



Phillis Carey Cooks!!

May and June 2018

To register for classes,
email to 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

MORE LOW CARB COOKING

Monday, April 16 at 6 pm in Solana Beach

\$52—Full

Monday, April 23 at 6 pm in Encinitas

\$52—8 spots

Tuesday, April 24 at 11:30 am in La Jolla

\$55—6 spots

Caprese Zoodle Salad with Fresh Mozzarella, Cherry Tomatoes, Basil and Salami Crisps;
Spaghetti Squash Lasagna with Sausage Sauce and Spinach Ricotta Cheese;
Creamy Garlic Butter Tuscan Shrimp with Sun-Dried Tomatoes and Spinach;
Cauliflower "Mac" and Cheese with Bacon;
Cream Cheese Crepes with Strawberries, Crème Fraiche and Shaved Chocolate.

CALIFORNIA CINCO DE MAYO CELEBRATION

Monday, April 30 at 6 pm in Solana Beach

\$55—Full

Tuesday, May 1 at 11:30 am in La Jolla

\$55—Full

Tuesday, May 1 at 6 pm in Solana Beach

\$55—11 spots

Fresh Strawberry Margaritas; Mexican Street Corn Dip with Blue Corn Tortilla Chips;
Triple Layer BBQ Chicken Quesadilla Wedges on Chopped Romaine with
Pico De Gallo and Chipotle Ranch Dressing;
Southwestern Rubbed Skirt Steak with Roasted Chilies and Tomatoes on
Cheese Grits with Black Bean Sauce;
Mayan Chocolate Pudding with Whipped Cream.

MAY MASH-UPS—the art of combining two traditional dishes into one!

Monday, May 7 at 6 pm in Encinitas

\$52

Tuesday, May 8 at 11:30 am in La Jolla

\$55

Caprese Quesadillas with Prosciutto, Basil, Tomatoes, Fresh Mozzarella, Pesto Topping and
Parmesan Crust;
Smoked Salmon Dutch Baby with Dilly Crème Fraiche and Pickled Onions and Capers;
French Onion Soup Burger with Gruyere, Arugula and Mustard-Crusted English Muffins;
Mexican Chicken Lasagna with Pasta, Peppers, Salsa and Two Cheeses;
Carrot Cake Cheesecake with Pineapple Cream Cheese Frosting.

SENSATIONAL SHRIMP

Monday, May 14 at 6 pm in Solana Beach \$53

Tuesday, May 15 at 11:30 am in La Jolla \$55

New Orleans Barbecue Shrimp with Crusty Bread;
Italian Shrimp and Grits with Pancetta, Roasted Peppers and Capers;
Greek Shrimp Saganaki with Tomatoes, Fresh Dill, Kalamata Olives and Feta;
Asian Shrimp Risotto with Snap Peas, Carrots, Baby Bok Choy and Sesame Seeds;
Strawberry Scone Shortcake with Fresh Blueberries and Cream.

MARVELOUS MAY ENTREES

Monday, May 21 at 6 pm in Encinitas \$53

Tuesday, May 22 at 11:30 am in La Jolla \$55

Orange Miso Glazed Broiled Salmon with Sesame Seeds and Scallions;
Fresh Mozzarella Stuffed Chicken Parmesan with Fresh Basil;
Peanut Crusted Spicy Glazed Pork Tenderloin with Hunan Sauce;
Grilled Flank Steak and Onions with Ancho Chili Rub and Onion Blossom Horseradish Sauce;
Chocolate Chip Salted Caramel Cookie Torte with Vanilla Ice Cream.

STREET FOOD—CASUAL EATING

Monday, June 4 at 6 pm in Encinitas \$54

Blackberry Mule Cocktail;
Crispy Chili-Lime Roasted Chickpeas;
Korean Bulgogi Beef Street Tacos with Napa Radish Slaw with Soy-Lime Dressing and Pickled Cucumbers;
Salvadorian Cheese Stuffed Pupusas with Cortido (Vinegary Sweet Slaw)
BBQ Sauced Pork Sliders topped with BBQ Slaw and Cheddar Cheese;
Brown Butter Crepes with Mascarpone Cream, Strawberries and Caramel Sauce.

TAKE A TRIP TO THE SPICE SHOP—ZEST UP YOUR COOKING

Monday, June 11 at 6 pm in Solana Beach \$52

Tuesday, June 12 at 11:30 am in La Jolla \$55

Ras El Hanout Spiced and Grilled Chicken with Tfaya (Caramelized Onions and Raisins) on Almond Couscous;
Piri Piri Prawns with Portuguese Tomato and Bacon Rice;
Shichimi Togarashi Spiced Miso Honey Salmon with Wasabi Ginger Aioli;
Garam Masala Spiced Chana (Chickpea) Curry with Coconut Milk;
Frosted Chai-Spiced Snickerdoodle Cookies.

SUMMER SALAD SUPPERS

Monday, June 18 at 6 pm in Encinitas \$52

Tuesday, June 19 at 11:30 am in La Jolla \$52

Vietnamese Shrimp and Rice Noodle Salad with Cucumbers, Carrots, Bean Sprouts, Fresh Herbs and Peanut Dressing;
Southwestern Chili-Lime Rubbed Chicken Romaine Salad with Black Beans, Avocado Salsa Dressing and Mexican Street Corn Salad;
Smoky Salmon and BLT Salad with Tomatoes, Avocado, Bacony Croutons and Creamy Lemon Dressing; Key Lime Pie Bars with Gingersnap Crust.