

'Cuisine with Heart' focuses on women's heart health



Lindy Robinson, dean, Business Division, was JCCC's liaison in the development of *Cuisine with Heart*.

Tasting wine, visiting a farmer's market and preparing squash soup, tilapia and salmon may sound like recreation, but they are also lessons in heart-healthy eating.

The Muriel I. Kauffman Women's Heart Center Culinary Series will offer *Cuisine with Heart*, four classes October 2010-June 2011, to empower and inspire women to create a heart-healthy lifestyle through food. Co-sponsored by the Muriel I. Kauffman Women's Heart Center at Saint Luke's Hospital, Saint Luke's South and the hospitality management program at Johnson County Community College, *Cuisine with Heart* serves up education and prevention as the best defenses against heart disease in women along with fine fare.

Each class in the series offers a lecture and separate activity session during which participants prepare a recipe or take a field trip. The classes are endorsed by cardiologists and presented by local executive chefs along with chef apprentices in the JCCC hospitality management program.

With fall, winter, spring and summer themes, each class offers two options to attend the lecture and two options to attend the activity.

Fall Harvest: Pumpkins, Squashes and Gourds

Lecture: 10-11:30 a.m. Thursday, Oct. 14, Conference room, Muriel I. Kauffman Women's Heart Center at Saint Luke's Hospital
or
6-7:30 p.m. Thursday, Oct. 21, Conference Room A & B, Saint Luke's South

Activity: Preparing butternut squash soup, 6-7:30 p.m. Thursday, Oct. 21, 133 Office and Classroom Building, JCCC
or
10-11:30 a.m. Saturday, Oct. 23, 133 OCB, JCCC

Winter: Health Aspects of Food and Wine

Lecture: 10-11:30 a.m. Tuesday, Jan. 18, 2011, Saint Luke's South
or
6-7:30 p.m. Thursday, Jan. 20, 2011, MIK Women's Heart Center

Activity: Food and wine tasting, 6-7:30 p.m. Tuesday, Jan. 25, 2011, Saint Luke's South
or
6-7:30 p.m. Thursday, Jan. 27, 2011, MIK Women's Heart Center

Spring: Seafood

Lecture: 6-7:30 p.m. Thursday, March 31, 2011, MIK Women's Heart Center
or

10-11:30 a.m. Tuesday, April 5, 2011, Saint Luke's South

Activity: Cooking with salmon and tilapia, 6-7:30 p.m. Thursday, April 7, 2011, 133 OCB, JCCC
or
10-11:30 a.m. Saturday, April 9, 133 OCB, JCCC

Summer: Grilling Vegetables

Lecture: 6-7:30 p.m., Tuesday, June 21, 2011, Saint Luke's South Wellness Patio
or
6-7:30 p.m. Thursday, June 23, 2011, Saint Luke's Hospital Courtyard

Activity: Visit a farmer's market, 10-11:30 a.m. Saturday, June 25, 2011, and one other date (places to be announced)

Classes offer:

- New heart-healthy recipes
- How to buy healthy ingredients
- Use of basic kitchen tools
- How to flavor your meals with seasonings/herbs
- Kitchen talk (a glossary of terms)
- Meal planning
- Valuable tips and information

Cost is \$40 for both the lecture and hands-on activity or \$25 for the lecture only. Call 816-932-5784 to register or to confirm times and dates. **Im**