

Nature's Grace and SEEDS present:



Intro to North India Cuisine **With guest instructor Rita Dibble**

Sat. April 19th; 6:00 – 8:00 pm

At Nature's Grace – 947 Main St. in Honesdale
Price for class: \$15 per person



Indian food is rich in flavor, taste and texture and can be one of the healthiest cuisines in the world. If you love Indian food, learn how to prepare these north Indian favorites.

If you don't know Indian food, you are in for a treat!

Menu selections to be taught:

Chick Pea & Kale Curry; Pan Sautéed Chicken; Keema (ground lamb & pork) with peas; Lemon Rice; Cucumber Cilantro Salad; Papads and Mango Lassi

Call to register: 570-253-3469

Space is limited

Half of the proceeds will be donated to SEEDS (Sustainable Energy Education and Development Support).