

# 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.

## Cooking Diabetic-Friendly Meals: Breakfast

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

## Eat Smart for Your Heart

Learn what foods to prioritize to support a healthy cardiovascular system.

## Hydration 101

Thirsty for knowledge? We'll help you quench it with tips to beat the heat and stay healthy and hydrated.

## Intuitive Eating

Tired of dieting? Re-learn how to listen to your body and find freedom in your relationship with food as we explore a new approach to stress free eating.

## Meals for a Happy Heart: Summer Salads

Join us as we put together simple summer salads using foods your heart will love.

**Held in Basics' Discovery Kitchen**

## Mediterranean Diet

Known for its health-promoting benefits, there's more to the Mediterranean Diet than olive oil. Join us for a comprehensive explanation of this popular eating style.

## Simple Tips for Balanced Blood Sugar

We have mealtime strategies and snack time swaps that can help you avoid the blood sugar roller coaster and feel energized throughout your day.

## Super Smoothies

Perfect for an on-the-go breakfast or light meal, learn how to transform summer's bounty into a balanced smoothie.

# Interactive Cooking Demos

1 hour each in the Basics Discovery Kitchen

## Bao, Steamed Pork Buns

All steamed up! Soft and supple, dough made from scratch surrounds a savory pork filling, pop them into a steamer for dinner or a lunchtime snack.

## Basics' Blonde-Style Chicken Adobo

An inventive take on the classic Filipino dish, this one-pot meal with unconventional spices and herbs results in falling-off-the-bone chicken full of flavor.

## Basics' Classic Caesar Salad

Hail Caesar! What better than a classic to add to your salad repertoire?

## 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): Frozen Treats

Cool off with simple kid-friendly refreshing recipes.

## 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.

## Shrimp Salad, Mexican Riviera Style

A refreshing summer treat, tender shrimp are tossed with a salsa redolent of lime, chile and cilantro.

## Strawberry Olive Oil Cake with Honeyed Ricotta

Berries and olive oil do mix! They come together in this moist, not too sweet, alternative to strawberry shortcake with a rich, creamy topping.

## Three Bean Citrus Salad with Pan-Seared Chicken Breast\*

Looking for a simple entrée salad recipe with lots of flavor? Look no further! Pantry staples, fresh veggies and chicken come together with a simple vinaigrette to create a quick, easy meal great for lunch or dinner.

## Turkey and Lentil Sloppy Joes\*

Fast and kid-friendly, this recipe is both nutritious and delicious.

## Vegan Power Bowl

This super bowl is packed with a flavorful medley of fresh herbs, greens, beans, grains, and crunchy seeds tossed with a bright citrus vinaigrette.

## Veggie BLT

Crispy tofu bacon, crunchy lettuce and vine-ripened organic tomatoes is our take on this classic summer sandwich – simple and basic.

## Vietnamese-Style Summer Rolls with Peanut Sauce

Translucent rice paper wraps up shrimp, herbs and vegetables in this beautiful and summery dish.

# Kitchen Skills

1 hour each in the Basics Discovery Kitchen

## Freezing Summer Stock

Do you have an abundance of summer veggies? This is THE class for you! You'll learn the skills to preserve your harvest by freezing and pureeing.

## Gazpacho

The quintessential cold summer soup – our version marries ripe tomatoes with a blend of seasonal veggies and a splash of vinegar.

## Ginger Beer

What happens when you put fresh ginger, sugar and water together in a Mason jar? Learn the step-by-step process to making your very own fizzy, satisfying drink.

## Ice Cream

I scream, you scream, we'll be making all kinds of ice cream – and our own waffle cones.

## Knife Skills: Vegetables

How do you use a chef's knife and select the right one for the right job? See what's best for all kinds of veggies and learn the classic cuts.

## PNW BBQ Sides

What's BBQ without sides? We've got some easy recipes to share: Savory Zucchini-Parmesan Muffins, Instant Pot™ Baked Beans, and a Watermelon-Cucumber Salad with Balsamic Dressing.

## Pickles

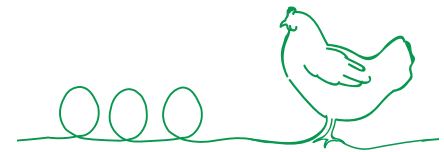
Pickling is an art! Let us show you the way to turn cucumbers and other veggies into pickles and slaws perfect for summer.

## Salsa Fest

Let's salsa! From simple to sensational, we'll share the techniques for making three must-have salsa's (pico, quemada and verde) that take advantage of summer's bounty.

## Summer Mocktails

Transform summer's harvest into refreshing and nutritious beverages.



### \*Heart Healthy Series

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

Sign up for FREE classes  
at: [basicsmarket.com](https://basicsmarket.com)  
or call: 503.432.8910

Open Monday - Saturday  
from 7AM to 9PM

5035 NE SANDY BOULEVARD  
Beneath the Portland Clinic

**Monday**

- **Nutrition Classes:**  
45 minutes in the Basics Nutrition Classroom
- **Interactive Cooking Demos:**  
1 hour in the Basics Discovery Kitchen
- **Kitchen Skills Classes:**  
1 hour in the Basics Discovery Kitchen

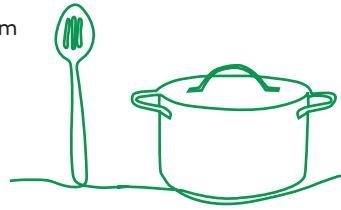
**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**



<p><b>Simple Tips for Balanced Blood Sugar</b> 5 12pm</p> <p><b>Vegan Power Bowl</b> 5:30pm</p>	<p><b>Super Smoothies</b> 6 12pm, 2pm</p> <p><b>Ginger Beer</b> 1pm</p> <p><b>Korean Bo Ssam</b> 5:30pm</p>	<p><b>Intuitive Eating</b> 7 10am, 4pm</p> <p><b>Kids in the Kitchen (Ages 8-12): Frozen Treats</b> 2pm</p> <p><b>PNW BBQ Sides</b> 6pm</p>	<p><b>Anti-inflammatory Diet</b> 1 11am</p> <p><b>Ice Cream</b> 1pm</p>	<p><b>Intuitive Eating</b> 2 10am, 3pm</p> <p><b>Strawberry Olive Oil Cake with Honeyed Ricotta</b> 5:30pm</p>	<p><b>Eat Smart for Your Heart</b> 3 10am</p> <p><b>Salsa Fest</b> 11am</p> <p><b>Meals for a Happy Heart: Summer Salads</b> 3pm</p>
<p><b>Anti-inflammatory Diet</b> 12 12pm, 6pm</p> <p><b>Vietnamese-Style Summer Rolls with Peanut Sauce</b> 5:30pm</p>	<p><b>Simple Tips for Balanced Blood Sugar</b> 13 12pm, 2pm</p> <p><b>Turkey and Lentil Sloppy Joes</b> 1pm</p>	<p><b>Hydration 101</b> 14 2pm, 5pm</p> <p><b>Ice Cream</b> 2pm</p> <p><b>Basics' Blonde-Style Chicken Adobo</b> 6pm</p>	<p><b>Hydration 101</b> 8 11am, 5:30pm</p> <p><b>Gazpacho</b> 1pm</p> <p><b>Bao, Steamed Pork Buns</b> 6pm</p>	<p><b>Mediterranean Diet</b> 9 10am, 3pm</p> <p><b>Shrimp Salad, Mexican Riviera Style</b> 5:30pm</p>	<p><b>Anti-inflammatory Diet</b> 10 10am</p> <p><b>Pickles</b> 11am</p> <p><b>Summer Mocktails</b> 3pm</p>
<p><b>Eat Smart for Your Heart</b> 19 12pm, 6pm</p> <p><b>Kids in the Kitchen (Ages 8-12): Frozen Treats</b> 4pm</p>	<p><b>Mediterranean Diet</b> 20 12pm, 2pm</p> <p><b>3 Bean Citrus Salad with Pan-Seared Chicken Breast</b> 1pm</p>	<p><b>Super Smoothies</b> 21 10am, 4pm</p> <p><b>Freezing Summer Stock</b> 2pm</p> <p><b>Korean Bo Ssam</b> 6pm</p>	<p><b>Anti-inflammatory Diet</b> 15 11am, 5:30pm</p> <p><b>Basics' Classic Caesar Salad</b> 1pm</p> <p><b>Grilled Beef with Greek Island Flavors</b> 6pm</p>	<p><b>Super Smoothies</b> 16 10am, 3pm</p> <p><b>3 Bean Citrus Salad with Pan-Seared Chicken Breast</b> 5:30pm</p>	<p><b>Veggie BLT</b> 17 11am</p> <p><b>PNW BBQ Sides</b> 3pm</p>
<p><b>Mediterranean Diet</b> 26 12pm</p> <p><b>Cooking Diabetic-Friendly Meals: Breakfast</b> 6pm</p>	<p><b>Hydration 101</b> 27 12pm, 2pm</p> <p><b>Bao, Steamed Pork Buns</b> 1pm</p>	<p><b>Simple Tips for Balanced Blood Sugar</b> 28 10am, 4pm</p> <p><b>Knife Skills: Vegetables</b> 2pm</p> <p><b>Vietnamese-Style Summer Rolls with Peanut Sauce</b> 6pm</p>	<p><b>Intuitive Eating</b> 22 11am, 5:30pm</p> <p><b>Pickles</b> 1pm</p> <p><b>Shrimp Salad, Mexican Riviera Style</b> 6pm</p>	<p><b>Hydration 101</b> 23 10am, 3pm</p> <p><b>Veggie BLT</b> 5:30pm</p>	<p><b>Gazpacho</b> 24 11am</p> <p><b>Vegan Power Bowl</b> 3pm</p>
<p><b>Mediterranean Diet</b> 29 12pm</p>	<p><b>Hydration 101</b> 27 12pm, 2pm</p> <p><b>Bao, Steamed Pork Buns</b> 1pm</p>	<p><b>Simple Tips for Balanced Blood Sugar</b> 28 10am, 4pm</p> <p><b>Knife Skills: Vegetables</b> 2pm</p> <p><b>Vietnamese-Style Summer Rolls with Peanut Sauce</b> 6pm</p>	<p><b>Eat Smart for Your Heart</b> 29 11am, 5:30pm</p> <p><b>Turkey and Lentil Sloppy Joes</b> 1pm</p> <p><b>Salsa Fest</b> 6pm</p>	<p><b>Anti-inflammatory Diet</b> 30 10am, 3pm</p> <p><b>Basics' Blonde-Style Chicken Adobo</b> 5:30pm</p>	<p>31 <i>No Classes Today!</i></p>