Looking for some new recipes to try? Well, look no further! Every semester, Health4U and the University Club partner in a program called “Culinary Cooking and Concepts.” It features a gourmet meal as well as a cooking demonstration or nutritional talk at the MSU University Club!

Missed a class or can’t make it to one you want to attend? Want some instant inspiration to implement in your kitchen today? You’re in luck!

Click here for a list of all the recipes used in Culinary Cooking and Concepts programs, dating all the way back to September 2008! Recipes from upcoming classes will be posted about one week after the scheduled class.

“Leftovers into Makeovers”
“Cooking for Two”
“A Strictly Michigan Brunch”
“Crockpot: Slow Cooking for Fast Meals”

Register for next month’s program entitled “Deck the Hall-Idays!” The meal includes items such as smoked salmon toast, flank steak with mushroom Marsala sauce, chive mashed potatoes, and more!  Click here for more information! It’s only $15 to attend!

The Pressure’s On!
The heat is on both MSU and Michigan to do something remarkable when they renew their rivalry for the 105th time on Saturday in Ann Arbor.
The pressure is on the Spartans to produce a historic event in program history.
The pressure is on the Wolverines to avoid a fifth consecutive loss to a MSU team that has to look eminently beatable to their fans.

Cheer on the Spartans tomorrow at 3:30 pm on the Big Ten Network!

Go Green! Go White!

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Rocky Horror Picture Show
Doors at 8:30 p.m., Show starts at 9:00p, International Center
Come out to join UAB for the interactive movie event of the year! Prop bags will be provided to the first 500 attendees. Come dressed up for the movie and receive extra tickets for a chance to win tickets to upcoming Wharton shows! The drawing will take place at the opening of the event. Free to MSU students plus one guest, all must show ID.

SOME SWEET TREATS?
Treat yourself or someone special to one of the October Specials offered by MSU Bakers!
They have some cute Halloween cookies and cupcakes available, along with much more!  Click here to see them all! YUM!