

Douglas County Extension Master Food Volunteers Present:
ALTERNATE PROTEIN SOURCES

A lecture by Nancy O'Connor, MEd Thursday, September 19, 2019

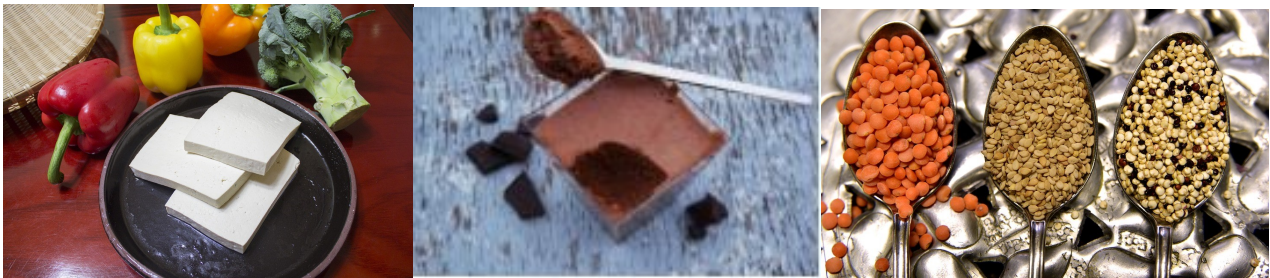
5:30 – 6:30 PM

Flory Meeting Hall, Douglas County Fairgrounds

Open to all—no fee to attend.

Delicious Plant Proteins

Adding plant proteins (legumes, beans, grains, and tofu) to your diet is a fun, healthy, and inexpensive way to change up your routine. If you'd like to learn more about these foods come to the lecture where we'll demonstrate and you'll sample several dishes including Lentil Feta Salad, Veggie Quesadillas, Marinated Tofu Basmati Rice Salad, and a rich and creamy Chocolate Mousse Pudding (made from tofu!).



Presenter: Nancy O'Connor MEd Nancy received a masters in Community Health Education from the University of Kansas. She has been the Director of Education and Outreach at the Merc Co+op for 27 years. She is also Executive Director of Community Mercantile Education Foundation which directs garden projects at West Middle School and First Step at Lake View. Nancy is the author of the Rolling Prairie Cookbook, recipes celebrating fresh, local produce. Nancy lives south of town with her husband Jim who is often by her side both in the gardens and the kitchen.

Kansas State University is committed to making its services, activities and programs accessible to all participants. If you have special requirements due to a physical, vision, or hearing disability, call Susan Farley, 785-843-7058.

Kansas State University Agricultural Experiment Station and Cooperative Extension Service
K-State Research and Extension is an equal opportunity provider and employer.