Nutrient Dense Foods:
Grass-Fed Meat, Pastured Poultry, Eggs & Bone Broth
Learn the difference between grass-fed and grain-fed meat as well as the benefits of pastured poultry, eggs and pork. We also will look at bone broth and why we want to re-introduce this nutrient-dense food into our diet.

**Keyword: Nutrient**

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<th>Date</th>
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<th>Instructors</th>
<th>Location</th>
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<tr>
<td>Sept. 29</td>
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<td>6:30-8 p.m.</td>
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<td>BBX-1251-BEFA</td>
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**Fats & Oils**
Learn why fats are essential to our health. Fats play a critical role in our mental well-being and are linked to weight loss. Learn about their importance as well as how to recognize counterfeits.

**Keyword: Fats**

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**Air Fryer 101**
Did you know that the air fryer is one of the most versatile kitchen appliances? Join us to discover what works well in an air fryer, helpful accessories, cleaning practices and yummy recipes that you can make in your air fryer.

**Keyword: Fryer**

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<td>BBX-2029-BEFA</td>
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<td>S</td>
<td>9-11 a.m.</td>
<td>Bueha</td>
<td>LLX-0547-TCFA</td>
<td>$25</td>
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**NEW! The Great Mystery Bake Off – Nailed It Edition**
Recruit the sous chefs in your family, clear the counters and join us for a bake-off via Zoom. Only amateurs need apply, no professionals here. Your team can consist of your household members or you can compete by yourself.

Each team needs to have two round cake layers baked and cooled by the challenge. These should be made ahead of time. Bonus points if you don’t use a mix, but hey, who’ll know? We’ll give you the challenge at the start of the event and you will use the cake layers to assemble it. We also suggest that you have ingredients for your favorite chocolate frosting on hand.

We are all about friendly competition and laughs. No big money winners here just bragging rights for next year. Our team of judges will be checking in with you throughout the competition, so make sure your laptop/computer/device is set up so they can see how you’re progressing and chat while you work. Space is limited so don’t be left out.

Registration deadline is Oct. 15.

**Keyword: Mystery**

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<th>Instructors</th>
<th>Location</th>
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<td>Oct. 17</td>
<td>W</td>
<td>9-10 a.m.</td>
<td>Lott</td>
<td>AREA-4458-TCFA</td>
<td>$10</td>
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For more information, contact us at 800-828-0072 or continuinged@southeast.edu

Check out all classes offered at www.southeast.edu/BeatriceCE
Find us on Facebook at www.facebook.com/sccbeatricece
Cinnamon Rolls & Crescent Rolls

Don’t you just love the smell of fresh baked cinnamon rolls and flaky crescent rolls? Learn how to make those cinnamon rolls like grandma used to and fill your kitchen with the warm spicy smell. Use the same versatile dough to make delicious crescent rolls and master the art of sweet roll dough.

A supply list will be sent one week prior to class.

Keyword: Rolls

Oct. 12
Live Online, Zoom
S
9-11:30 a.m.
AREA-4502-TCFA
$23

For more information, contact us at 800-828-0072 or continuinged@southeast.edu

Coffeecake

Coffeecake is a beloved coffee house favorite. We will create a cinnamon coffeecake with your choice of a crunchy crumble or streusel topping.

Supply list will be sent approximately one week prior to class.

Keyword: Coffeecake

Nov. 17
Live Online, Zoom
T
6-8:30 p.m.
LLLX-2052-TCFC
$39

Muffins

Muffins are great on their own and as part of a meal. You will have a choice of banana or blueberry muffins to make during the Zoom class however all recipes will be shared.

While your muffins are baking, create a cinnamon compound butter to enjoy on your warm muffins. Zoom bake with us from your kitchen!

Supply list will be sent one week prior to class.

Keyword: Muffins

Nov. 3
Live Online, Zoom
T
6-8:30 p.m.
LLLX-2052-TCFB
$39

Homemade Kolaches

Entice any guest in your home with the sweet smell of home-baked goods. Learn how to make the versatile dough that can be used to make kolaches from a local expert. You will have the opportunity to make several kolaches to take home. Recipes for homemade fillings will be included with the Sweet Roll Dough recipe. Space is limited.

Supply list will be emailed one week prior to class.

Keyword: Kolaches

Oct. 24
Live Online, Zoom
S
9-11:30 a.m.
AREA-4503-TCFA
$39

Instant Pot Cooking Basics

The Instant Pot is the latest hot kitchen appliance. Whether you have one and are scared to use it or you are thinking about buying one, this class is for you. Learn about basic features of the instant pot and how recipes can be converted and adapted. See how easy it can be!

Keyword: Instant

Oct. 6
Live Online, Zoom
T
6-8 p.m.
AREA-4441-TCFA
$24

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you, the student, to participate from the comfort of your home.

Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/sccceonlinecourses.
Make Ahead: Freezer Meals, Tips & Tricks

Want to simplify your daily meal routine? Freezer meals are super handy whether you’re looking for convenience, trying to eat healthy, or planning ahead. We will look at meal planning strategies, explore the various options of cooking ahead, how to safely freeze food and preserve quality, what meals well and what doesn’t, and how to store a month’s worth of meals in your freezer.

A variety of freezer meal recipes will be provided along with additional resources.

Katie’s Cooking Class: Knife Techniques

Expand your knowledge about different knives, their purpose, and how to keep them sharp. Katie, our culinary pro will help you discover how to safely chop and prepare different fruits and vegetables for easy consistent cooking.

Supply list sent approximately one week prior to class. Zoom with us from your kitchen.

Keyword: Knife

Oct. 14
W
6-8 p.m.
LIVE Online, Zoom
Skinner
LLX-2046-TCFR

$39

Keyword: Freezer

November 12
Th
6-8 p.m.
LIVE Online, Zoom
AREA-4420-TCFB

$19

For your convenience, we are offering LIVE Online learning opportunities. These classes are delivered live via Zoom. They are not prerecorded videos. This allows you to participate from the comfort of your home. Look for the LIVE Online logo shown to the left to find these classes. As our learning environment changes, we look forward to offering additional classes live online.

Have an idea for a class that could be offered live online? Please submit your idea at https://bit.ly/scceonlinecourses.
You must have an email account to register online.


2. Search for your class by entering either a key word in the title or the course number. Click Submit. (Enter information in only one field for broader results.)
   Key Word Example: Driver
   Course Number Example: TRAN-3398

3. Select the course for which you wish to register. Click Submit.

4. Enter your personal information, certify your identification and click Submit.
   * You must provide your Social Security Number.

5. Optional: Enter your Additional Registration Information and click Submit.

6. If you want to register for additional classes, select Search for more classes under “Choose one of the following.” If you are finished selecting the class(es) for which you want to register, select Register now (check out). Select your Payment Type. Click Submit.

7. Enter your payment information. Click Submit.

You will see your class acknowledgement with information about your SCC Student ID Number, SCC User ID and password. You also will receive an email with this same information for your records.

In the future it will be easy to register by logging in using your SCC User ID and password and it will not be necessary to provide your Social Security number again.

If you have problems getting registered, please call 402-437-2700 or 800-828-0072 for assistance.