

Kids see veggies aren't bad at cooking classes

Youngsters learned to make El Salvadoran pupusas at the Allergic to Salad classes in Astoria on July 26. The free classes, sponsored by individuals, the environmental project group ioby and the Greening Western Queens Fund, are available all over the city, including at several Queens libraries through the Greening Libraries Initiative at Queens Library.

Allergic to Salad also offers classes at area restaurants, such as Thursday's class at Pachanga Patterson, where 18 children ages 4 to 10 — including Ella, 4, left; Daniel, 7; Grayson, 6; and Sophie, 10 — stuffed zucchini, tomato and cilantro into the dough pockets. Program founder Stacey Ornstein puts together classes that introduce adolescents and adults to cuisine of the world, healthy options and



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basic cooking and safety skills.

"We don't believe in 'kid's menus' and there are no 'picky eaters,' but [just] real food in tastes, combinations and textures we have yet to explore. While we might think we don't like tomatoes, we often find our watermelon-tomato gazpacho pretty tasty — realizing we do like tomatoes," Ornstein said.

For a full schedule visit allergictosalads.com.