

## Cuisine Corner

Registration is required for Cuisine Corner. Space is limited. Register online at [ocls.info/cuisinecorner](https://ocls.info/cuisinecorner) or call 407.835.7323.

### Fruits and Vegetables: Half Your Plate

Winter Garden Branch

*Tuesday, January 10, 3:30 p.m.*

Learn the importance and benefits of eating a variety of fruits and vegetables. Space is limited. Registration required.

### Basic Cooking Skills Series

Orlando Public Library, Cypress Room

*Wednesdays, January 11–25, 6:15 p.m.*

Each week, local chef Farah Davids, will show you how to conquer basic cooking skills from boiling an egg to poaching an egg, blanching and cooking veggies to boiling rice and getting pasta al dente. Registration required.

### Lighten Up

Orlando Public Library, Cypress Room

*Thursday, January 12, 6:30 p.m.*

With a few simple swaps, you can easily make your favorite comfort foods lighter. Library staff will show you how to make your dishes more nutritious without sacrificing an ounce of flavor.

Registration required.

### Unique and Healthy Meals and Snacks

South Trail Branch

*Monday, January 30, 11 a.m.*

Start the year off with healthy eating habits. Yamira Lee Johnson, head chef and founder of Breaking Bread with Mira, will present how to create delicious snacks and meals that are easy to make and good for you. For more information about Breaking Bread with Mira, visit [bbwmira.com](https://bbwmira.com). Space is limited. Registration required.

### Cuisine Corner Junior

Cuisine Corner Junior is a brand new series of culinary classes just for kids, tweens and teens. In these classes, library staff will show you how to make—and eat—fun holiday-themed treats.