

2021 LIVE VIRTUAL COOKING DEMOS



SAVOR SUMMER!

Nourishing Recipes Brought to you by Heather Wolfe

D-H LIVE WELL/WORK WELL REGISTERED DIETITIAN,
CERTIFIED HEALTH COACH AND COOKBOOK AUTHOR



Tuesday, July 13th 12:15-12:45p via Webex

Healthy Cooking Demo: **Summer Veggie Tostadas**

Quick cooking, light and tasty tostadas are just the thing for a simple summer supper. Join Heather Wolfe for a live virtual demo of her summer vegetable tostadas.

Tuesday, August 10th 12:15-12:45p via Webex

Healthy Cooking Demo: **Canning 101 & Homemade Salsa**

Preserve the harvest by learning how to can extra summer produce. Join Heather Wolfe for a discussion around canning and a live virtual demo of Annie's water bath canned salsa recipe.

Tuesday, September 14th 12:15-12:45p via Webex

Healthy Cooking Demo: **Eggplant Parmesan Makeover**

Lighten up with less oil and cheese while maintaining the flavor and texture that makes this dish delicious. Join Heather Wolfe for a live virtual demo of her eggplant parmesan.

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