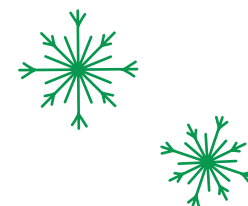


| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|--|--|---|---|
| <ul style="list-style-type: none"> Nutrition Classes: 45 minutes in the Basics Nutrition Classroom Interactive Cooking Demos: 1 hour in the Basics Discovery Kitchen Kitchen Skills Classes: 1 hour in the Basics Discovery Kitchen | | <p>HAPPY NEW YEAR!</p> <p>NO CLASSES TODAY! MARKET OPEN 8AM-9PM</p> | | | |
| <p>Meal Planning 9am, 11am</p> <p>Veggie Burgers 3pm</p> <p>Bok Choy and Cauliflower Stir Fry 6pm</p> | <p>Meal Planning 9am, 11am</p> <p>Ginger Beer 12pm</p> <p>Kids in the Kitchen (ages 8-12): Pizza 3pm</p> | <p>Intermittent Fasting 10am</p> | <p>Intermittent Fasting 10am</p> | <p>Intermittent Fasting 10am</p> | <p>Intermittent Fasting 10am</p> |
| <p>A Favorite Roasted Breast of Duck with Herbed Spaetzle 1pm</p> <p>Intermittent Fasting 4pm</p> | <p>Benefits of Breakfast 9am, 11am</p> <p>Egg Cookery 2pm</p> <p>Instant Pot™ 101 6pm</p> | <p>Healthy Aging Series: Brain Boosters 10am</p> <p>Meals for a Happy Heart: Sheet Pan Dinners 2pm</p> <p>Intro to Sausage Making 6pm</p> | <p>Eating Well on a Budget 1pm</p> <p>Roasted Chicken with Bread Salad 6pm</p> | <p>Balancing Blood Sugar 9am, 11am</p> <p>The Meathead (Stuffed Cabbage) 3pm</p> <p>Vietnamese Style Chicken Wings 6pm</p> | <p>Meal Planning 10am</p> <p>Fresh Cheese: Ricotta 12pm</p> <p>Mason Jar Meals 3pm</p> |
| <p>Spicy Peanut Chicken and Shrimp Stir Fry 1pm</p> <p>20 Nutrition Tips for 2020 4pm</p> | <p>Fad Diet FAQ 9am, 11am</p> <p>Grilled Chicken and Peanut Noodles 2pm</p> <p>The Whole Enchilada 6pm</p> | <p>Healthy Aging Series: Reducing Inflammation 10am</p> <p>Egg Cookery 2pm</p> <p>Guangzhou Style BBQ Pork 6pm</p> | <p>Eat Smart for Your Heart 1pm</p> <p>Stuffed Vegetables 6pm</p> | <p>Benefits of Breakfast 9am, 11am</p> <p>Sourdough 3pm</p> <p>Basics' Seafood Chowder 6pm</p> | <p>Eating Well on a Budget 10am, 2pm</p> <p>Breaking Down a Chicken 12pm</p> |
| <p>Instant Pot™ 101 1pm</p> <p>Kids in the Kitchen (ages 8-12): Sushi 4pm</p> | <p>Balancing Blood Sugar 9am, 11am</p> <p>The Meathead (Stuffed Cabbage) 2pm</p> <p>Tamales 6pm</p> | <p>Healthy Aging Series: Strengthening Bones and Muscles 10am</p> <p>Winter Salads 2pm</p> <p>Ginger Beer 6pm</p> | <p>Intermittent Fasting 1pm</p> <p>Sweet and Savory Hand Pies 6pm</p> | <p>20 Nutrition Tips for 2020 9am, 11am</p> <p>Knife Skills 3pm</p> <p>Guangzhou Style BBQ Pork 6pm</p> | <p>Spicy Peanut Chicken and Shrimp Stir Fry 12pm</p> <p>Bok Choy and Cauliflower Stir Fry 3pm</p> |
| <p>Veggie Burgers 1pm</p> <p>Vegan Plate 4pm</p> | <p>Eating Well on a Budget 9am, 11am</p> <p>Sweet and Savory Hand Pies 2pm</p> <p>Vietnamese Style Chicken Wings 6pm</p> | <p>Healthy Aging Series: Meals for One 10am</p> <p>Basics' Seafood Chowder 2pm</p> <p>Sourdough 6pm</p> | <p>Meal Planning 1pm</p> <p>Mason Jar Meals 6pm</p> | <p>Fad Diet FAQ 9am, 11am</p> <p>Fresh Cheese: Ricotta 3pm</p> <p>The Whole Enchilada 6pm</p> | <p>CLOSED SUNDAYS</p> |



Nutrition Classes

20 Nutrition Tips for 2020

Simple tricks such as adding lemon to your water can offer health benefits. We've got a selection of tips to give you that extra boost throughout the new year.

Balancing 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.

Benefits of Breakfast

You've probably heard breakfast is the most important meal - come learn why and get tips on breakfast ideas that will keep you going throughout the day.

Eat Smart for Your Heart

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

Eating Well on a Budget

Looking for new strategies to get the most from your grocery budget? Let us help! We'll discuss affordable pantry staples, low cost but healthful meals, as well as minimizing food waste.

Fad Diet FAQ

Wonder if the latest diet craze is all it's cracked up to be? Bring us your questions and we'll provide unbiased, science-backed answers to help you determine what approach is right for you.

Healthy Aging Series

A four-week series featuring topics that are relevant at almost any age, but especially beneficial in your golden years. Nutrition mentors will teach strategies to support physical health as well as culinary tips. Each week will have a different focus, sign up for just one or join us for all four.

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.

Meals for a Happy Heart: Sheet Pan Dinners

Join us as we put together simple one pan dinners using foods your heart will love.

Vegan Plate

There's more to a vegan diet than vegetables. Learn what foods to include to maximize nutrition and ensure you're getting the nutrients you need to thrive.

Interactive Cooking Demos

A Favorite Roasted Breast of Duck with Herbed Spaetzle

Learn how to prep and cook duck breast to perfection, our method results in crispy skin and moist meat every time! Bonus: Spaetzle too!

Basics' Seafood Chowder

High protein, low fat milk is the base for this simple, light, and flavorful chowder featuring salmon, shellfish and vegetables, and finished with a sprinkling of fresh herbs.

Bok Choy and Cauliflower Stir Fry with Scallion and Ginger Sauce

Baby bok choy and cauliflower are paired for this quick stir-fry flavored with fresh ginger and scallions.

Grilled Chicken and Peanut Noodles

Easy to make and great for leftovers, this fresh and varied dish is ready in forty-five minutes. Leftover peanut cilantro sauce can be used to liven up salads or a simple rice dish later in the week.

Guangzhou Style BBQ Pork

We'll walk you through the steps to make this deeply-flavored Chinese style bbq pork. Highly versatile, it's super sliced as an appetizer, in stir fries, with noodles or atop salad greens.

Kids in the Kitchen (ages 8-12)

Grab an apron and join us for fun, hands-on recipes kids can make. **Children must be accompanied by an adult.**

Mason Jar Meals

Join us to get tips on filling your fridge with quick and easy meals.

Roasted Chicken with Bread Salad

Inspired by Judy Rogers, we're certain that we serve this at least a half dozen times throughout our calendar and believe anyone with a love of the roasted bird will appreciate just how thoroughly this dish captures the best of kind.

Spicy Peanut Chicken and Shrimp Stir Fry

Ring in Chinese New Year with this lightly spicy, festive dish featuring shrimp and chicken sautéed with red bell peppers and Chinese broccoli topped with crunchy peanuts.

Sweet and Savory Hand Pies

A hand pie makes for a great quick snack. We'll do a sweet fruit and savory chicken filling with a flaky crust.

Winter Salads

We've tossed together two beautiful salads that will add brightness and zest to your winter menus with inspired combos of seasonal greens, fruit, nuts and cheese.

Kitchen Skills

Breaking Down a Chicken

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

Egg Cookery

There's so much you can do with eggs. We'll share tips and techniques for making omelets, poached and shirred eggs.

Fresh Cheese: Ricotta

Learn how to make your very own ricotta cheese from scratch along with sweet and savory recipes.

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.

Instant Pot™ 101

Wondering what all the hype is about this new kitchen tool? Come and see how it works. We'll walk you through all the things you can do with this very handy gadget. Recipes too!

Intro to Sausage Making

Learn all the tricks to making your own sausage – different grinds, flavoring with the right balance of spices and herbs and how to fill the casing.

Knife Skills

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.

Sourdough

Everything you ever wanted to know about sourdough! You'll learn how to make starter (barm) from scratch, keep it alive, and turn it into crusty bread and other goodies.

Stuffed Vegetables

Turn a variety of vegetables (think eggplant, squash, mushrooms) into vessels for tasty fillings.

Tamales

Join us to make fillings (meat and meatless), and learn how to wrap up and steam these flavorful bundles. Bonus: salsa verde recipe!

The Meathead (Stuffed Cabbage)

Join us and learn how to make this North African-inspired whole cabbage stuffed with lamb Merguez sausage, braised, and served with couscous and Harissa sauce.

The Whole Enchilada

We'll teach you recipes and techniques, from fillings to sauces.

Veggie Burgers

We'll show you how create two easy, flavorful meatless burgers featuring Portobello mushrooms and chickpeas.

Vietnamese Style Wings

Learn the techniques to making crispy roasted wings with all the wonderful and aromatic flavors of the Vietnamese pantry - lemongrass, lime, cilantro, ginger and garlic.

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

Sign up for **FREE** classes
at: basicsmarket.com
or call: 971-256-3020

Open Monday - Saturday
from 8AM to 9PM

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