

Tofu...and you!

Learn why tofu is so good for us.
If you have never tried it, are afraid to eat it, or
have no idea how to prepare it;
come learn more.

Sample a Tofu recipe guaranteed to change your
mind about this vegetable protein!

Thursday September, 27th 2007
12th Floor Dining room @ 1:30 PM

Call Margaret with questions: (212)367-1263

