

# Using the Flavor Star in Our Cooking



## About the Workshop

Discover how you can maximize the natural flavors of food, reduce sodium intake, and prevent food waste using the flavor star, a diagram created to find a balance of flavors in foods.



Tuesday, April 18, 2023



Through Zoom



1 - 1:50 PM

## About the Speaker

Carla Corrales is currently completing her dietetic internship to become a Registered Dietitian. She is passionate to help others learn how to cook healthier at home.



**To register:**

**<https://tinyurl.com/flavor-star>**

**Questions?**

**Contact [lwadams@ucdavis.edu](mailto:lwadams@ucdavis.edu)**



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