

Lifetime learning presents

Vegetarian Delights

Vegetarian meals have come a long way from simple potatoes, spinach, tofu and beans. Today's recipes cover the entire spectrum of dining experiences, from appetizers to desserts. For our class, I have presented to you over two dozen vegetarian recipes that are sure to satisfy your desire for healthy meals that are easy to prepare and delicious to eat.

The secret is to use the freshest ingredients possible and to follow the recipes as they are written. While some of the recipes are fine for this warmer weather, others will delight you when the colder months get here. There is nothing like a hearty stew or soup on a cold winter's day to sooth the mind and warm the body. As always I will have a few samples for you to taste come class day, and of course, will be available to answer your questions in class. So review the recipes and I'll see you all come class day.

Chef Cal Kraft