

FREE COOKING CLASS



RUTHERFORD RECREATION PRESENTS:
HEART HEALTHY FEBRUARY
HEART HEALTHY COOKING CLASS
COURTESY OF MATERA'S ON PARK

WHERE: ZOOM

WHEN: THURSDAY, FEBRUARY 25th

TIME: 5:30 PM

ON THE MENU: One Pot Mediterranean Salmon in Parchment

Ages: 18 and up

EXPERIENCE: Beginners

COST: FREE!

- Follow along with Executive Chef, Erica Russo, from Matera's on Park to create a Heart Healthy meal in your own kitchen! A pre-order ingredient package will be available for purchase to pick up from Matera's and/or a grocery list will be provided.
- ZOOM link will be sent to all registered participants

**RUTHERFORD
RECREATION**

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**HEART HEALTHY
FEBRUARY**

Sign up at:

<https://www.rutherfordboronj.com/departments/recreation/community-pass/>

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Department
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