



Cooking Spanish Tapas Webinar


5 Traditional Tapas Recipes from Guadalajara, Spain
Starting on Monday, February 21, 2022

Spanish Tapas are small plates of simple, delicious foods that are served in bars and restaurants in Spain. This 6 week cooking webinar features Jamie Roblee and Rafael Gonzales who will be teaching you everything you need to know to make 5 amazing traditional Spanish tapas. Filmed in Guadalajara, Spain. Recipes include: Sizzling Garlic Shrimp with Lemon; Spanish Tortilla (Egg and potato omelette); Mushrooms with Garlic; Tomato Toast; and Stuffed Spanish Endives with Smoked Salmon, Avocado and Blue Cheese. Recipes included.

If you are a MIIA/BCBS subscriber: Complete the program and you will be entered into a drawing for one of three cookbooks. There will be a total of nine winners for one of the following:

- The New Mediterranean Diet Cookbook (3 winners)
- The Sardinian Cookbook (3 winners)
- Tapas: And Other Spanish Plates to Share (3 winners)

Sign-up today at MIAWinners.org

 /miiasocial | www.emiia.org

What you need to do:

- Watch all 6 webinars (usually less than 15 minutes each)
- View webinars at your convenience, however we recommend watching one per week
- Answer the quiz questions correctly after each webinar.
- Post a weekly comment in the discussion forum after each webinar.
- Complete a short survey at the end of the 6 weeks.

MIIA 
Well Aware
Work Well. Live Well.

Registration deadline is Friday, February 18, 2022 — See page 2 for complete registration instructions

Cooking Spanish Tapas Webinar



Access MIIA Winners
on your computer,
smart phone or tablet.
miiawinners.org

Registration Instructions

1. Go to www.miiawinners.org
2. If you have a MIIA Winners account: **LOG IN FIRST**, then follow instructions to enroll in this new program.
If you don't have a MIIA Winners account: Use the "Proceed to Registration" button on the MIIA Winners home page.
3. Enter the Registration Code: **TAPAS-2022** (case sensitive)
4. Fill out the registration form and submit.
5. Once you have registered, you're done till the program launches.
6. On **Monday, February 21, 2022** you'll receive an email to let you know the program has begun!