**News release from Cindy VanDevender, Jasper County Extension FCS Agent,**

**Family and Consumer Sciences, Texas A & M AgriLife Extension Service**

**271 E. Lamar St., #101, Jasper, TX 75951 409 384-3721 website: jasper.agrilife.org**

Public Service announcement for immediate release (we need sign ups by Jan. 22)

**Too busy to cook?**

**By CINDY VANDEVENDER**

**Texas A&M AgriLife FCS agent**

*Cooking with Friends* takes the guesswork out of your daily dinner dilemma. This program is designed to help provide you with ready-to-cook freezer main dishes you can prepare in advance and then whip out and heat up when needed.

All students will participate in hands-on cooking workshops to create easy multiple-packaged meals.

This is a 4-part series to be held Tuesday evenings, 6 to 8 pm, Feb. 2, 9, 16 and 23 at the new Courthouse Annex kitchen, 271 E. Lamar St. in Jasper.

Participants will prepare and take home freezer-ready main dishes, portioned for a family of 4, of the following recipes: marinated chicken breasts; Texas-style lasagna, chipotle burritos, and orange marmalade pork chops.

They will also receive recipes and handouts for more quick and nutritious family meals.

This foodie class is limited to first 12 participants. Call the Texas A&M AgriLife office to reserve your spot: 409-384-3721.