

Cooking Show



Vibrant Vegetarian Creations

Celebrate Vegetarian Awareness Month with colorful, nutrient-dense dishes. Cherry tomato, spinach, and couscous stuffed peppers are packed with fiber, vitamins, and antioxidants, while soft milk & honey oatmeal dinner rolls bring whole grains for lasting energy.

Thursday, October 23
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



***Cherry tomato, spinach
& couscous stuffed
peppers with milk
& honey oatmeal
dinner rolls***



SCAN ME