



Hi! My name is Eva Paschal. Presently I am Instructor at UTRGV. Former caterer and Food and Beverage professional for over twenty years. I believe in preparing tasty, simple meals from scratch, using fresh, seasonal ingredients that offer variety in your daily diet. When cooking with local food grown in season you get the best flavor. My goal is to help you feel comfortable in the kitchen, feel relaxed and create something that you and your family enjoy. I will introduce you to new foods and possibilities of how to integrate them in your daily menus. Diversity in the kitchen will help you change the way you cook and eat. Remember meals do not have to be complicated to be healthier and tastier. You want to learn how to use new foods, new ingredients to create delicious, globally inspired new flavor combinations. I believe that cooking can be simple and enjoyable.