

## RECIPES FOR ALL SEASONS

# Live Virtual Healthy Cooking Demos

Educational sessions of plant-based recipes brought  
to you seasonally by Heather Wolfe\*

VIA WEBEX  
12 - 12:30PM

Join us for one or all sessions

**January 10**  
Curried Lentils  
Over Coconut  
Rice

Warm up to winter with a delicious bowl of lentil curry served over coconut rice.

**March 13**  
Overnight  
French Toast

Mud season is sweetened with fresh maple syrup in this overnight French toast recipe.

**May 15**  
Spring Green  
Sauces

Spring greens make super sauces! Transform fresh herbs, spinach, arugula, and wild spring greens (aka lawn weeds) into pestos you can use many ways.

\*The Lifestyle Improvement Program's Registered Dietitian Nutritionist, cookbook author and  
Nationally Board Certified Health & Wellness Coach

Register by visiting the Dartmouth Health events or scan the QR code below  
[Office of Employee Wellbeing Events | Dartmouth Health Events](#)



Questions?

Contact [LifestyleImprovement@hitchcock.org](mailto:LifestyleImprovement@hitchcock.org) or call (603) 650-5950