



# IN THE KITCHEN

with WorkWell NYC

Welcome to In the Kitchen with WorkWell NYC! We're cooking at home now more than ever before. Whether you're a cooking pro or could use a little practice, join us for virtual food demonstrations featuring healthy, easy recipes that can be whipped up using ingredients you have on hand. Participants can follow along or simply watch and learn. See you in the kitchen!



## Lightning Fast Lunch: Curried Chickpeas & Spinach Wraps

Wednesday, June 3 | 5:30PM | [Register here](#)

While we make this delicious lunch, we'll chat about the difference between whole, processed, and minimally processed foods.



## Parfait Your Way: Homemade Granola & Yogurt Parfait

Wednesday, June 10 | 5:30PM | [Register here](#)

Learn about the benefits of whole grains and why "shopping in a circle" is the best way to navigate the grocery store.



## Family Edition: Cheesy Green Quesadillas

Saturday, June 13 | 12:00PM | [Register here](#)

Everyone gather 'round! For this family-friendly meal, we'll chat about the benefits of a plant-based diet and why cooking in community is so important.



## Pantry Magic: Corn Cakes with Peach Salsa

Wednesday, June 17 | 5:30PM | [Register here](#)

Let's talk about your pantry. What staples do you need to whip up something delicious and nutrition any day of the week?



## Greens and Beans: Asparagus & White Bean Pasta

Wednesday, June 24 | 5:30PM | [Register here](#)

In this celebration of whole grains and beans, we'll discuss the difference between whole and refined grains and beans as a source of protein.