



Phillis Carey Cooks!! September and October 2017

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

No need to pay ahead--Payment is due at
the class!

Classes held at the
SOLANA BEACH Boys and Girls Club's Center for a Healthy Lifestyle
533 Lomas Santa Fe Drive * Solana Beach, CA 92075

or at the

ENCINITAS Boys and Girls Club's Center for a Healthy Lifestyle
1221 Encinitas Blvd. * Encinitas, CA 92024

or at

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

QUICK AND EASY EVERYNIGHT COOKING

Monday, September 11 at 6 pm in Encinitas \$52 FULL

(Also see below for additional dates -- 10/2 and 10/3)

Mexican Corn Soup with Chicken, Bacon and Tortilla Strips;
Quick Shrimp and Sausage Paella;
Boursin and Chive Stuffed Chicken Rolls with White Wine Shallot Sauce;
Roasted Pork Tenderloin with Sesame Plum BBQ Sauce;
Peanut Butter Swirl Chocolate Cream Cheese Brownie Sundaes with
Ice Cream and Rich Chocolate Sauce.

AUTUMN IN THE WINE COUNTRY

Monday, September 18 at 6 pm in Solana Beach \$55

Tuesday, September 19 at 11:30 am in La Jolla \$55

Autumn Sangria with Brandy and Apples;
Butternut Squash Galette (Tart) and Arugula Salad;
Fennel Crusted Salmon or Chicken with Pinot Noir Sauce;
Rosemary and Parmesan Potato Gratin;
Roasted Brussels Sprouts with Bacon and Fresh Sage;
Almond Cake with Raspberry Sherbet and Raspberry Sauce.

FALL ITALIAN FARE

Monday, September 25 at 6 pm in Encinitas \$52

Tuscan Shrimp with White Beans and Basil;
Olive and Pine Nut Crusted Pork Medallions;
Garlic Risotto with Peas and Fennel;
Sicilian Herb (Oregano, Fennel, Lemon, Garlic) Crusted Chicken Breasts;
Spaghetti with Pistachio Pesto;
Rum-Soaked Cannoli Cake with Ricotta Chocolate Orange Filling and Chocolate Glaze.

QUICK AND EASY EVERYNIGHT COOKING

Monday, October 2 at 6 pm in Encinitas \$52

Tuesday, October 3 at 11:30 am in La Jolla \$55

Mexican Corn Soup with Chicken, Bacon and Tortilla Strips;
Quick Shrimp and Sausage Paella;
Boursin and Chive Stuffed Chicken Rolls with White Wine Shallot Sauce;
Roasted Pork Tenderloin with Sesame Plum BBQ Sauce;
Peanut Butter Swirl Chocolate Cream Cheese Brownie Sundaes with
Ice Cream and Rich Chocolate Sauce.

AUSSIE LUNCHEON—COOKING DOWN UNDER

Thursday, October 5 at Noon in Encinitas \$39

Australian Pumpkin (Squash) Soup with Bacon and Fresh Thyme;
Prosciutto and Fresh Rosemary Damper (Quick Bread);
Grilled Chicken and Portobello Mushroom Salad with Creamy Tarragon Dressing;
Lamington-Style Cupcakes with Raspberry Jam, Chocolate Frosting and Toasted Coconut.

SO MANY WAYS TO USE A ROTISSERIE CHICKEN! FULL

Monday, October 9 at 6 pm in Solana Beach \$49

Chicken, Corn and Black Bean Baked Chimichangas with Salsa Verde;
Quick Chicken Tikki Masala with Basmati Rice;
Buffalo Chicken Mac and Cheese with Crisp Topping;
California Chicken Flatbread with Bacon, Tomatoes, Feta Cheese and Dill;
Crunchy Jumble Cookies (like Nestles Crunch Bars but in Cookie form).

FALL HARVEST SOUPS

Monday, October 23 at 6 pm in Encinitas \$52

Tuesday, October 24 at 11:30 am in La Jolla \$55

Black Bean and Pumpkin Soup with Bacon and Chipotle Chilies;
Corn and Bacon Biscuits;
Creamy Chicken and Mushroom Soup with Asiago Cheese;
Shrimp Phad Thai Soup with Rice Noodles;
Italian Sausage, Tomato and Zucchini Soup with Tortellini.

COOLER WEATHER DISHES

Monday, October 30 at 6 pm in Encinitas \$52

Autumn Panzanella with Roasted Squash and Mushrooms;
Peruvian Spatchcock Chicken with Tangy Green Sauce and Cucumber Avocado Salad;
Sicilian Flank Steak with Salmoriglio Sauce and Roasted Potatoes with Olives, Raisins,
Tomatoes and Red Peppers;
BBQ Pork Mac and Cheese;
Old-Fashioned Apple Crisp with Dried Cranberries and Ice Cream.