



UNIVERSITY of DELAWARE

UDaily

Dec. 7: Comfort foods

Cooking demonstration for employees to feature 'comfort foods'

11:34 a.m., Nov. 28, 2011--As the cold weather approaches, people start to crave dishes that warm us from the inside out. Comfort food, by a general definition, is food that people associate with childhood and home-cooked meals. Comfort food can evoke many wonderful memories.

On Wednesday, Dec. 7, University of Delaware employees are invited to join HealthyU for a cooking demonstration and learn how to prepare a variety of "healthy" comfort foods.

Featured recipes are low in fat but high in flavor and include: meat loaf, almost no-fat mashed potatoes, "dirty" broccoli and light chocolate chip cookies.

Tracey Sinibaldi, owner of TKS Nutrition and a registered and licensed dietitian and a certified diabetes educator, will be preparing the recipes.

Sinibaldi has a bachelor's degree in nutrition from UD, where she also completed her internship program. She has been a practicing dietitian for over 19 years as an inpatient and outpatient dietitian with Bayhealth Medical Center, Bayhealth Medical Center Wellness Center dietitian at Milford High School, private consulting dietitian at the Children's Secret Garden, and a private practicing outpatient dietitian.

Sinibaldi has experience in the areas of diabetes, weight management, kidney disease, cancer, neonatal and adult intensive care, pediatrics, sports nutrition, food allergies and wellness.

The cooking demonstration will take place in the cooking laboratory, 204 Willard Hall Education Building.

Those interested can register for one of two demonstrations. The first seating will be from 11:30 a.m.-12:30 p.m., and the second will be from 1-2 p.m.

The cost of this event is 10 Wellness Dollars. Space is limited to 20 participants.

Register online at www.udel.edu/healthyu -- log in, click on the box to register for a Wellness Center program, then find the information on the cooking demonstrations under lectures -- or by calling the HealthyU Program office at 831-8388.