

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CLOSED					Tips to Lower Blood Pressure 10am, 5:30pm Puebla-Style Braised Beef with Mushrooms and Chile 5:30pm	Ask the Dietitian 10am Superbowl Snacks 3pm Crepes 12pm
CLOSED	3 Eating for Healthy Cholesterol Levels 5:30pm What's Cooking? Meal Inspirations 5:30pm	4 The Power of Chocolate 11am, 2pm Curried Salmon Salad 11am How to Break Down a Whole Chicken 5:30pm	5 IBS Solutions: Exploring the Low FODMAP Diet 10am Chicken Adobo with Avocado, Grapefruit & Slaw 6pm Pizza Party 2pm	6 Fat: Friend or Foe 12pm, 6pm Beet Salad 12pm Ramen 6pm	7 Ask the Dietitian 10am, 5:30pm Bok Choy and Cauliflower Stir Fry with Scallion and Ginger Sauce 5:30pm	8 Tips to Lower Blood Pressure 10am Kids in the Kitchen: Muffins and Hot Cocoa 3pm Chocolate Truffles 12pm
CLOSED	10 IBS Solutions: Exploring the Low FODMAP Diet 5:30pm What's Cooking? Meal Inspirations 5:30pm	11 Ask the Dietitian 11am, 2pm Beet Salad 11am Fondue 5:30pm	12 Tips to Lower Blood Pressure 10am, 6pm Spinach, Mushroom and Black Bean Enchiladas 6pm Chocolate Truffles 2pm	13 The Power of Chocolate 12pm Lemon Meringue Tart 12pm Risotto 6pm	14 Fat: Friend or Foe 10am, 5:30pm The Art of Preparing a Great Steak 5:30pm	15 Eating for Healthy Cholesterol Levels 10am Warming Winter Drinks 3pm Intro to Sausage Making 12pm
CLOSED	17 Tips to Lower Blood Pressure 5:30pm What's Cooking? Meal Inspirations 5:30pm	18 IBS Solutions: Exploring the Low FODMAP Diet 11am, 2pm Puebla-Style Braised Beef with Mushrooms and Chile 11am Stuffed Vegetables 5:30pm	19 Ask the Dietitian 10am, 6pm Jambalaya 6pm Ramen 2pm	20 Eating for Healthy Cholesterol Levels 12pm, 6pm Chicken Adobo with Avocado, Grapefruit & Slaw 12pm Pizza Party 6pm	21 The Power of Chocolate 10am, 5:30pm Spinach, Mushroom and Black Bean Enchiladas 5:30pm	22 Fat: Friend or Foe 10am Black Bean Brownies and Chickpea Blondies 3pm Knife Skills: Vegetables 12pm
CLOSED	24 The Power of Chocolate 5:30pm What's Cooking? Meal Inspirations 5:30pm	25 Fat: Friend or Foe 11am, 2pm Lemon Meringue Tart 11am Risotto 5:30pm	26 Eating for Healthy Cholesterol Levels 10am, 6pm Bok Choy and Cauliflower Stir Fry with Scallion and Ginger Sauce 6pm Stuffed Vegetables 2pm	27 IBS Solutions: Exploring the Low FODMAP Diet 12pm, 6pm Jambalaya 12pm Crepes 6pm	<p>Sign up for a FREE class at: basicsmarket.com or call: 503.432.8910</p> <p>Located at 5035 NE Sandy Blvd.</p>	

Nutrition Classes

45 minutes each in the Basics Nutrition Classroom

Ask the Dietitian

Whether on the web, TV or in books and magazines, everywhere we look there is nutrition information and, unfortunately, nutrition misinformation. This class is your opportunity to ask a nutrition expert the questions you have been wanting to ask but haven't known who to turn to for answers.

Eating for Healthy Cholesterol Levels

HDL or LDL, eggs or no eggs? Combatting high cholesterol can be confusing. This class will cover cholesterol basics and discuss focus foods for optimal blood lipid levels.

Fat: Friend or Foe

Saturated fat? Unsaturated fat? Good fat? Bad fat? Come get the skinny on how to healthfully embrace fats and incorporate them into your meals.

IBS Solutions: Exploring the Low FODMAP Diet

Originating from Australia, the low FODMAP diet is gaining popularity as a strategy for managing digestive discomfort. Come learn the guiding principles of this therapeutic diet.

The Power of Chocolate

Chocolate lovers rejoice! We've got more than one reason to fall in love with this February favorite as well as tips on selecting products.

Tips to Lower Blood Pressure

Nearly half of American adults have high blood pressure, which can lead to serious health problems such as heart disease, stroke, and kidney disease. This class offers simple, but impactful nutrition tips that can help you lower and manage your blood pressure.

Interactive Cooking Demos

1 hour each in the Basics Discovery Kitchen

Beet Salad

Roasted beets are easy to prepare, and their deep colors and flavor variants make them as delicious as they are beautiful.

Black Bean Brownies and Chickpea Blondies

Boost baked goods and increase fiber and protein by incorporating legumes into these classic recipes.

Bok Choy and Cauliflower Stir Fry with Scallion and Ginger Sauce

Baby bok choy and cauliflower are a unique combination in this quick stir-fry enhanced with the flavors of ginger and scallions.

Chicken Adobo with Avocado, Grapefruit & Slaw

Chipotle chiles are the base for a vibrant sauce that serves as both marinade and dressing for this flavorful dish, accompanied by citrus and veggies.

Curried Salmon Salad

Turn canned salmon into a quick, flavorful and nourishing salad great for sandwiches or on top of a bed of greens.

Jambalaya

This dish, with remarkable and deeply resonating flavors usually associated with a long, slow cook, is on the table in about an hour, see how it all comes together.

Kids in the Kitchen: Muffins and Hot Cocoa

Learn how to make simple muffins and hot cocoa, sure to be a hit with kids of all ages.

Lemon Meringue Tart

Sure to be a favorite! Learn the secret to fluffy meringue, a shortbread crust and a creamy citrus filling.

Puebla-Style Braised Beef with Mushrooms and Chile

Inspired by present-day cooks of Mexico's Puebla region, learn how to create this slow-cooked, one-pot meal – a winning dish you'll want to add to your seasonal repertoire of stews.

Spinach, Mushroom and Black Bean Enchiladas

Enchiladas are a great one-dish meal. This version packs a flavor punch with lots of spinach and a sauce of many chiles.

Superbowl Snacks

Join us for game day treats with a healthful kick – they're sure to be a win!

Warming Winter Drinks

Put your favorite mug to good use with cozy concoctions to warm you from the inside out on chilly winter days.

What's Cooking? Meal Inspirations

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

Kitchen Skills

1 hour each in the Basics Discovery Kitchen

Chocolate Truffles

Who doesn't love chocolate? See how easy it is to make these bite-size fudgy desserts.

Crepes

Learn how to make batters and fillings for both sweet and savory crepes along with cooking techniques.

Fondue

Creamy and cheesy – how do you make this from scratch – no pre-made foil packet here!

How to Break Down a Whole Chicken

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

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: 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.

Pizza Party

Bring friends and family and learn how to make dough from scratch and some super sauces to top it all off.

Ramen

See how to make ramen noodles from scratch and assemble a delicious ramen bowl.

Risotto

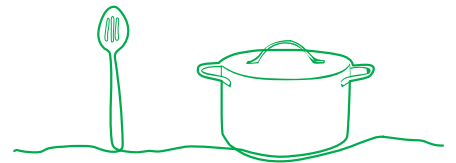
We'll share the techniques to creating a creamy, toothsome risotto every time!

Stuffed Vegetables

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

The Art of Preparing a Great Steak

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 allergy-free kitchen.