



**Phillis Carey's
Fast and Fabulous
Cooking Classes
January thru April 2015**

at the Solana Beach Boys and Girls Club's Center for a Healthy Lifestyle
533 Lomas Santa Fe Drive * Solana Beach, CA 92075
or at the Encinitas Boys and Girls Club's Center for a Healthy Lifestyle
1221 Encinitas Blvd. * Encinitas, CA 92024
To register, email phillis@philliscarey.com or call Phillis at (760) 942-1756

Healthy and Tasty Entrees for the New Year

Solana Beach

Monday, January 12 at 6 pm \$49

The New Year is a sign to get back to eating with a bit more care—watching excessive fats and calories but it's not time to give up flavor!

Tuscan White Bean Soup with Prosciutto and Tomatoes
Chicken and Asparagus Stew with Buttermilk Mashed Potatoes
Spanish Braised Shrimp in a Saffron Tomato Broth
Rum Spiced Caribbean Pork Tenderloin with Coconut Milk Mashed Sweet Potatoes
Quick Mini-Chocolate Cheesecakes on Chocolate Wafers

Hearty Winter Soups

Encinitas

Monday, January 19 at 6 pm \$49

It's a great time of year to get a pot of soup cooking on the stove—the aromas call everyone into the kitchen for a warm and hearty meal.

San Francisco Seafood Chowder with Shrimp and Scallops
Chicken Pot Pie Soup with Puff Pastry Croutons
Pasta e Fagioli (Pasta and Bean Soup with Pancetta and White Beans)
Shrimp Wonton Soup with Fresh Spinach and Ginger Broth
And a Surprise Dessert!

Valentine's Day Celebration

Solana Beach

Monday, February, 2 at 6 pm \$54

Stay home this year and celebrate with this delicious menu for 2 or many more.

Ruby Red Grapefruit Martini
Avocado, Pink Grapefruit and Arugula Salad with Lemon Vinaigrette with Herbed Popovers
Shrimp Stuffed Filet Mignon with Tarragon Lemon Hollandaise Sauce
Crème Fraiche Mashed Potatoes with Chives
Roasted Asparagus with Shallot-Thyme Butter and Tomato Hearts
Red Velvet Cheesecake with Cream Cheese Frosting and a Chocolate Crust

Learn-A-Lunch—The Italian Way

Solana Beach

Friday, February 20 at Noon \$29

Enjoy this quick and easy lunch menu prepared and served in only 1 hour!

Chicken Breasts with Chianti Mushroom Sauce
Black Olive and Sage Polenta with Gorgonzola
Asparagus Wrapped in Prosciutto
Espresso Chocolate Tart with Mocha Cream

Steakhouse Cuisine

Encinitas

Monday, February 23 at 6 pm \$54

Prepare your steakhouse favorites at home—it's more fun to stay home sometimes and it certainly costs less!

Steakhouse Cobb Salad with Artichoke Hearts, Avocado, Hearts of Palm, Tomatoes, Eggs, Bacon, and Blue Cheese with Honey Mustard Dressing
Flambéed Mustard Glazed Filet Mignon with Mustard Mashed Potatoes
Steak Florentine with Sautéed Spinach and a Garlic Parmesan Topping
Triple Layer Chocolate Fudge Brownie Cheesecake with a Brownie Crust, Vanilla Cheesecake Filling and Chocolate Ganache Glaze

Elegant Salmon Entrees

Encinitas

Monday, March 2 at 6 pm \$54

Salmon lends itself to so many different flavors and here are just a few.

Slow Roasted Salmon on Asparagus Risotto with Fresh Tarragon and Mascarpone Cheese
Salmon with Macadamia and Fresh Herb Crust and Strawberry Chili Sauce Drizzle
Greek Salmon Wellingtons with Spinach, Dill and Feta
Broiled Salmon with Blackberry Cabernet Sauce
And a Surprise dessert!

Appetizers, Small Plates and a Cocktail

Solana Beach

Monday, March 16 at 6 pm \$54

Let's celebrate with these fun finger foods. Hint—these dishes can also be served as main entrees in large portions!

Moscow Mules (Rum, Ginger Beer and Lime)
Asian Chopped Salad with Hoisin Dressing in a Cup with Wontons Crisps
Seared Scallops with Roasted Red Pepper Aioli with Micro-Greens
Mini-Pizzas with Smoked Salmon, Dill Crème Fraiche, Capers and Marinated Red Onions
Chicken Caesar Sliders with Cole Slaw Topping
Mini-Mac and Cheese with Prosciutto, Mascarpone, Gruyere, Parmesan and Tiny Peas

Fast and Fabulous Entrees

Encinitas

Monday, March 23 at 6 pm \$49

This class is full of lots of ideas for family as well as entertaining meals.

Pacific Rim Caesar Salad with Lime Ginger Dressing and Chili Glazed Shrimp
Garlic-Spiced Marinated Flank Steak with Boursin Cheese Smashed Red-Skinned Potatoes
Coffee-Brown Sugar Rubbed Pork Tenderloin with Coffee Bourbon Sauce
Oven-Fried Dijon Chicken Breasts with Primavera Bow Tie Pasta with Bacon and Spring Peas and Asparagus
And a surprise dessert!

Spanish Tapas Party

Solana Beach

Monday, April 13 at 6 pm \$54

What are Tapas?—Appetizers, Small plates, Fingerfoods, Dinner? The answer is all of the above and when you add this slightly different Sangria, it also screams—party time!

Southwestern Tequila Sangria

Mussels with Spanish Chorizo, Smoked Paprika and Garlic Toasts

Roasted Patatas Brava with Smoked Paprika Sauce

Shrimp Cakes with Saffron Aioli

Bacon Wrapped Dates Stuffed with Manchego Cheese

Mascarpone Cream Filling Cake with Sherried Fresh Berries and Oranges

Learn-A-Lunch—Cinco de Mayo

Encinitas

Friday, April 17 at Noon \$29

Enjoy this quick and easy lunch menu prepared and served in only 1 hour!

Grilled Chicken Tostada Suprema layered with Refried Black Beans, Cabbage and Romaine

Salad with Cilantro Dressing, Tomatoes, Olives and Cotija Cheese

Mexican Chocolate Almond Torte with Cinnamon Ice Cream and Caramel Sauce

Stuffed And Rolled Entrees

Encinitas

Monday, April 20 at 6 pm \$49

Add a filling and you've taken the ho-hum to yum-yum! Learn how to roll and stuff a variety of meats and pastries into a special celebration.

Braciolona (Rolled Stuffed Pork Tenderloin Braised in Tomato Sauce) on Polenta

Boursin and Prosciutto Stuffed Baked Chicken Rolls with Parmesan Crust

Lemon Caper Stuffed Salmon Pinwheels

Stromboli—Stuffed Pizza Roll with Italian Sausage, Salami, Ham, Cheese and Peppers

Lemon Cream Roll with Lemon Sugar Cream Filling

Margarita Cinco de Mayo Party

Solana Beach

Monday, April 27 at 6 pm \$54

It's always time for Margaritas in San Diego but it's especially nice just in time to celebrate Cinco de Mayo with this tasty Southwestern meal.

Fresh Cantaloupe Margaritas

Pineapple Orange

Roasted Corn and Avocado Guacamole with Chili-Spiced Baked Flour Tortilla Chips

Chili-Lime Marinated Pork Tenderloin with Ancho Chili-Almond Mole

Colache (Mexican Zucchini and Corn Sauté)

Smoky Black Beans with Bacon, Chipotles and Red Peppers

Chocolate Caramel Cream Cheese Flan