



# New Cooking Classes with Health Services: A Path to Wellness

Orland Township's Health Services is proud to announce that new cooking classes will soon be available to help individuals learn how to prepare healthy, delicious meals at home without breaking the bank. These classes will showcase recipes that use affordable ingredients and traditional ingredients from a variety of cultural cuisines, making it fun and educational for attendees to learn about new foods and cooking techniques.

In each class, participants will have the opportunity to learn how to prepare a dish from scratch, whether it be an appetizer, main course, or dessert. Health Services Coordinator Diane Goerg will provide step-by-step instructions on selecting ingredients, preparing them, and cooking them to perfection. Attendees will also have the chance to sample the dishes and take home the recipes, allowing them to easily recreate the meals at home. **Pre-registration is required.**

---

## **LEARN HOW TO MAKE PIEROGI: Thursday, Feb. 15 3:00pm – 5:00pm**

In this class, you will learn how to make the perfect potato and cheese pierogi from scratch. Pierogi is a traditional Polish dish that has been enjoyed by generations. It is a type of dumpling that is made by wrapping dough around a filling, which is usually potato and cheese.



During the class, you will learn how to make the dough from scratch, how to prepare the filling, and how to shape the pierogi. You will also learn some tips and tricks to make sure your pierogi turn out perfectly every time. By the end of the class, you will have a batch of delicious pierogi to take home with you and share with your family and friends. **This is a one time class with the price of \$25 for residents, and \$30 for non-residents.**

---

## **LEARN HOW TO MAKE HOMEMADE PASTA: Thursday, Feb. 22 3:00pm – 5:00pm**

Learning how to make your own pasta is a fun and rewarding experience that can impress your guests at your next dinner party. With the right guidance, making homemade pasta can be a breeze. Diane is an experienced pasta maker who can teach you how to make your own pasta from scratch. In this class, she will guide you through the process step by step, from making the dough to rolling it out and using the pasta machine.



You will learn how to choose the right ingredients, how to knead the dough to the perfect consistency, and how to use a pasta machine to create different shapes and sizes of pasta. Diane's class is perfect for beginners who have never made pasta before, as well as seasoned cooks who want to perfect their craft. **This is a one time class with the price of \$25 for residents, and \$30 for non-residents.**

---

## **LEARN TO MAKE HOMEMADE TAMALES: Thursday, March 21 3:00pm – 5:00pm**

Welcome to the world of tamales, a delicious and traditional dish of Mexican cuisine! In this interactive class, you will learn the skills to master the art of making tamales, from spreading masa on corn husks to exploring different filling options, such as pork, chicken, or beans. You will also learn about the steaming process and how to set up a steamer to cook your tamales to perfection.



So get ready to roll up your sleeves, have some fun and learn a new skill while creating delicious tamales that will surely impress your family and friends. This culinary adventure promises to be a memorable experience filled with laughter, learning, and love for Mexican cuisine. **This is a one time class with the price of \$25 for residents, and \$30 for non-residents.**

---

## **LEARN TO MAKE HOMEMADE EGG ROLLS: Thursday, March 28 3:00pm – 5:00pm**

Egg rolls are a beloved snack worldwide, and for good reason! These crispy rolls have a delicious filling that can vary greatly depending on the ingredients used.

By the end of this cooking class, you will have the skills to make two delicious types of egg rolls: one with pork, and one with carrots, cabbage, and onions. These tasty appetizers are sure to be a hit at your next dinner party or gathering with friends and family! **This is a one time class with the price of \$25 for residents, and \$30 for non-residents.**



# **Register today at Orland Township!**

14807 S. Ravinia Ave., Orland Park | Questions? Call Diane (708) 403-4222