

# ~ Cooking with Friends ~

The Mediterranean Way of Eating: a Delicious alternative for  
Lifelong Health

Host Chef Karen McGinn, owner of Heaven on a  
Plate, a personal chef service

Wednesday ~ February 16, 2011 ~ 7:00-9:00pm  
at the Horsham Township Library

The Friends of Horsham Township Library invite you to join us for an evening of cooking with Chef Karen McGinn. Mediterranean cooking is about simple, fresh flavors. It is based on ingredients that include grains, vegetables, chicken, seafood and other seasonal staples which are low in fat and versatile enough to be made into a variety of light, fresh meals. We'll show you how to make dishes that are full of flavor, but still healthy and light.

### Who is Chef Karen?

She is a member of Michelle Obama's "Chefs Move to Schools" program (working with Newtown Elementary School), occasional Guest Chef on *the 10! Show*, Chef Instructor with the New Hope-Solebury Community School in conjunction with Bucks County Community College, head Chef at AID FOR FRIENDS in Philadelphia, demonstration Chef for Bucks County Foodshed Alliance and Chefs USA, recipe developer for America's Test Kitchen and received her professional training at both The Culinary Institute of America (Hyde Park, NY) and The Restaurant School (Walnut Hill College, Philadelphia).

Visit her website at [www.heavenonaplate.net](http://www.heavenonaplate.net).

**\$45.00 per person** (*class size is limited to 20, all others will be wait listed*)

You'll have an opportunity to sample all the delicious dishes you cook that evening as well as take home copies of the recipes we make. Doors open at 6:45PM.

### Friends of Horsham Library

P.O. Box 736  
Horsham, PA 19044  
215-443-2609 x209  
[www.fhlib.org](http://www.fhlib.org)

### Checks Only - made payable to The Friends of Horsham Library

Complete coupon below and bring with your payment in an envelope to the Horsham Library or mail to The Friends of the Horsham Library, P.O. Box 736, Horsham, PA 19044. Confirmation will follow.

**Last day to sign up is: February 7, 2011**

First Come, First Served—No Refunds

Contact person: Michelle Clark, [juzz2@aol.com](mailto:juzz2@aol.com), subject: Cooking Event

**Disclaimer:** The Friends of the Horsham Library, Horsham Township Library & Karen McGinn disclaims any liability for injury, damage, loss or delay due to act, negligence or default of any company or person engaged in rendering any service while on tour. Itinerary subject to change.

### The Friends of the Horsham Library – Cooking with Friends-February 16, 2011

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Number of Participants: \_\_\_\_\_ Amount Paid: \_\_\_\_\_