Cooking Classes!

All classes lead by Registered Dietitians at the Center for Health and Healing
To register, please contact March Wellness. Phone: 503.418.6272

$20 for March Wellness members, $25 for non-members

Harvest Soups and Salads

Wednesday September 10th, 6-8pm
Jessica Nindel-Edwards RD LD, Megan Oberle RD LD

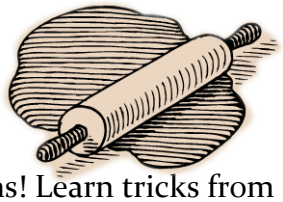
Utilize the season's bounty to create hearty soups that will warm you through winter and salads that will keep you from feeling sluggish. Even non-traditional soups and salads are easy and delicious options that will make weekly meal planning a snap! Learn new ways to use local fruits and vegetables as well as whole grains. Class includes cooking demos, sampling, and recipes.

Fall for Fungus

Wednesday October 8th, 6-8pm
Jessica Gutgsell RDN LD, Megan Fuetterer RD LD

Mushrooms are some or Oregon's most exciting crops! Whether you are a wild mushroom hunter or a farmer's market picker, come expand your mushroom kitchen magic. Sample different varieties and learn about benefits and how to use them in everyday cooking. Class includes cooking demos, sampling and recipes.

Holiday Baking for Allergies & Food Preferences



Wednesday November 12th, 6-8pm
Jessica Nindel-Edwards RD LD, Megan Fuetterer RD LD

Gluten-free? Vegan? You don't have to ditch your meal traditions! Learn tricks from Registered Dietitians on how to tweak recipes to fit your taste AND diet needs. Sample appetizers, entrees, and desserts your friends and family will never guess are healthier or allergy-friendly options. Class includes cooking demos, sampling, and recipes.

Go Nuts!

Wednesday December 10th, 6-8pm
Megan Oberle RD LD, Jessica Gutgsell RDN LD

Are you intrigued by nut milks, cheeses, pie crust, and meat loaf alternatives? Discover new ways to incorporate nuts and seeds into entrees, beverages, side dishes, and more while learning about the benefits of these nutrition powerhouses from expert Registered Dietitians. Raw and vegan options included. Class includes cooking demos, sampling, and recipes.