

2021 LIVE VIRTUAL COOKING DEMOS



Nourishing Recipes Brought to you by Heather Wolfe

REGISTERED DIETITIAN, CERTIFIED HEALTH COACH, AND COOKBOOK AUTHOR

Tuesday, January 12th 11:30a-12p via Webex
Healthy Cooking Demo: **Instant Pot Stuffed Pepper Soup**

Have an Instant Pot? Max your multi-cooker by using up to 4 features all in this one simple recipe which is easily adapted to be made in a slow cooker or on the stovetop. Join Heather for her stuffed pepper soup and prepare to be nourished!

Tuesday, February 9th 11:30a-12p via Webex
Healthy Cooking Demo: **Dark Chocolate Covered Treats**

Chocolate, the Mayan “food of the Gods”, has a rich and flavorful history. Join Heather for her chocolate dipped figs and chocolate nut butter cups to celebrate national dark chocolate day!

Tuesday, March 9th 11:30a-12p via Webex
Healthy Cooking Demo: **Shakshuka**

A Middle Eastern Mediterranean one-skillet dish of eggs poached in a nicely spiced tomato sauce. Join Heather during National Nutrition Month for her shakshuka, your new go-to brunch recipe!

Registration details available in [ManageWell](#)
At work: <https://mylogin.hitchcock.org/wellness>
Anywhere: www.ManageWell.com

Questions? Contact Livewellworkwell@hitchcock.org or call 603-650-5950