

2012 Spice of Life Food & Fitness Fest
Culinary Institute of the Carolinas presents
COOKING SCHOOL SCHEDULE

Saturday, March 17

- 11:30 *Healthy Baking Recipes and Hands-on Decorating Ideas*
- 1:00 *Spices and Herbs: The Identification Game*
- 3:00 *Reduced Calorie Hors D'Oeuvres and Garnishing Basics*
- 4:30 *Simple Filled Pastas and Dumplings*

Sunday, March 18

- 11:30 *Healthy Baking Recipes and Hands-on Decorating Ideas*
- 12:30 *Spices and Herbs: The Identification Game*
- 1:30 *Reduced Calorie Hors D'Oeuvres and Garnishing Basics*
- 3:00 *Simple Filled Pastas and Dumplings*

Kitchen furnished by The Cook's Station

Visit them in booth 1018 & 1020