



Lucia Mar Unified School District

Adult Education

FALL 2018 COMMUNITY CLASSES

## **Mediterranean and Cajun Cuisine**

### **Aug 22: Cajun Comfort Dinner**

- French Bread Brochette
- Cabbage and Carrot Coleslaw
- Red Beans with Andouille Sausage with Rice
- Fresh Berries and Cream

### **Sep 19: Morocco Night Dinner**

- Spicy Garlic, Chili and Coriander Yogurt Sauce with Pita Bread
- Tomato and Roasted Pepper Dip
- Carrot and Chickpea Salad
- Chicken Couscous
- Milk Pudding with Raisins and Coconut

### **Oct 24: Mardi Gras Dinner**

- Shrimp Croquettes
- Arugula, Pomegranate and Walnut Salad
- Chicken and Sausage Jambalaya
- Bread Pudding with Sweet Meringue

### **Nov 28: Greek Night Dinner**

- Spanakopita (spinach pie in filo dough)
- Tabbouleh (bulgar wheat with parsley, mint and olive oil)
- Kotopoula Stifado (chicken stew with tomatoes, onions and sweet spices)
- Melitinia (sweet cheese pastries)

### **Dec 19: Cajun Sunday Dinner**

- Old Fashioned Creole Cornbread
- Fresh Cucumber and Tomato Salad
- Chicken Fricassee with Rice
- Sweet Potato and Pecan Pie