

FIELDS BEST
Your Local Food Connection



Milwaukee Public Market | 400 North Water Street | Milwaukee, WI 53202
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KEEPING YOUR NEW YEAR'S RESOLUTIONS: *HEALTHY COOKING FOR THE NEW YEAR*

Chef Julie Jasinski, of Fields Best at the Milwaukee Public Market, offers encouragement to keep your New Year's resolutions with a **six-week series of FREE demonstrations** - "Healthy Cooking for the New Year." Demonstrations are held in the Madame Kuony's Kitchen (second floor). **No registration is needed.**

WEEK ONE Thursday, Jan. 11, 12-1 pm & 5-6 pm | Saturday, Jan. 13, 2-3 pm

If You Can't Stand the Heat...: *Oven Preparations for Winter Vegetables*

Roasting and braising are effective low-fat ways of cooking root vegetables, like carrots, turnips, and sweet potatoes, to bring out their flavors and prepare them for a variety of dishes. Comfort food at its tender finest!

WEEK TWO Thursday, Jan. 18, 12-1 pm & 5-6 pm | Saturday, Jan. 20, 2-3 pm

Crunch, Crunch: *Winter Salad Ideas*

Crunchy salads can be part of a winter diet by thinking beyond the usual lettuce. Winter greens will be paired with several quick, flavorful salad dressings and refreshing citrus fruit.

WEEK THREE Thursday, Feb. 1, 12-1 pm & 5-6 pm | Saturday, Feb. 3, 2-3 pm

Let's Get Nutty: *Peanut Sauce and Flavorful Companions*

Peanut sauce is used in many cuisines around the world to add exotic flavor and quality protein. Vegetables will be blanched, stir fried, and paired with a variety of peanut sauces.

WEEK FOUR Tuesday, Feb 13, 12-1 pm & 5-6 pm | Saturday, Feb. 17, 2-3 pm

Shades of Green: *Dark, Leafy Greens*

Nutritionists urge us to eat more of the vitamin-packed dark greens like chard and kale but many of us are unfamiliar with how to prepare them. This demo will feature a Chard and White Bean Gratin along with a Kale and Potato Hash.

WEEK FIVE Thursday, Feb. 22, 12-1 pm & 5-6 pm | Saturday, Feb. 24, 2-3 pm

Going with the Grain: *Versatile Whole Grains*

Many of us have turned away from carbohydrates; however, our bodies do need some carbs to function properly. Learn how to use beneficial sources and steer away from "wasted" carbs. We'll prepare wild rice pilaf with dried cranberries and "green grains."

WEEK SIX Thursday, March 1, 12-1 pm | Saturday, March 3, 2-3 pm

Using Your Bean: *The Super Soybean*

Many of us have heard of soybeans and tofu but are skeptical. Some of the healthiest cuisines in the world utilize the protein-packed soybean in many ways. Even in the U.S., nutritionists include it as a "superfood." In this demo, we will demystify the soybean and demonstrate its versatility in a delicious variation of mushroom stroganoff as well as a hearty chili. We'll use products made here in Milwaukee by *The Simple Soyman*.