Love Your Heart

American Heart Health Month

SPICE UP YOUR HEART CULINARY WORKSHOP

With Chef Jackie Cordova

Learn the art of making Authentic Red Chili Adobo Sauce using local grown Sandia variety chili pods

February 19, 2026
11:00 AM- 1:30 PM

Texas A&M AgriLife Research Center
1380 A&M Circle
El Paso, TX 79927

Join us for a hands-on workshop dedicated to reducing the risk of cardiovascular disease through spices and plant-based foods

Only $25

WHAT'S INCLUDED:
Expert Education: ABCS of heart health
Chef Instruction: Traditional sauce making
Tasting: Delicious vegan tacos with Adobo sauce
Take Home: 16oz mason jar handcrafted Adobo

Click Link to Register!

Register Today!
Limited Capacity
Only 24 spots
Registration Closes on 02.16.2026 at 5:00 PM

For More Information please contact our office
(915)273-3502 or Angelee.Shamaley@ag.tamu.edu

TEXAS A&M AGRILIFE EXTENSION

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