



SEASONing

TEMPERATURE | TASTE | TEXTURE

seasoning-sonoma.com



seasonal
cooking
classes

KITCHEN MEDICINE

Wake up your tastebuds.

This class is offered to people diagnosed with cancer or other inflammatory diseases, along with their caregivers, friends and family. Kitchen Medicine recipes will focus on an anti-inflammatory, high antioxidant diet. We will review the key benefits of everyday vegetables, herbs and spices and how they fight against infection while building the immune system.

The dishes are flavorful, easy to digest and will have a balance of carbohydrates, protein and fats; vitamins and minerals. The pantry and health tips will make preparing your food easy with simple healthy ingredients.

Two hour class for up to 6 people: \$500
(ask us about cost and options for any size group)

Sample Menu | subject to change

Lassi
Digestive yogurt drink

Fruit Compote
Seasonal fruit & spices

Shepard's Pie
A light and healthy variation on a classic

Blender Soup
Easy to make and digest

Grilled salad
Lightly seasoned, cooked greens

Oat Fruit Bars
Natural energy snack

TERI ADOLFO is a certified Ayurveda practitioner, an East Asian nutrition and cooking instructor, acupuncture and massage practitioner. She specializes in digestive disorders, herbal medicine and women's health.

KARA ADANALIAN is an accomplished contest cook, winning numerous regional and national cooking contests, holding the title of "America's Best Home Cook" awarded by *Fine Cooking* magazine and *Sur La Table*.