

Nutrition Classes

45 minutes each in the Basics Nutrition Classroom

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.

Foods to Support Gut Health

There's more to a happy digestive system than eating a little fiber. This class will discuss what foods to include to support digestion and promote a balanced microbiome.

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.

Optimizing Your Plant Based 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.

Power Pulses

You may not know them as pulses, but beans, lentils and other legumes can add an array of nutrients to your plate. Learn more about the benefits of these economical, sustainable staples and how to integrate them into your meals.

Simple Tips for Balanced Blood Sugar

Blood sugar balance is important in all life stages. We have mealtime strategies and snack time swaps that can help you avoid the blood sugar roller coaster and feel energized throughout your day.

The MIND Diet

This Mediterranean-inspired diet plan focuses on brain boosting nutrients. Discover focus foods to reduce age-related mental decline.

Interactive Cooking Demos

1 hour each in the Basics Discovery Kitchen

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.

Brunch

Do you love brunch but hate the long wait? Learn the skills to make it at home.

Butter Lettuce Salad with Citrus and Pistachios

Tender lettuce leaves, oranges and grapefruit are dressed with a light vinaigrette.

Cooking with Pulses

Create nutrient-dense meals and snacks with these pantry staples.

Curried Salmon Salad

Turn wild canned salmon into a quick salad.

Duck Pasta with Snap Peas and Sweet Peppers

We'll show you how to create this classic Italian sugo interpreted for the American kitchen.

Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce

Vivid wintery citrus meets spring gusto with each bite of this reliable cheesecake recipe.

Mediterranean-Style Lamb Meatballs

Turkish-style meatballs, tahini-yogurt sauce and Syrian-style red pepper relish.

Monday Meal Inspirations

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

Natural Egg Dyes

Repurpose nature's colors and learn how to transform produce into dyes.

Norwegian Rye Crisp Flatbreads with Brie and Pear Conserve

Learn how to make these traditional Norwegian rye crackers, also known as Viking bread.

Roast Loin of Pork with Apple and Chile Chutney

See how to brine and roast this shoulder cut. Bonus: a fruit and chile chutney.

Roasted Cauliflower and Peppers with Rainbow Chard, Shallots and Mushrooms

Master the technique for caramelization by roasting, and open the door to countless variations.

Sheet Pan Saturday

Get recipes and tips to make sheet pan meals your new favorite go-to.

Spinach, Mushroom and Black Bean Enchiladas

Enchiladas are a great one-dish meal. This version features spinach and a sauce of many chiles.

Kitchen Skills

1 hour each in the Basics Discovery Kitchen

Baking with Fruit Puree

This straightforward substitution lowers fat and adds moisture. We'll walk you through the many applications that produce consistent results.

Baklava

Working with filo dough can be a challenge – we'll share tips and the recipe for this sweet treat.

Bastilla

Wondering how to cook with filo dough? Creating this savory Moroccan classic will cover all the bases.

Cinnamon Rolls

We'll prepare a yeast dough, review kneading techniques and how to shape and bake these delectable beauties.

Coffee 101

Explore brewing methods, extraction theory, the correct grind and learn successful techniques for any brew method.

Fresh Pasta

Pasta making doesn't have to be difficult, join us and see just how to do it!

Homemade Hummus & Pita Bread

We'll show you how to make a creamy hummus and the way to make a puffy pita.

How to Break Down a Whole Chicken

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

Instant Pot™ 101

Wondering what all the hype is about with 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!

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.

Pan Sauces

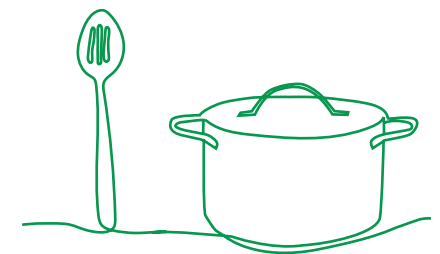
You'll learn the techniques for quick and easy sauces made right in the pan.

Pizza Party

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

Ravioli Filling: Mushroom & Sausage

Shape hand-made pasta dough into ravioli. Explore ways to personalize two classic fillings.



More details available on our website.

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

Sign up for a **FREE** class at: basicsmarket.com or call: 503.432.8910

basics™ April Calendar

basics™

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Fat: Friend or Foe 1 5:30pm Monday Meal Inspirations 5:30pm	Foods to Support Gut Health 2 11am, 2pm Fresh Pasta 12pm Bok Choy and Cauliflower Stir Fry with Scallion and Ginger Sauce 5:30pm	Optimizing your Plant Based Plate 3 10am, 4pm Butter Lettuce Salad with Citrus and Pistachios 2pm Ravioli Filling: Mushroom & Sausage 6pm	IBS Solutions: Exploring the Low FODMAP Diet 4 12pm, 6pm Pizza Party 1pm Spinach, Mushroom and Black Bean Enchiladas 6pm	The MIND Diet 5 10am Mediterranean-Style Lamb Meatballs 5:30pm	Simple Tips for Balanced Blood Sugar 6 10am Sheet Pan Saturday 12pm Baklava 3pm	
Foods to Support Gut Health 8 5:30pm Duck Pasta with Snap Peas and Sweet Peppers 5:30pm	Optimizing your Plant Based Plate 9 11am, 2pm Norwegian Rye Crisp Flatbreads with Brie and Pear Conserve 12pm How to Break Down a Whole Chicken 5:30pm	Simple Tips for Balanced Blood Sugar 10 2pm, 4pm Homemade Hummus & Pita Bread 2pm Mediterranean-Style Lamb Meatballs 6pm	Bastilla 11 1pm Roast Loin of Pork with Apple and Chile Chutney 6pm The MIND Diet 6pm	Fat: Friend or Foe 12 10am, 3pm Roasted Cauliflower and Peppers with Rainbow Chard, Shallots and Mushrooms 5:30pm	Power Pulses 13 10am Coffee 101 12pm Natural Egg Dyes 3pm	
The MIND Diet 15 5:30pm Monday Meal Inspirations 5:30pm	IBS Solutions: Exploring the Low FODMAP Diet 16 11am, 2pm Knife Skills – Vegetables 12pm Butter Lettuce Salad with Citrus and Pistachios 5:30pm	Power Pulses 17 10am, 4pm Instant Pot™ 101 2pm	Fat: Friend or Foe 18 12pm, 6pm Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce 1pm Pan Sauces 6pm	Optimizing your Plant Based Plate 19 10am, 3pm Duck Pasta with Snap Peas and Sweet Peppers 5:30pm	Foods to Support Gut Health 20 10am Cinnamon Rolls 12pm Brunch 3pm	
Optimizing your Plant Based Plate 22 5:30pm Curried Salmon Salad 5:30pm	Power Pulses 23 11am, 2pm Roasted Cauliflower and Peppers with Rainbow Chard, Shallots and Mushrooms 12pm Bastilla 5:30pm	Fat: Friend or Foe 24 10am, 4pm Fresh Pasta 2pm	Foods to Support Gut Health 25 12pm, 6pm Norwegian Rye Crisp Flatbreads with Brie and Pear Conserve 1pm Ravioli Filling: Mushroom & Sausage 6pm	IBS Solutions: Exploring the Low FODMAP Diet 26 10am, 3pm Lemon Cheesecake with Gingersnap Crust and Rhubarb Sauce 5:30pm	The MIND Diet 27 10am Baking with Fruit Puree 12pm Cooking with Pulses 3pm	
Simple Tips for Balanced Blood Sugar 29 5:30pm Monday Meal Inspirations 5:30pm	The MIND Diet 30 11am, 2pm Spinach, Mushroom and Black Bean Enchiladas 12pm Pan Sauces 5:30pm	LOCATED AT 5035 NE SANDY BOULEVARD OPEN MONDAY - SATURDAY FROM 7AM TO 9PM CLOSED ON SUNDAYS				<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

CLOSED SUNDAYS