



Lucia Mar Unified School District

Adult Education

WINTER/SPRING 2019 COMMUNITY CLASSES

Mediterranean and Cajun Cuisine

Jan 30: Morocco Night

- Spicy garlic, chili and coriander yogurt sauce with pita bread
- Carrot and chickpea salad
- Chicken couscous
- Milk pudding with raisins and coconut

Feb 27: Traditional Cajun Appetizers

- Shrimp croquettes
- Old fashioned Creole cornbread
- Paprika glazed Andouille sausage
- Fresh berries with homemade whipped cream

Mar 27: Syrian Night

- Spicy potato cakes
- Traditional Syrian salad with Za'atar (herb blend)
- Fasolia Blahmi (green bean stew with ground beef and sweet spices)
- Rose water flavored rice pudding

Apr 3: Spring Mediterranean Vegetarian Side Dishes

- Israeli cauliflower with white wine vinaigrette
- Lebanese Mujadara (lentils with caramelized onions and rice)
- Algerian green beans with almonds
- Moroccan carrot and chickpea salad