



# HEART HEALTHY INDIAN CUISINE

## Cooking Classes

**with Nandita Selvanathan**  
**Come for a hands on experience of  
mixing taste with health as Nandita  
shows you how to make heart healthy  
Indian dishes.**

**Participants will learn how to prepare a  
complete meal including Flavoured Rice, Lentil  
Soup, Black Beans and Condiments for a sit  
down meal.**

**Saturday Afternoon June 13  
1:00 to 4:00 pm**

**Cost: \$40.00**

**To register call  
Mary Jane's Cooking School**

**204.775.2522**