Cook Your Way to Better Health!

Food is one of the most powerful tools you have to improve your health and boost your energy. Join Chef Linda Shiue, MD in this hands-on class and learn to cook globally-inspired, seasonal cuisine in less time than it takes to get takeout. We’ll enjoy dinner together and discuss the nutritional benefits. A different menu is offered each month.

Jan 8    Soups and Salads of the World
Feb 12   Healthy African Heritage Cooking
Mar 11   Eat Your Greens!
Apr 8    Creative Cooking to Reduce Food Waste  New Class!
May 13   Healthy Asian Cooking
Jun 10   Mediterranean Picnic
Jul 8    Spanish Summer: Gazpacho and Tapas
Aug 12   Back to School Lunch and Easy Weeknight Cooking
Sept 9   Go with the Grain—Cooking with Whole Grains  New Class!
Oct 14   ¡Taco Bar! Healthy Mexican Food
Nov 11   Creative Thanksgiving Sides
Dec 9    Holiday Appetizer Party

Class offered the 2nd Wednesday of the month, from 6:30-8:30 p.m. at 1600 Owens St., 6th floor.
Registration opens one month before each class.
Fee: $30 Kaiser Permanente Members/$40 Non-Members
Contact the Health Education Department at (415) 833-3450 or email SFHealthEd@kp.org.
Menu Details: www.Facebook.com/TheDoctorsSpicebox