

# HISPANIC HERITAGE SERIES

## Hispanic Cuisine: The roots, the benefits, the unknowns



To register: 305-919-5900

### Course

Chef Kelly will explore the origins of food created and consumed through Hispanic traditions. This population is known to have a longer life span, mostly due to the types of food they have eaten over their lifetime. Gain an understanding of which foods lead to health benefits, how to adapt and prepare some Hispanic flavor into your meal plan, and maybe even discover a few unknowns when it comes to Hispanic cuisine.

### Details

Monday

September 23

2:30 pm – 4:00 pm

\$10

### Instructor

Chef Kelly Sheehan is the owner of Chefs for Seniors – South Broward. He received his culinary degree from the Culinary Institute of America and went on to complete his BS at FIU in Hospitality Management.

He's held the role of corporate executive chef, executive chef, and private chef, and now organizes a network of chefs to provide nutritious, delicious, customized meals for seniors.



at



Osher Lifelong Learning Institute at FIU  
305.919.5900 | [olli@fiu.edu](mailto:olli@fiu.edu) | <https://olli.fiu.edu>  
3000 Northeast 151 Street, North Miami, FL 33181