Inspired Cooking for Healthy Lives

with Chef Brenda Langton and Nutritionist Carolyn Denton

In this exciting three-night cooking course, you will learn why food choices are important for your wellbeing, how to create innovative and healthy menus, and how to make inspired decisions in the grocery store and in your kitchen.

This innovative new series will feature more than 20 recipes. You'll have the opportunity to try each dish as Chef Brenda prepares it, while Carolyn Denton, MA, LN, will discuss the importance of healthy eating, and how your food choices impact your health and wellbeing. You will learn about creative breakfast options, healthy snacks, fruit and vegetable dishes, easy lunch and dinner options using plant-based proteins or fish, and delicious desserts prepared without refined sugar.

Brenda Langton is a senior fellow at the Center for Spirituality & Healing, owner of the acclaimed restaurant Spoonriver and founder of the Mill City Farmers Market, which specializes in organic produce.

Carolyn Denton is a licensed nutritionist who focuses on nutrition for general health, disease prevention, and as an integrative therapy for existing chronic and degenerative diseases. In addition to nutritional counseling at the Penny George Institute for Health and Healing, she is on the faculty at the CSH.

Dates: March 28, April 4, and April 11 from 6 - 9 pm
Location: Cooks of Crocus Hill
877 Grand Avenue, Saint Paul, MN 55105
Conveniently located just off of Highway 94
Cost: $315 per person, and includes Chef Brenda's "The Spoonriver Cookbook"

Register: z.umn.edu/InspiredCooking