



Phillis Carey Cooks!!

February, March, April 2020

To register for classes,
email to philiscarey@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 Brandy 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.