

Healthy After School Cooking Classes

MATES Charter School- Winter 2019

Winter 2019 European Favorites

Enjoy delicious and healthy foods as we take a culinary journey through Europe! Your kids will learn to make Italian classics like Creamy Pasta Marinara, Italian Chopped salad, Spanish favorites like Veggie Paella, Greek staples such as Greek Salad and Shish Kabobs and we'll finish in France with a Ratatouille Stew and Chocolate Mousse with Fresh Fruit. Each lesson students will develop their culinary skills while learning about nutrition, culture and even dining etiquette. Get hungry to learn the art of cooking!

Recipes Include: Greek Gyro Chicken Wraps, Tzatziki with Pita Chips, Patatas Bravas, Swedish Meatballs, French Salad with Vinaigrette, Quick Chocolate Mousse, and more!

Winter Trimester

Fridays after School

Parents: Join us on the last day of class for the Kid Restaurant where your child is the waiter and chef!



Students will learn to cook authentic recipes in themed classes. Chef teachers teach students how to chop vegetables, mix ingredients, and cook REAL food each week. Each class also incorporates history, math, science and culture so students will be inspired to cook at home for their family and friends!

Register at growingoutdoors.com