

Feb 14, 2024 - Eat Your Greens!

Dark leafy greens are one of the most nutritious foods to include in your diet, full of fiber and nutrients. We'll prepare a variety of greens and other seasonal winter produce in different ways to give you some new ideas on how to enjoy your greens.

Menu:

Massaged Winter Kale Salad with Grapefruit and Avocado

Eat Your Greens! Fried Rice

Roasted Brussels Sprouts

Piña Kaleada

Apr 3, 2024 - Spring Vegetables

Ready to say goodbye to the heavy foods of winter? Spring vegetables are sweet and delicate. In this class, we'll feature spring recipes with asparagus, cabbage, carrots, fennel, mushrooms and more.

Menu:

Asparagus with Gremolata and Cannellini Bean Purée

Charred Cabbage with Chipotle Lime Crema

Roasted Carrot and Fennel Soup With Miso-Glazed Mushrooms and Cashew Cream

Apr 17, 2024 - Cook to Reduce Food Waste

Forty percent of all the food produced in the U.S. gets thrown away. In celebration of Earth Day, this class will teach you how to use up past-prime ingredients and cooking by-products to help reduce food waste in creative and delicious ways.

Menu:

Spicy Green Herb Soup

Roasted Tomato Panzanella with Chickpeas and Pickled Red Onions

Plantbased Aquafaba Pancakes

May 8, 2024 - Healthy Asian Cooking: Asian Salads

In this class, we'll explore different salads from East and Southeast Asia. Expand your salad palate!

Menu:

Balinese Green Apple Salad
Burmese Rainbow Salad
Taiwanese Cucumber Pickle

Jun 12, 2024 - Mediterranean Picnic

The Mediterranean Diet is one of the best studied heart healthy diets. It's also one of the most delicious, encompassing the food of cultures including Italy, Greece, France, Turkey and the Middle East. Tonight's menu will feature recipes from France and Spain.

Menu:

Salade Niçoise
Socca
Canary Island Potatoes with Romesco

Jul 10, 2024 - Fun with Fermentation Workshop

Fermented food is delicious and promotes a healthy gut. In this class, we'll make our own kimchi and also use fermented ingredients in recipes.

Menu:

Korean Quick Pickled Daikon
Purple Rice Bibimbap with Rainbow Vegetables & Miso-Glazed Tofu
Quick Kimchi

Aug 14, 2024 - Back to School, Back to Basics: Grain Bowls

The people have spoken, and they have asked for burgers. Don't resort to ultra-processed fake meat, build your own burgers from whole food ingredients.

Menu:

Grain Bowls, 3 Ways

Sep 11, 2024 - Plantbased Tacos and Ceviche

Celebrate National Hispanic Heritage Month with a plant-based twist on your favorite ceviche and tacos, along with 3 homemade salsas.

Menu:

Plantbased Ceviche
Vegan Chorizo Tacos
Lime Cashew Crema
Quick Red Pickle
Mango Salsa
Salsa Roja
Salsa Verde

Oct 9, 2024 - Everything Pumpkin

It's October and pumpkin time! Learn to use pumpkin and other winter squash in a variety of recipes enhanced with spices, for breakfast, snack, and lunch or dinner.

Menu:

Pumpkin Spice Overnight Oats with Orange Spiced Pepitas
Pumpkin Hummus with Fall Crudité Platter
Thai Pumpkin Curry

Nov 13, 2024 - Plant Based Thanksgiving

Nobody will miss the turkey with this elegant and flavorful plant-based Thanksgiving menu.

Menu:

Thanksgiving Kale Salad with Roasted Root Vegetables
Thanksgiving Butternut Pasta Alfredo
Spiced Pears

Dec 4, 2024 - Holiday Appetizer Party

All the fun, with a delicious and festive menu you will feel great about!

Menu:

Spiced Dips: Harissa Carrot Yogurt Dip, Beet Hummus and Muhammara
Polenta Bites with Red Chard
Tofu with Arugula Mint Pesto