

Cooking Show



Superfoods With Power- Packed Flavors

Celebrate Diabetes Awareness Month with nutrient-rich dishes that taste as great as they are good for you. This superfood broccoli salad is packed with fiber-filled grains, nuts, and seeds, topped with a bright, zesty Sunshine dressing to keep your blood sugar balanced. Paired with crispy roasted Brussels sprouts drizzled in a creamy tahini gochujang sauce, this meal is loaded with heart-healthy fats, antioxidants, and low-glycemic flavors to support a wholesome, diabetes-friendly lifestyle.

Thursday, November 20
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and you'll be entered in a raffle for a free cookbook!

Questions? Contact wellness@phs.org



***Broccoli salad with
Sunshine dressing &
roasted brussels with
tahini gochujang sauce***