



Cooking Classes. Community. Fun.

Eat

WELL FEEL

good



Cooking Classes.
Community.
Fun.

Join our monthly workshops, **Cooking with Purpose**, to build on your current culinary skills and get your hands on healthy! Meet other students who share similar interests and learn more about cooking, nutrition, and find your community here on campus.

- ✓ A new recipe each month
- ✓ Learn lifelong skills
- ✓ Take home leftovers
- ✓ Consult with Health Center at Auraria's Registered Dietitian



Fire Roasted Salsa

SERVES: 2-3 cups

Orale! This is the only salsa recipe you will ever need. Salsa is a great way to bring additional depth to any dish you make at home. This salsa is filled with chiles and tomatoes, giving any dish you add it to, a healthy dose of vitamin C. It's also a great way to add more dimension to food without increasing the sodium of your meal.

INGREDIENTS

- 5 tomatoes
- 5 jalapenos
- ½ onion
- 4 garlic cloves
- 1 tablespoon of olive oil
- ½ tablespoon cilantro
- 1 tablespoon of salt
- 1 teaspoon of black pepper
- 1 lime

DIRECTIONS

1. Cut tomatoes in half and arrange on a baking sheet, along with 5 jalapenos and onion.
2. Place them under your broiler, until your ingredients have a nice dark char.
3. After 5 minutes, add in garlic cloves and cover with oil. Cook for an additional five minutes.
4. Add all veggies to a blender and blend along with some salt, pepper and the juice of one lime.



PRO TIP

Don't be afraid to char your tomatoes and chiles black, this adds to the flavor of the salsa. The seeds and membrane of a jalapeno provide the heat. Adjust accordingly.



Are you in need of food assistance?

There are a variety of campus and community resources available to keep you and your family healthy. If you, or someone you know is needing some additional assistance, please reach out to your institution's CARE Team. They offer wraparound services to students. You will be assigned a case manager who will connect you to the resources that best fit your needs, and life circumstances.

CAMPUS RESOURCES

Rowdy's Corner

Tivoli 271
rowdyscorner@msudenver.edu
303-615-0423

CU Food Pantry

Wellness Suite, 3rd Floor
Lynxbasicneeds@ucdenver.edu
303-315-9355

The Swooper Market

Tivoli 259
sparc@ccd.edu
303-556-2597

MSU Denver Student Care Center

Tivoli 311
studentcarecenter@
msudenver.edu
303-615-0006

University of Colorado Denver CARE Team

Tivoli 311
shareaconcern@ucdenver.edu
303-352-3205

Community College of Denver Student Programming, Activities & Resource Center (SPARC)

Tivoli 260
sparc@ccd.edu
303-556-2597

COMMUNITY RESOURCES

Denver Inner City Parish
303-629-0636

Metro Caring
303-860-7200

Hunger Free Colorado
855-855-4626

