

Heart-Healthy Cooking Class

Join St. Joseph Regional Medical Center and the Idaho Foodbank for a **FREE** Heart-Healthy Cooking Class.

Learn healthy eating tips from the **Nutritional Services** department of St. Joseph Regional Medical Center. Enhance your culinary skills and discover new healthy eating techniques as **Chef Blaine Perez** guides you through hands-on meal preparation for each course.

Wed., Feb. 21

- 10 a.m. to 12 p.m.
- 5 to 7 p.m.

Thurs., Feb. 22

- 10 a.m. to 12 p.m.
- 5 to 7 p.m.

Idaho Foodbank's Teaching Kitchen
3331 10th St. , Lewiston

DEMO AND SAMPLE:

10 a.m. to 12 p.m. Class

- Oat Avocado-Berry Breakfast Bars
- White Bean and Quinoa Burgers with Avocado
- Black Bean Salad

5 to 7 p.m. Class

- Eggplant, Cheese, and Tomato Bake
- Roasted Beet and Citrus Salad
- Peanut Butter Chocolate Cheesecake Dip with Fruit

Register today

Class size is limited. Email today to register!

208.799.5744 or jaclyn.meyers@sjrmc.org.

Classes are limited to guests 18+.



ST. JOSEPH

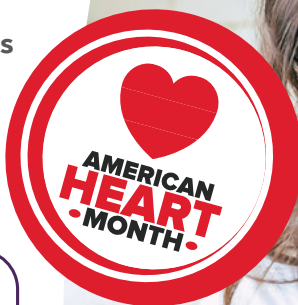
Regional Medical Center

Empowered by ScionHealth



**The
Idaho
Foodbank**

Food Allergy Notice: Please be advised that food prepared may contain milk eggs, wheat, soybean, peanuts, tree nuts, fish, shellfish, and gluten.



Each guest will receive a meal kit with a recipe card, a cookbook, and a gift bag!



Chef Blaine Perez

Chef Blaine Perez grew up in the LC Valley and graduated from Culinary School in 2011 at Le Cordon Bleu in Hollywood. He has worked under the guidance of several well-known chefs and celebrities, including Jamie Oliver (the Naked Chef), Susan Feniger, and Mary Sue Milliken. After spending over a decade in California, Chef Blaine returned to the Pacific Northwest to work with world-renowned Chef Josh Drage at a 5-star Forbes-rated kitchen. Although his background is primarily French culinary, his vast experience working with numerous chefs has allowed him to gain knowledge of food from various cuisines.