

# Thrive Kitchen at Home

Interested in learning how to make delicious recipes?

Our Thrive Kitchen at Home is an online cooking class lead by Dr. Linda Shiue, MD, Chef, and Director of Culinary and Lifestyle Medicine.

No Fee for Kaiser Permanente Members  
\$20 fee for Non-Members

Contact Health Education to register:

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MDO Thrive Kitchen



## Thrive Kitchen at Home Online Cooking Class

With Dr. Linda Shiue, MD, Chef,  
Director of Culinary and Lifestyle Medicine

SAN FRANCISCO • KAISER PERMANENTE • HEALTH EDUCATION DEPARTMENT

### 2025 Class Schedule

Classes are held on Wednesdays, 6:30p.m. - 8:30p.m.

<b>Jan 8<sup>th</sup></b>	Soups & Salads
<b>Feb 12<sup>th</sup></b>	Eat Your Greens!
<b>Mar 5<sup>th</sup></b>	Spring Vegetables
<b>Apr 16<sup>th</sup></b>	Cook to Reduce Food Waste
<b>May 7<sup>th</sup></b>	Healthy Asian Cooking
<b>Jun 18<sup>th</sup></b>	Mediterranean Picnic
<b>Jul 9<sup>th</sup></b>	Fun with Fermentation workshop
<b>Aug 6<sup>th</sup></b>	Back to School, Easy Weeknight Cooking
<b>Sept 10<sup>th</sup></b>	Plantbased Tacos and Ceviche
<b>Oct 1<sup>st</sup></b>	Everything Pumpkin
<b>Nov 5<sup>th</sup></b>	Plantbased Thanksgiving
<b>Dec 3<sup>rd</sup></b>	Holiday Appetizer Party



## 2025 Thrive Kitchen at Home Menus

Menus are subject to change, please check a month before for confirmation.

### **Jan 8, 2025 - Soups and Salads**

Tonight, we'll be learning how to cook three foundational soups and paired salads, which can serve as a basis for your own variations. After the holidays, many of us need a reset in our eating, and there's no better way than a comforting, vegetable-rich soup. We'll teach you how to use herbs and spices for flavor. And we'll discuss how all this fits into a healthy eating pattern, with plenty of time for your questions.

### **Menu:**

Lentil Soup for a Small Planet- Classic Green Salad with Vinaigrette  
Moroccan Carrot Soup with Chermoula - Salade Marocaine  
(Moroccan Tomato Salad)  
Miso Soup - Quick Cucumber Pickle



## **Feb 12, 2025 - Eat Your Greens!**

Dark leafy greens are one of the most nutritious foods to include in your diet, full of fiber and nutrients. We'll prepare a variety of greens and other seasonal winter produce in different ways to give you some new ideas on how to enjoy your greens.

### **Menu:**

Winter Chicories Salad with Beets and Citrus  
Spicy Stir-Fried Collard Greens with Tofu and Peanuts  
Creamy Vegan Grits  
Piña Kaleada

## **March 5, 2025 - Spring Vegetables**

Ready to say goodbye to the heavy foods of winter? Spring vegetables are sweet and delicate. In this class, we'll feature seasonal recipes highlighting asparagus, fresh herbs, radishes, arugula and more.

### **Menu:**

Asparagus with Gremolata and Cannellini Bean Purée  
Bruschetta with Cannellini Bean Purée and Spring Vegetables  
Legume Pasta with Arugula Mint Pesto  
Plant Based "Parmesan"

## **Apr 16, 2025 - Cook to Reduce Food Waste**

Forty percent of all the food produced in the U.S. gets thrown away. In celebration of Earth Day, this class will teach you how to use up past-prime ingredients and cooking by-products to help reduce food waste in creative and delicious ways.

### **Menu:**

Roasted Tomato Panzanella with Chickpeas and Pickled Red Onions  
Spiced Leftover Vegetable Fritters (egg-free, gluten-free)  
Plantbased Aquafaba Pancakes (for breakfast or dessert)

## **May 7, 2025 - Healthy Asian Cooking: Flavors of India**

In this class, we'll explore the rich vegetarian cuisine of India, featuring spices, vegetables, and legumes.

### **Menu:**

Grated Carrot Salad  
Beet Curry  
Chana Saag (chickpeas with spinach)

## **Jun 18, 2025 - Mediterranean Picnic**

The Mediterranean Diet is one of the best studied heart healthy diets. It's also one of the most delicious, encompassing the food of cultures including Italy, Greece, France, Turkey and the Middle East. Tonight's menu will feature picnic-ready recipes from and these cuisines!

### **Menu:**

Harissa Carrot Yogurt Dip  
Hummus  
Socca  
Greek Salad

## **Jul 10, 2025 - Fun with Fermentation Workshop**

Fermented food is delicious and promotes a healthy gut. In this class, we'll make kimchi, and I'll share a few recipes using kimchi.

### **Menu:**

Quick Kimchi  
Kimchi Fried Rice  
Kimchijeon (Kimchi Pancake)  
Kimchi Jjigae (Kimchi and Soft Tofu Stew)

## **Aug 6, 2025 - Back to School, Easy Weeknight Cooking**

Back to School means a busier schedule for families with children. Meal planning and prep can save the day!

### **Menu:**

Grain Bowls, 3 Ways

## **Sep 10, 2025 - Plantbased Tacos and Ceviche**

Celebrate National Hispanic Heritage Month with a plant-based twist on your favorite ceviche and tacos, along with 3 homemade salsas.

### **Menu:**

Plantbased Ceviche, 2 Ways

Pinto Bean Tacos with Mushrooms and Potatoes

Lime Cashew Crema

Quick Red Pickle

Salsa Verde

## **Oct 1, 2025 - Everything Pumpkin**

It's October and pumpkin time! Learn to use pumpkin and other winter squash in a variety of recipes enhanced with spices, for breakfast, snack, and lunch or dinner.

### **Menu:**

Pumpkin Hummus with Fall Crudit  Platter

Mexican-Spiced Roasted Butternut Squash Soup w/ Spiced Pepitas and Lime

Cashew Crema

Pumpkin Spice Shake

## **Nov 5, 2025 - Plant Based Thanksgiving**

Nobody will miss the turkey with this elegant and flavorful plant-based Thanksgiving menu.

### **Menu:**

Butternut Squash Choka (Trinidadian Indian-Spiced Purée) with Red Lentil Flatbreads

Thanksgiving Quinoa Salad with Kale, Chickpeas and Roasted Butternut Squash

Spiced Pears

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## **Dec 3, 2025 - Holiday Appetizer Party**

All the fun, with a delicious and festive global menu you will feel great about!

### **Menu:**

Spiced Dips: Harissa Carrot Yogurt Dip and Beet Hummus

Polenta Bites with Red Chard

Tofu Kebabs with Arugula Mint Pesto