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EMPOWERMENT



**Cool Kids Cook**  
Monday at 4 PM

**April 14th 2014: Emily MickleyDoyle and Matt Glassman of Sprout NOLA visit with Chef Eliana**

In this episode, Kid Chef Eliana interviews Emily Mickley-Doyle and Matt Glassman of Sprout NOLA. They talk about how they use gardening to teach and empower people in neighborhoods in New Orleans. They also talk about their partnership that teaches people how to cook healthy dishes with the ingredients the grew. In "A Tisket A Tasket What's Inside My Basket?," Eliana explores cannellini beans and shares Sprout NOLA's recipe for "Beans and Greens." In her segment, "Foodie News," she shares the 411 on the cooking world. In her segment, "Figure Out This Food," she share information about king cr

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