



*You are cordially invited to enjoy an evening of  
Culinary Health and Wellness*

*Thursday, October 27, 2016  
6 - 8 p.m.*

*New Jersey Institute for Food,  
Nutrition, and Health  
61 Dudley Road  
New Brunswick, NJ*

*Cooking demonstration and full three-course meal paired  
with New Jersey wines from Hopewell Valley Vineyards*

*Pan-seared red snapper over black rice salad  
with avocado and pink grapefruit*

*Braised smoked turkey with  
a ruby beet and bean cake*

*Poached Seckle pears with mascarpone  
and pecan nut puree*

*Special dietary requests can be accommodated*

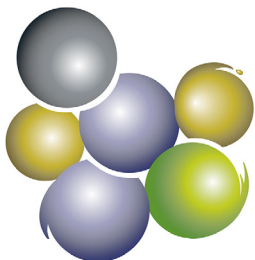
- Learn culinary techniques used in healthy cuisines
- Become educated on the nutritional benefits of the foods served
- Hear about the latest research in diet and health
- You will leave satiated and educated



Featuring:

Chef Ian Keith, Culinary Institute of America graduate,  
Manager of Harvest at the IFNH

Dr. Peggy Policastro, RD, Director of Behavioral  
Nutrition at the IFNH



Deadline for registration is October 13, 2016  
Must be 21 or older  
Seating is limited, - Register early  
Prix-fixe: \$75 per person

[Click here to register](#)

For further information, contact Charity at 848-932-3500