



Street Style Cuisine from South Asia

Tuesday, September 12, 2023
Free Cooking Demonstration
5:30-6:30 PM

Vanderbilt David Williams II Recreation and Wellness Center Teaching Kitchen

Join Marilyn Holmes, Recreation and Wellness Center associate director and registered dietitian and Vanderbilt Association for South Asian Cuisine leaders (Saksham Saksena, Sagnik Yarlagadda and Mridul Sharma) as they share their cultural cuisine history and expertise in preparing a traditional Mumbai Street food – Pav Bhaji.

Saksham Saksena is the Vanderbilt Association for South Asian Cuisine (VASAC) co-president. Saksham is a junior majoring in Molecular and Cellular Biology and Medicine, Health, and Society. Outside of school, he enjoys videography, bingeing television, and eating delicious food!

Sagnik Yarlagadda is VASAC co-president. Sagnik is a junior majoring in Biological Sciences and Anthropology. Outside of school, he likes to play basketball, read, and eat food!

Mridul Sharma is the VASAC vice president. Mridul is a sophomore majoring in Human and Organizational Development and Neuroscience. Outside school he is into working out and reading non-fiction.

Marilyn Holmes, MS, RDN, LDN has more than 40 years of experience as a registered dietitian and in population health management. Her diverse professional background includes experience in hospitals, an educational institution, long term care, and the public health sector at local, regional, and state levels. She has appeared on numerous talk shows and is a knowledgeable nutrition presenter.

Scan the QR code to register for this event!

If you have food allergies and plan to attend, please contact Marilyn Holmes at marilyn.c.holmes@vanderbilt.edu regarding the ingredients used for recipes.

