

WWP News & Media: Veteran Group Outings, Charity Events, Helping Vets

## Healthy Ingredients Spice Up Wounded Warrior Project Cooking Class

SAN DIEGO, May 22, 2017 /[PRNewswire-USNewswire](#)/ -- Carol Flynn rarely strayed from using salt and pepper, but a recent Wounded Warrior Project® (WWP) cooking class empowered the Navy veteran to find healthier ways to spice her favorite dishes.

"I love to cook and bake, but unfortunately it's not always healthy," she said. "The class opened my eyes to different techniques and flavors. I was amazed how much you could do with simple ingredients.

"I used to put lemon pepper on everything. Now I use ginger, garlic, and scallions as much as I can. The best part is, it's good for me. Now I look at food differently."

In addition to learning the benefits of various spices, culinary students and chefs taught participants how to properly cut chicken and vegetables for roasting. The hands-on lesson was part of WWP's [Physical Health and Wellness](#) program, which is designed to reduce stress and promote healthy and active lifestyles for warriors and family members.

Besides awakening her taste buds, Carol said WWP programs are an important part of her healing process.

"I isolate myself a lot. It takes me a while to gain the confidence to come out and be a part of the community," she said. "I feel like I grow a little more each time, and it gives me the strength to do more.

"It was fun to see everyone's eyes light up while we were cooking. And it was even better when we got to eat."

Marine veteran Robert Hill called himself "a lousy cook" before the class. He left with confidence to expand his culinary boundaries.

"The best thing I learned was how to cut up veggies and do it the right way," he said. "I cut up a chicken and made my own marinade. I can't believe I did that!"

To learn and see more about how WWP's programs and services connect, serve, and empower wounded warriors, visit <http://newsroom.woundedwarriorproject.org/>, and click on multimedia.

### **About Wounded Warrior Project**

Wounded Warrior Project® (WWP) connects, serves, and empowers wounded warriors. Read more at

<http://newsroom.woundedwarriorproject.org/about-us>.

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