

# Cooking for All Six (Summer, Autumn, Stick, Winter, Mud, Spring) Seasons

Live virtual cooking demos of plant-based recipes  
brought to you seasonally by Heather Wolfe\*

**VIA WEBEX**  
**12 - 12:30PM**

Join us for one or all sessions.

**January 8**  
Festive Foods for  
Lunar New Year

Learn about traditional Lunar New Year foods associated with good luck, prosperity, health and happiness including recipes for longevity noodles and spring rolls.

**March 12**  
Maple Baked  
Beans

Sweeten mud season with a pot of maple baked beans. Join us to learn different spins on an old favorite plus bring your best bean jokes to share!

**May 7**  
Spring Veggie  
Strata

Welcome spring with strata, a delicious egg casserole we are going to layer with lots of seasonal veggies.

\*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  
[Employee Wellness Events | Dartmouth Health Events](#)



Questions?

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