



Science Saturday

Saturday, March 12, 2016
10:00am - 12:00pm

Attend this **FREE**, fun for all ages, family program!

February Presenter:

Cami Wells

Nutrition Extension Educator
Hall County

Program:

“Pulse on the Plate?”

Learn about the science behind cooking dry beans, lentils and chick peas. Discover how easy and delicious it is to prepare pulses and sample some quick, family-friendly dishes.

Program Times:

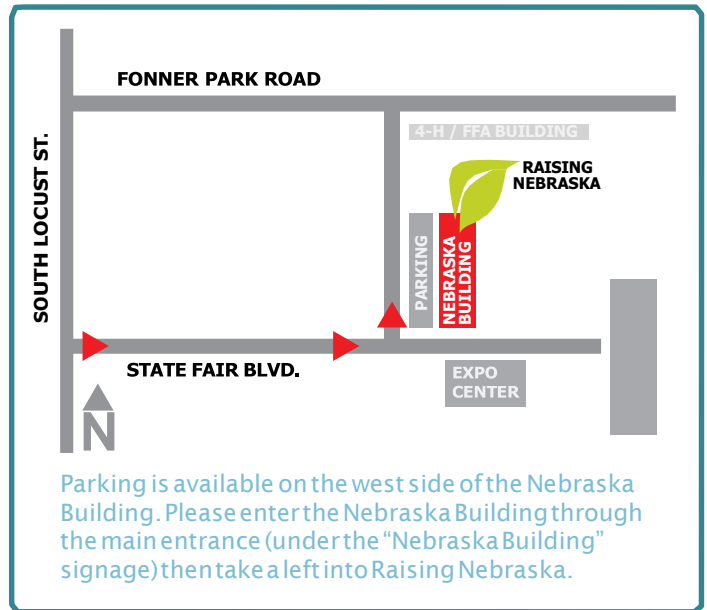
10:30 am, 11:00 am & 11:30 am

Recipe being made:
Mexican Bean Tortilla



Raising Nebraska

Located inside the Nebraska Building at the Nebraska State Fairgrounds



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IN 2016

ENJOY A DELICIOUS, NUTRITIOUS DIET

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2016 IS THE INTERNATIONAL YEAR OF PULSES
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