



CHICAGO-KENT STUDENT ANIMAL
LEGAL DEFENSE FUND PRESENTS:

VEGAN COOKING CLASS WITH UIC JOHN MARSHALL'S CHAPTER

APRIL 15TH AT 5:30 PM
ZOOM LINK IN SBA CALENDAR



COME HANG OUT WITH US AND JOHN
MARSHALL'S CHAPTER AND LEARN HOW
TO MAKE VEGAN PASTA PRIMAVERA!

The first 7 people to register will receive a \$15 gift card to Kitchen 17, a local vegan restaurant, that will be sent out to them after they attend this event. Everyone who registers and attends the event will be automatically included in a raffle for one \$25 gift card from Kitchen 17, and will also receive a promo code for 15% off your online purchase from Kitchen 17. Please register [here](#).

SALDF VEGAN COOKING CLASS



Vegan Pasta Primavera

Ingredients:

- 1 box of chickpea pasta (or any other pasta of choice; other options could be gluten free pasta, brown rice pasta, or regular pasta)
- Salt
- Pepper
- Dried herbs
 - 1 teaspoon Italian seasoning
 - ½ teaspoon garlic powder
 - ½ teaspoon onion powder
 - 3 oz. fresh spinach
- 1 zucchini, cut into half-circle rounds
- ½ small yellow onion, julienned
- 1 bell pepper (green, red, or yellow), julienned
- ¾ marinara pasta sauce
- 2 tbsp. olive oil



Kitchen tools/equipment

needed:

- 1 large pot
- 1 medium/large size sauté pan
- 1 chopping knife
- 1 cutting board

