

wayne art center presents

Culinary Workshops

REGISTER NOW
wayneart.org

Kitchen Bites with Birgit



Understand clean eating while learning how to prepare simple, healthy meals that satisfy and taste great. Incorporating a variety of fruits and vegetables, whole grains, and healthy proteins and fats, Chef Birgit Eichinger introduces participants to

the concepts on which clean eating are based and shares recipes that will quickly become household favorites.

Easy Clean Eating

TUESDAY EVENINGS

6:30pm to 9pm

\$75 per class/per person

February 19 Lunch

Winter Vegetable Quinoa Bowl
Organic Green Salad/Lemon Dressing
Dark Chocolate Nut Cluster

February 26 Salad & Dip

Chicken Almond Farro Salad
Avocado Dip with Rice Crackers
Protein Energy Balls

March 5 Soup & Salad

The Ultimate Green Soup
Red Beet Salad
Coconut Mango Ice Cream

Design your own private class!

Birthday Parties
Team Building
Ladies' (or Men's) Night Out
Call to arrange today.

Chef Birgit Eichinger's culinary exploration began in Germany as a young girl learning in her mother's kitchen. After decades of traveling the world and exploring kitchens on three continents, Birgit now shares her diverse experience and love of cooking with students of all ages. Incorporating flavors and preparation techniques from all over the world, her teaching methods emphasize hands-on learning through engaging activities such as storytelling and games, as well as educating students about healthy food choices, nutritional facts and food hygiene. Birgit incorporates fresh, local ingredients in her cooking and loves to share inside tips from her kitchen.

EUROPEAN TOUR

WEDNESDAYS

11am to 1pm

\$55 per class/per person

Join Birgit for a culinary tour of Europe, and learn about the unique dishes and specialties that vary from region to region. From rich savory dishes to lighter fare incorporating an abundance of fresh herbs and vegetables, participants enjoy a diverse and plentiful menu that combines numerous influences into a flavorful melting pot.

Germany - March 20

MENU

Wiener Schnitzel (Pork/Veal Cutlet)
Spätzle (Fresh Egg Pasta)
Kopfsalat mit Schnittlauchssosse (Tender Greens with Creamy Chive Dressing)
Preisselbeertorte (Chocolate-Cranberry Torte)

Mediterranean - March 27

MENU

Gyro (Filled Pita Pocket)
Zatziki (Greek Yogurt-Garlic Sauce)
Horiatiki Salad (Greek Salad)
Riz bi Haleeb (Mediterranean Style Dessert Rice with Orange Blossom Water)

Russia - April 3

MENU

Piraschkis (Russian Pirogi)
Letni (Summer Salad)
Dinja (Honey Mellon)



Wine pairings for all WAC classes are courtesy of Chaddsford Winery.

All classes can be enjoyed as a demonstration for those who would like to sit back and relax, or can be hands-on for students who want to be actively involved.

Register now at wayneart.org

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