lemon Lime Cookies.

**HEARTY MEDITERRANEAN FLAVORS \$55.**

**Monday, March 9 at 6 pm in Encinitas 9 spots**

**Tuesday, March 10 at 11:30 am in La Jolla 7 spots**

Fattoush—Middle Eastern Bread Salad with Pickled Grapes, Toasted Pita and Yogurt, Dill  
and Sumac Dressing;  
Pesto Chicken Lasagna Rolls with Spinach and White Sauce;  
InstaPot Pork Ragu Over Creamy Parmesan Polenta;  
Sicilian Shrimp and Couscous with Saffron and Toasted Almonds;  
Apple Pecan Phyllo Twist with Maple Syrup.

### **SKILLET SUPPERS**

**Monday, March 16 at 6 pm in Encinitas      2 spots**

**Tuesday, March 17 at 11:30 am in La Jolla      Full**

French Onion and Bacon Skillet Mac and Cheese with Crispy Onion Topping;  
Louisiana Shrimp in Creole Sauce with Fresh Herbs;  
Mongolian Beef and Broccoli with Hoisin-Ginger Sauce and Sticky Rice;  
Beef and Bacon Meatballs stuffed with Mozzarella Cheese in Amatriciana Sauce;  
Blueberry Vanilla Bean Cobbler with Ice Cream.

### **PACIFIC RIM FLAVORS**

**Monday, March 23 at 6 pm in Solana Beach      Full**

Pac Rim Caesar with Creamy Lime Dressing, Grapes and Toasted Cashews;  
Coconut-Lemongrass and Ginger Shrimp and Snap Peas with Coconut Rice;  
Miso and Sesame Marinated Skirt Steak with Sautéed Spinach;  
Chicken Breasts in Asian Tangerine Sauce with Hoisin, Sesame and Asparagus;  
Candied Ginger Lemon Panna Cotta;

### **TANGY SPRING CITRUS DISHES**

**Monday, March 30 at 6 pm in Encinitas      1 spot**

**Tuesday, March 31 at 11:30 am in La Jolla      1 spot**

Fresh Citrus Margaritas;  
Coconut Milk Lime Shrimp with Fresh Basil;  
Glazed Honey Orange Salmon with Citrus Basmati Rice Salad;  
Chicken Breast Sauté with Mushrooms and Asparagus with Creamy Lemon Dill Sauce;  
Coconut Lime Macaroons;  
Triple Citrus Cheesecake with Lemon Pastry Crust and Orange Marmalade Glaze.

### **WINE COUNTRY COOKING**

**Monday, April 6 at 6 pm in Encinitas      5 spots**

**Tuesday, April 7 at 11:30 am in La Jolla      Full**

Cilantro Ginger Macadamia Pesto Shrimp Bruschetta with Crème Fraiche;  
Fennel and Orange Arugula Salad with Lemon Ginger Vinaigrette;  
Salmon or Chicken with Fresh Blackberry Ginger Sauce;  
Five-Spice and Garlic Roasted New Potatoes;  
Orange Asparagus Toss;  
Cannoli Cake Roll with Brandied Apricot Filling and Pistachio Nut Crust.

### **PERFECT PASTAS**

**Monday, April 13 at 6 pm in Encinitas      1 spot**

**Tuesday, April 14 at 11:30 am in La Jolla      Full**

Tuscan Tortellini Soup with Chicken Sausage, Tomatoes and White Beans;  
Scampi Linguine with Lemony Breadcrumb Topping;  
Chicken Fusilli with Saffron Sun-Dried Tomato and Spinach Sauce;  
Sausage, Portobello Mushroom, Red Wine and Tomato Ragu with Pappardelle;  
White Chocolate Strawberry Tiramisu.

### **BETTER WITH BACON**

**Monday, April 20 at 6 pm in Encinitas      4 spots**

**Tuesday, April 21 at 11:30 am in La Jolla      Full**

Maple Bacon Jam with Brie;  
Potato-Leek Soup with Bacon;  
Buttermilk Bacon Cheddar Chive Biscuits;  
Bacon-Weave Wrapped Southwest Burger Roll with Chili and Cheese Filling;  
Bacon Wrapped Blackberry Dijon Pork Tenderloin with Red Onions;  
Maple Bacon Magic Squares.

**CINCO DE MAYO SAN DIEGO**

**Monday, April 27 at 6 pm in Encinitas      7 spots**

**Tuesday, April 28 at 11:30 am in La Jolla      3 spots**

Cheesy Chipotle Corn Dip with Chips and Cucumber Slices;

Baked Chicken and Bean Chimichangas with Salsa Verde, Tomato and Olive Topping;

Grilled Ancho-Rubbed Skirt Steak with Three-Chili Sauce and Cotija Cheese Sprinkle;

Cabbage Slaw with Creamy Chili Vinaigrette;

Caramel Filled Churro Cookies with Hot Chocolate Dip.