

FOR IMMEDIATE RELEASE:

Date: May 22, 2015

Contact: Tracy Zampaglione

Email: Zampaglione.Tracy@ocls.info

Phone: 407.835.7480 (For publication purposes please use 407.835.7323 for further details.)

Cuisine Corner

ocls.info/cuisinecorner

Registration is required for Cuisine Corner. Register online at **ocls.info** or please call 407.835.7323.

Summer No-Cook Meals

Orlando Public Library, Cypress Room Thursdays, June 4 and 18, 6:30 p.m.

With the mercury rising, the last thing you want to do is labor over a hot stove. Beat the heat with these fast and fresh no-cook meals for the hottest days in summer.

Pack a Punch with a Super Salad

Orlando Public Library, Cypress Room Monday, June 22, 6:15 p.m.

Escape your ordinary salad with an extraordinary recipe from Fireman Brad Jones! Learn about the nutritional benefits of eating foods like a super salad and try tasty samples. Jones is currently a fireman with the Orlando Fire Department and is also a member of the Edible Education Experience where he teaches families about healthy eating habits and making your own vegetable garden.

Cookbook Club

Hiawassee Branch Saturday, June 20, 6:30 p.m.

Orlando Public Library, Cypress Room Monday, June 29, 6:30 p.m.

Looking for cooking inspiration? Join the Cookbook Club to explore recipes and new cookbooks. For details on this month's program, please visit our online calendar.

Vela Sauce

Orlando Public Library, Cypress Room Tuesday, June 30, 6:30 p.m.

Vilma Vela, co-founder of Vela Sauce, will present the benefits of including beans in your meals. Learn how to prepare different beans so you can make healthy dishes at home.

###