

## Heart Healthy Cooking Classes



To commemorate February as “**American Heart Month**,” San Francisco Chef **Phoebe Schilla** will be teaching a series of “**Heart Healthy Cuisine**” classes this month, as well as a “**Heart to Heart Valentine’s Day Cuisine**” class on Feb. 14.

Twenty percent of proceeds from each of those classes will be donated to the American Heart Association.

Schilla studied at Le Cordon Bleu in Paris and the Culinary Institute of America in New York. All classes are taught at her Studio of Good Living, 311 Benito Way in San Francisco.

“Heart Healthy Cuisine” is offered 6 p.m. to 9 p.m, Feb. 2, 9, 16, 23 and 28. Learn how to make grilled chicken with persimmon salsa, edamame hummus, low-fat panna cotta and more. Price is \$90 per person.

The Valentine’s class is 6 p.m. to 9 p.m. Feb. 14. That night’s menu will include non-alcoholic pomegranate sangria, cheddar and bacon mini souffles, and crepes Suzette. Price is \$90 per person.