

**Columbia (MD) Alumnae Chapter
Delta Sigma Theta Sorority, Inc.
Presents**

**Know It By Heart -
American Heart Month**



**Self-Care
Saturday**

February 20, 2021

5pm – 6pm via 

This event is Free and Open to the Public

Please RSVP by February 19th at

<https://us02web.zoom.us/join/zoom/register/tZlpuGtqDkqHdYMM1wrFfmrX3zyuAhX4unF>

The first 50 participants to register for the event will be entered into a drawing for a \$25 e-gift. You must be present to win!

**Join us as we celebrate American Heart Month and
Enjoy a Live Healthy Cooking Demo!**

**Broccoli Soup With Turmeric, Peanuts, and
Crispy Shallots with Soror Sherrie Dail**

Ingredients - 4 SERVINGS

2 medium shallots, thinly sliced into rings
½ cup plus 3 Tbsp. vegetable oil
½ cup unsalted dry-roasted peanuts, coarsely chopped
½ tsp. ground turmeric
Kosher salt
2 small heads of broccoli (about 1½ lb. total)
1 large onion, finely chopped
1 serrano or other green chile, thinly sliced
4 garlic cloves, coarsely chopped
1 medium Yukon Gold potato, peeled, cut into 1" pieces
1 bunch mature spinach, thick stems trimmed
1 Tbsp. fish sauce
½ cup mint leaves and/or cilantro leaves with tender stem

