



photo by Lisa Houlgrave

Food Network Host, Ellie Krieger

So Easy:

Luscious Healthy Recipes for Every Meal of the Week

Hit Refresh on Your Lunch Box!

Learn how to create new and healthy meals for lunch or dinner. *New York Times* best-selling author and host of Food Network's *Healthy Appetite*, Ellie Krieger will show attendees how to make several recipes from her new book. Featured recipes include a curried chicken salad, herbed tuna stuffed pepper and Greek salad pita.

Monday, November 2

5:30 p.m. Check In • 6:00 p.m. Program

South Campus Research Building
7435 Fannin Street at Old Spanish Trail
Houston, TX 77054



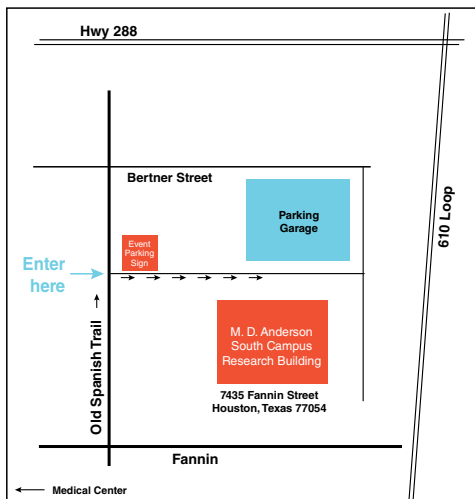
Ellie's new book, *So Easy: Luscious Healthy Recipes for Every Meal of the Week*, will be available for purchase.

Free Registration:

Advance registration is required as seating is limited. The registration deadline is October 28.

There are two ways to register:

- E-mail publiced@mdanderson.org
- Call 713-745-0549



Free Parking:

Parking is free at the South Campus Research Building. From Old Spanish Trail, turn at the event parking sign between Fannin and Bertner. Go straight, and the parking garage will be on your left. The event will be held in the building to your right.

You can significantly lower your chances of getting cancer by enjoying a healthy diet. This includes eating fruits, vegetables, whole grains, beans and nuts.

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