

Sheet Pan Meals

Simple, Healthy Meals Made in One Pan



**Are you interested in easy meals and easy cleanup?
Discover the convenience of one-pan cooking!**

*Join us to learn how to prepare delicious, nutritious meals
using just one sheet pan.*

*During this class, you'll
Watch a live cooking demonstration
Enjoy tasty food samples
Learn time-saving cooking tips
Take home easy recipes*

Tuesday, October 13, 6:00 p.m.

Southwind Extension Iola Office, 1006 N. State St.

Contact Sandy Haggard for more information: sjhaggard@ksu.edu or 620-365-2242

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