

FOR IMMEDIATE RELEASE:

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Cuisine Corner

Registration is required for Cuisine Corner. Space is limited. Call 407.835.7323 or register online at **ocls.info**

Microwave Gourmet

Orlando Public Library, Cypress Room

Thursdays, March 5 and 19, 6:30 p.m.

Learn how to make easy, quick and convenient meals without the use of a stove or oven.

Cuisine Corner: Florida Strawberries

Orlando Public Library, Cypress Room

Monday, March 9, 6:30 p.m.

Join Strawberry Sue from the Florida Strawberry Growers Association as she shares her recipe for a crisp, delicious strawberry spinach salad that is full of essential vitamins and nutrients. Learn about the health benefits of strawberries and get recipes featuring the locally grown and in-season produce. For more information, please visit **strawberrysue.com**.

Dreamers Delectable Delights

Orlando Public Library, Cypress Room

Monday, March 23, 6:30 p.m.

Sharon Anderson of Dreamers Delectable Delights returns to the library for a demonstration on desserts that only take minutes to prepare. Impress your family and friends with these sweet creations.

Home-Cooked Dog Diets

Orlando Public Library, Cypress Room

Thursday, March 26, 6:30 p.m.

Celebrate *National Nutrition Month* with nutrition information for your furry four-legged family member. Rick's Dog Deli will demonstrate how to prepare custom meals for dogs using breed-specific or therapeutic formulations. Recipes may be tailored to meet your dog's individual needs or to support ailments such as diabetes, obesity, pancreatitis and cancer.

Vela Sauce

Orlando Public Library, Cypress Room

Sunday, March 29, 2 p.m.

Join Co-Founder of Vela Sauce Vilma Vela for a lesson on how to spice up your dishes. Vela will make chicken and vegetarian taquitos, and demonstrate how to add heat to enhance a dish without changing the flavor. Vela Sauce is a flavorful, low sodium, all-natural hot sauce created with local produce and no additives. Vela Sauce is a *Fresh from Florida* product.

Cookbook Club

Orlando Public Library, Cypress Room

Monday, March 30, 6:30 p.m.

Looking for cooking inspiration? Join the Cookbook Club to explore healthy recipes and new cookbooks.

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