

# I Can't Believe it's Not Butter!

## Cooking Demo



A healthy approach at cooking with quality olive oil. UMD Chef Tom Linderholm will prepare an array of healthy salads, pastas and vegetables utilizing olive oil.

**When:** Thursday, March 13th

**Time:** 1:00-1:45 PM

**Where:** Kirby Lounge

**Facilitators:** Tom Linderholm, UMD Dining Services  
Executive Chef

Jean Rodvold, Registered Dietitian with Student Life and  
Employee Health & Wellness Center

