

Cuisine Corner

Registration is required for Cuisine Corner. Space is limited. Register online at ocls.info/cuisinecorner or call 407.835.7323.

Ten Meals in Ten Minutes

Chickasaw Branch

Tuesday, August 8, 6:30 p.m.

Personal chef and author Warren Caterson will show you how to create entrees for any weeknight, focusing on 10 healthy and deliciously delightful entrees that you can prepare in 10 minutes using ingredients you probably already have in your kitchen. Book sale and signing to follow event. For more information visit chefwarrencaterson.com.

Lean Proteins for Optimal Health

South Trail Branch

Monday, August 14, 3 p.m.

Make smarter choices when going out to eat such as choosing healthier options on a fast food menu. Registration required.

Lunch Bag Ideas

Orlando Public Library, Cypress Room

Wednesday, August 16, 6:15 p.m.

Whether it's back to school for you or your little ones, or being stuck in a brown bag rut, Chef Farah Davids of the Purple Platter will demonstrate quick and easy recipes such as pepperoni pasta, sammie on a stick and pinwheels that will save you time in the kitchen.

Vegetarian Cooking

Herndon Branch

Thursday, August 17, 6:30 p.m.

Personal chef and author Warren Caterson will show you how to prepare delicious and healthy dishes sans meat. Book sale and signing to follow event. For more information visit chefwarrencaterson.com.

No Cook Meals

Washington Park Branch

Thursday, August 17, 6:30 p.m.

Tired of cooking but still looking to eat healthy? Library staff will show you how to make a quick and easy no cook meal that tastes good and is good for you. Space is limited. Registration required.

Chicken 101

Edgewater Branch

Tuesday, August 22, 6:30 p.m.

Personal chef and author Warren Caterson will share a variety of tips and hints about buying and preparing this delicious and ubiquitous bird. Book sale and signing to follow event. For more information visit chefwarrencaterson.com.

Food 101: Meat, Part 2

Orlando Public Library, Albertson Room

Wednesday, August 23, 6:30 p.m.

The Food 101 series introduces you to a new topic every month, examining the historical and social significance of what we eat. In August, learn about different cuts of meat and when and how animals were domesticated. Samples limited, registration required.

Food is Fuel: Live and Age Well

North Orange Branch

Saturday, August 26, 11 a.m.

Food is not only fuel for your body it is one of the keys to aging well. Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira and certified holistic life coach, will demonstrate how to create delightful tasting food that is also good for you. For more information about Breaking Bread with Mira, visit bbwmira.com.

Floridian Cuisine

Hiawassee Branch

Tuesday, August 29, 6:30 p.m.

Personal chef and author Warren Caterson will showcase quick and healthy meals using local ingredients. Learn to create delicious delights using a variety of seafood, poultry and meat with locally grown fruits and vegetables. Book sale and signing to follow event. For more information visit chefwarrencaterson.com.

Cuisine Corner Junior

ocls.info/cuisinecornerjr

Cuisine Corner Junior: Wake Up, Waffles

Winter Garden Branch

Saturday, August 5, 10:30 a.m.

Orlando Public Library

Thursday, August 24, 4 p.m.

Edgewater Branch

Saturday, August 26, 10:30 a.m.

Washington Park Branch

Monday, August 28, 5 p.m.

Eatonville Branch

Thursday, August 31, 3:30 p.m.

Craving that perfect breakfast meal before you run out to school? Learn to make simple and delicious waffles with a topping twist for when you're on the go! Ages 8–12. Registration required.

Cuisine Corner Junior: Pizza Roll Ups

Orlando Public Library

Thursday, August 17, 4 p.m.

Get your fingers on this delicious four-ingredient pizza recipe that is perfect for an after-school snack and ready in no time! Ages 8–12. Registration required.