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RECIPES FOR SUCCESS



Frank Varga / Skagit Valley Herald

Susy Aguilera (left), a student in the Culinary Arts and Hospitality Management Program at Skagit Valley College, shows how to make a torta sandwich Tuesday in the demonstration kitchen at Gretchens in downtown Mount Vernon. Aguilera and another student, Aaron Batrum, together with SVC chef Martin Hahn, donated their time and the ingredients to teach a life skills cooking class to five participants of the Northwest Youth Services Transitional Living Program. The three chefs demonstrated to the students how simple, quick meals can also be healthy.