



**Phillis Carey's
Fast and Fabulous
Cooking Classes
August and September 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 philliscarey@aol.com or call Phillis at (760) 942-1756

SUMMERTIME GRILLING

Monday, August 3 at 6 pm in Solana Beach \$49

It's a grilling celebration as Phillis shares all the tricks when it comes to the barbecue while preparing several dishes hot off the grill.

Recipes: Garlic and Basil Rubbed Chicken Breasts with Caprese Salsa; Lemon and Dill Marinated Salmon Filets on a bed of Greek Lemon Spinach Rice with Feta Cheese Garlic and Cilantro Rubbed Top Sirloin with Cheesey Jalapeno Topping and Southwestern Succotash with Poblano Chilies; Blueberry Tart with Amaretto Cream Filling and Almond Shortbread Crust.

Learn-a-Lunch--GARLIC GLORIOUS GARLIC \$29

Friday, August 14 at Noon in Encinitas

Recipes: Tuscan Balsamic, Rosemary and Garlic Marinated Grilled Top Sirloin; Roasted Garlic and Mascarpone Polenta; Shredded Zucchini and Garlic Sauté with Diced Tomatoes; Blueberry Tart with Amaretto Cream Filling and an Almond Shortbread Crust.

CASUAL WARM WEATHER COOKING \$49

Monday, August 17 at 6 pm in Encinitas

Think fresh and flavorful when cooking with what's in season right now and keep cool while doing it!

Recipes: Fresh Corn and Cucumber Salad with Grilled Shrimp, Sweet Peppers, Dill and Feta Cheese with Buttermilk Dressing; Fluffy Corn Drop Biscuits; Fresh Apricot Ginger Marinated Chicken Breasts with Apricot Jalapeno Salsa; Ricotta Cheeseburgers with Caramelized Onions, Blue Cheese and Arugula on Grilled Garlic Bread; Fresh Peach Shortcakes with Whipped Cream and Butterscotch Sauce.

CATCH OF THE SEASON—SUMMER SEAFOOD \$54

Monday, August 24 at 6 pm in Solana Beach

Enjoy the bounty of summer's fresh seafood in these tasty dishes that are simple to prepare.

Summer Bouillabaisse with Fresh Tomatoes, Corn, Shrimp and Fresh Fish with Smoky Rouille Toasts; Salmon Fillets with Avocado Hollandaise and Fresh Herb Pesto Rice Timbales; Shrimp Stuffed Halibut with Almond Chive Crust; Magic Lemon Pie.

SUMMER SAN DIEGO STYLE

\$54

Monday, August 31 6 pm in Solana Beach

Enjoy San Diego flavors with its unique cuisine full of warm spices and fresh ingredients.

Recipes: Fresh Blueberry Mint Mojitos; Marinated Dilly Grilled Chicken Breasts with Crunchy Sweet Corn, Cucumber, Red Pepper and Dill Salad with Feta Cheese; Achiote Fish Tacos with Chipotle Sauce; Watermelon Salad with Pomegranate Molasses Vinaigrette and Grilled Butterflied Citrus Pork Tenderloin; Fresh Blackberry Cobbler with Ice Cream.

CALIFORNIA WINE COUNTRY CUISINE

\$54

Monday, September 14 at 6 pm Solana Beach

Learn to prepare several dishes that focus on fresh seasonal ingredients in such abundance in California.

Recipes: Peach Melba Prosecco Cocktails; Chilled Cantaloupe Soup with Fresh Basil, Mint and Prosciutto; Grilled Brined Boneless Pork Chops with Mediterranean Spice Rub and Charmoula (Cilantro, Lemon, Toasted Cumin and Paprika Sauce); Prosciutto Wrapped Fish Fillets with Arugula Salsa Verde; Greek Marinated Chicken Breasts with Lemon-Dill Beurre Blanc; Summer Nectarine and Blueberry Cake with Lime-Scented Cream.

ITALIAN COOKING AT HOME

\$49

Thursday, September 17 at 11 am Encinitas

If you love Italian flavors here are some fun combinations to add to your repertoire.

Recipes: Risotto with Saffron, Quattro Formaggi and Grilled Pesto Shrimp; Oven-Fried Parmesan Crusted Butterflied Chicken Breasts Stuffed with Prosciutto, Basil, Sun-Dried Tomatoes and Fontina Cheese; Sirloin Steak Pizzaola with Sausage and Mushroom Tomato Sauce; Tiramisu with Canoli Filling, Chocolate Chips, Cherries and Pistachio Nuts.

QUICK AND EASY 5-INGREDIENT DISHES

\$54

Monday, September 21 6 pm Encinitas

They are fast and so very easy to put together, ready for a family dinner or quick entertaining.

Recipes: Orzo Soup with Sausage and Spinach; Cracker Crusted Baked Italian Fish Fillets; East Meets West BBQ Marinated Pork Tenderloin; Crispy Baked Basil Pesto Chicken Breasts with Parmesan Crumb Topping; Peppercorn Crusted Filet Mignon with Buttery Soy Sauce; Espresso and Mascarpone Ice Box Cake.

DELIGHTFUL FALL ENTREES

\$49

Monday, September 28 at 6 pm Solana Beach

As the days shorten it's time to enjoy warm hearty foods with bight flavors to remind us of warmer times.

Recipes: Pretzel-Crusted Chicken Breasts with Cheddar Cheese Sauce with Broccoli Rice Pilaf; Pistachio Crusted Salmon Fillets with Apricot Glaze; Mushroom and Bacon Stuffed and Rolled Pork Tenderloin with Mustard Thyme Crème France Sauce; Montreal Maple Pudding Cake.

WAIT LIST ONLY!—Don't be afraid to add your name to the waiting list, it's summer and things happen. Also, if I get enough people I will open a new class.