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## Learn How to Make Your Mondays Meatless at the Summit Wine and Food Festival

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Personal chef and leading culinary nutritionist Diane Henderiks (also known as "The Dietitian in the Kitchen") will lead an engaging and informative Meatless Mondays Cooking Demo on Saturday, September 10th at 11am during the Third Annual Summit Wine & Food Festival.

Henderiks has a refreshing "non-dieting" approach to eating that doesn't rely on weighing ingredients or dissecting food labels. She believes that with a little finesse, any dish can be revamped to be good for you. At the festival she will show participants creative ways to prepare sumptuous meals that are meat free but fit for even the most sophisticated palate. Tickets for this individual event are just \$30.

Taking place from September 9th through September 11th in Summit, New Jersey, the Third Annual Summit Wine & Food Festival will feature a plethora of tastings, seminars and demonstrations and is sure to be a truly worthwhile experience for all those who attend.

Tickets are currently on sale at [www.summitwineandfood.com](http://www.summitwineandfood.com) so get them now!