

Cooking For All Six Seasons

(Autumn, Stick, Winter, Mud, Spring, Summer)

Wednesday's
via WebEx
12 - 12:30pm



Live virtual cooking demos featuring whole foods and plant-based recipes brought to you each season by Heather Wolfe (registered dietitian, certified health coach and cookbook author).

September 10

Roasted Veggies

Harvest the bounty of autumn with this medley of roasted vegetables. We'll demo a base recipe plus several spice and veggie variations for flavor spins. Batch cook once and enjoy many ways through the week- side, soup, salads and more!

December 10

Festive Fruits

Discover fun ways to use festive fruits this holiday season from stuffed dates to pomegranate punch. We'll even bring out a fruit cake recipe (fear not, this one is everyone's favorite!)

February 11

White Bean Ragu

Warm your winter table with this meat-free, bean-based sauce. A good source of plant protein, fiber rich, and mindful to sodium, this dish is a heart healthy and delicious addition to any meal.

Register by visiting the Dartmouth Health events or scan the QR code below

[Employee Wellness Events](#) | [Dartmouth Health Events](#)



Questions?

Contact LifestyleImprovement@hitchcock.org or call (603) 650-5950