

# Nutrition Classes

45 minutes each in the Basics Nutrition Classroom

## Anti-Inflammatory Diet

Inflammation has been shown to be at the root of several chronic illnesses – thankfully it's possible to reduce inflammation with the foods we eat every day. Learn how to stock your pantry and fridge with necessities to enhance your health.

## Ask the Dietitian

Whether on the web, TV, or in books and magazines, everywhere we look there is nutrition information and misinformation. This class is your opportunity to ask a nutrition expert the questions you have been wanting to ask.

## Cooking Diabetic Friendly Meals

Join our nutrition and culinary team for nourishing recipes that support balanced blood sugar. *Held in the Basics Discovery Kitchen.*

## Exploring Plant Based Proteins

Concerned about meeting protein needs on a vegan or vegetarian diet? We're dedicating a class to exploring plant-based proteins, how to incorporate them into a balanced plate and tips on how to use them.

## Intermittent Fasting

Learn the science behind this eating pattern. We'll discuss varying guidelines.

## Meal Planning

Planning meals is one of the best ways to invest in your health. Get easy planning tips for balanced plates to feel your best and stretch your food dollar.

## Nutrition Recommendations to Support Lactation

Did you know that nursing a baby requires more calories than growing one? Whether you're looking to support an existing breastfeeding relationship or still waiting for your little one to arrive, we've got tips to help you support your journey.

## Tips for a Nutrient-Dense Gluten Free Diet

Rather than simply stocking up on gluten-free substitution products, discover how you can build meals using wholesome, nutrient dense ingredients that will leave you feeling nourished and satisfied, without the gluten.

# Interactive Cooking Demos

1 hour each in the Basics Discovery Kitchen

## DIY Baby Food

See how easy it is to whip up wholesome baby food your little one is bound to love. We'll discuss purees as well as finger foods.

## Duck Pasta with Snap Peas and Sweet Peppers

We'll show you how to create this classic Italian sugo interpreted for the American kitchen.

## Fresh From the Farm

We've got ideas on easy meals utilizing fresh seasonal produce coming straight from our farm.

## Grilled Beef with Greek Island Flavors

A citrus and herb marinade results in a flavorful steak. Bonus: a yogurt sauce and cucumber-tomato salad.

## Kids in the Kitchen (ages 8-12): Pizza Party

What's more fun than rolling out your own dough and choosing your favorite toppings? We'll show you how!

## Korean Bo Ssam

Slow-cooked pork served in lettuce leaves with special sauces and accompaniments, we'll share the steps for making this traditional Korean dish.

## Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce

Vivid wintery citrus meets spring gusto with each bite of this reliable cheesecake recipe and unique sauce.

## Mediterranean-Style Lamb Meatballs

Turkish-style meatballs, tahini-yogurt sauce and Syrian-style red pepper relish.

## Monday Meal Inspirations

Our Culinary Mentors will surprise and inspire you with à la minute dishes.

## Norwegian Rye Crisp Flatbreads with Brie and Pear Conserve

Learn how to make these traditional Norwegian rye crackers, also known as Viking bread.

## Pasties with Beef and Curried Jackfruit Fillings

Two savory fillings and a flaky dough create a hearty meal or snack, we'll show you how it all comes together.

## Roasted Cauliflower and Peppers with Rainbow Chard, Shallots and Mushrooms

Master the technique for caramelization by roasting, and open the door to countless variations.

## Spinach, Mushroom and Black Bean Enchiladas

Enchiladas are a great one-dish meal. This version features spinach and a sauce of many chiles.

## Spring Pasta

Fresh herbs add layers of flavor to this quick and easy pasta dish.

# Kitchen Skills

1 hour each in the Basics Discovery Kitchen

## Basics Burger

The how to's for a juicy burger, along with the recipe for our special sauce.

## BBQ Basics: Ribs and Mushrooms

Add a rub, sauce, stovetop and oven cooking techniques to your BBQ repertoire.

## Crepes

Crepes made easy! Make sweet and savory fillings and crepes with confidence.

## Frittatas

Here's how to whip up this easy breakfast and lunch treat.

## Gnocchi with Arugula Pesto

Step-by-step techniques for making gnocchi along with a bright sauce to accompany them.

## Homemade Hummus & Pita Bread

We'll show you how to make a creamy hummus and the way to make a puffy pita.

## How to Break Down a Whole Chicken

Learn how to cut up and use a whole chicken for cost-saving meals.

## Knife Skills –Trimming and Cutting Meat

Come learn techniques and tools for preparing a variety of meats.

## Lacto-Fermentation: Kimchi

Turn cabbage into kimchi using traditional fermentation methods.

## Meat Handling Tips 101

You'll learn from an expert the best practices for the proper care and handling of meat: freezing, storage, cooking temperatures and selecting the right cuts and cooking methods.

## Risotto

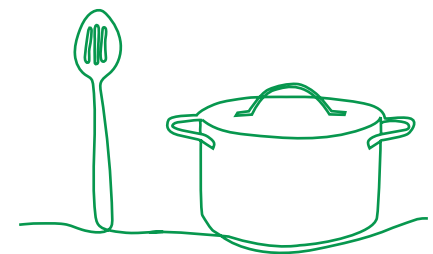
We'll share the techniques to creating a creamy, toothsome risotto every time.

## Sheet Pan Dinners

The best thing about cooking in 1 pan – easy clean up! Recipes to share.

## Steak 101

Learn about different cuts and cooking techniques to make a great steak at home. Bonus: compound butter and chimichurri sauce.



More details available on our website.

\* Please note, we are not a dedicated gluten-free or allergen-free kitchen.

Sign up for a **FREE** class at: [basicsmarket.com](http://basicsmarket.com) or call: 503.432.8910 // Open Monday through Saturday, 7AM to 9PM

**basics™** May Calendar

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<ul style="list-style-type: none"> <li><b>Nutrition Classes:</b> 45 minutes in the Basics Nutrition Classroom</li> <li><b>Interactive Cooking Demos:</b> 1 hour in the Basics Discovery Kitchen</li> <li><b>Kitchen Skills Classes:</b> 1 hour in the Basics Discovery Kitchen</li> </ul>		<b>Tips for a Nutrient-Dense Gluten Free Diet</b> 1 10am, 4pm  <b>Steak 101</b> 12pm	<b>Ask the Dietitian</b> 2 12pm, 6pm <b>Risotto</b> 1pm <b>Duck Pasta with Snap Peas and Sweet Peppers</b> 6pm	<b>Meal Planning</b> 3 10am, 3pm  <b>Spinach, Mushroom and Black Bean Enchiladas</b> 5:30pm	<b>Nutrition Recommendations to Support Lactation</b> 4 10am <b>Frittatas</b> 12pm <b>DIY Baby Food</b> 3pm
<b>Nutrition Recommendations to Support Lactation</b> 6 12pm, 4pm  <b>Norwegian Rye Crisp Flatbreads with Brie and Pear Conserve</b> 5:30pm	<b>Tips for a Nutrient-Dense Gluten Free Diet</b> 7 11am, 2pm <b>Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce</b> 12pm <b>Homemade Hummus &amp; Pita Bread</b> 5:30pm	<b>Meal Planning</b> 8 10am  <b>Mediterranean-Style Lamb Meatballs</b> 2pm	<b>Intermittent Fasting</b> 9 12pm, 6pm <b>Roasted Cauliflower and Peppers with Rainbow Chard, Shallots and Mushrooms</b> 1pm <b>Lacto-Fermentation - Kimchi</b> 6pm	<b>Exploring Plant Based Proteins</b> 10 10am, 3pm  <b>Pasties with Beef or Curried Jackfruit Fillings</b> 5:30pm	<b>Anti-Inflammatory Diet</b> 11 10am <b>Meat Handling Tips 101</b> 12pm <b>Knife Skills – Trimming and Cutting Meat</b> 2pm
<b>Ask the Dietitian</b> 13 12pm, 4pm  <b>Monday Meal Inspirations</b> 5:30pm	<b>Intermittent Fasting</b> 14 11am, 2pm  <b>Lacto-Fermentation - Kimchi</b> 12pm  <b>Korean Bo Ssam</b> 5:30pm	<b>Nutrition Recommendations to Support Lactation</b> 15 10am, 4pm  <b>Frittatas</b> 2pm	<b>Exploring Plant Based Proteins</b> 16 12pm, 6pm <b>Spring Pasta</b> 1pm <b>Gnocchi with Arugula Pesto</b> 6pm	<b>Anti-Inflammatory Diet</b> 17 10am, 3pm  <b>Grilled Beef with Greek Island Flavors</b> 5:30pm	<b>Tips for a Nutrient-Dense Gluten Free Diet</b> 18 10am <b>Sheet Pan Dinners</b> 12pm <b>Cooking Diabetic Friendly Meals</b> 3pm
<b>Exploring Plant Based Proteins</b> 20 12pm  <b>Kids in the Kitchen (Ages 8-12): Pizza Party</b> 3pm	<b>Anti-Inflammatory Diet</b> 21 11am, 2pm <b>Risotto</b> 12pm <b>Grilled Beef with Greek Island Flavors</b> 5:30pm	<b>Ask the Dietitian</b> 22 10am, 4pm  <b>BBQ Basics: Ribs and Mushrooms</b> 2pm	<b>Meal Planning</b> 23 12pm, 6pm  <b>Basics Burger</b> 1pm  <b>Korean Bo Ssam</b> 6pm	<b>Tips for a Nutrient-Dense Gluten Free Diet</b> 24 10am, 3pm  <b>Spring Pasta</b> 5:30pm	<p style="text-align: center;"><i>No Classes Today</i></p> <p style="text-align: center;">Stop by for a tasting of our locally-sourced meats, we'll be cooking up samples all day!</p>
<p style="text-align: center;"><i>Happy Memorial Day!</i></p> <p>Yes we're open! Regular hours, from 7am-9pm. Our meat department has a great selection of steaks, burgers and brats perfect for grilling!</p>	<b>Ask the Dietitian</b> 28 11am, 2pm <b>Sheet Pan Dinners</b> 12pm <b>Pasties with Beef or Curried Jackfruit Fillings</b> 5:30pm	<b>Intermittent Fasting</b> 29 10am, 4pm <b>Crepes</b> 2pm <b>Fresh from the Farm</b> 6pm	<b>Tips for a Nutrient-Dense Gluten Free Diet</b> 30 12pm <b>How to Break Down a Whole Chicken</b> 1pm <b>Cooking Diabetic Friendly Meals</b> 6pm	<b>Nutrition Recommendations to Support Lactation</b> 31 10am, 3pm <b>Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce</b> 5:30pm	

CLOSED SUNDAYS

**Located at:**  
5035 NE SANDY BOULEVARD