

Vegetarian Meals with Heart

with Christine Carr, Certified Nutrition Educator



Date: Thursday, February 23, 2012

Time: 4:00-5:30 pm

Location: The Wellness Community
530 Hampshire Road
Westlake Village, CA 91361

Cost: None

RSVP: Please call (805) 379-4777
or stop by the front desk. Space is
limited.

Come explore a heart healthy, plant-based diet that does not rely on soy or dairy products as meat substitutions. Tantalize your taste buds with a smoky mushroom-filled quesadilla, braised broccoli and white beans over whole grain pasta, and a Moroccan vegetable stew over whole wheat couscous.

Christine Carr earned her nutrition certification from Bauman College of Holistic Nutrition & Culinary Arts. Christine is a Nutrition Educator and cooking instructor who offers individual and group programs that teach simple straightforward methods of preparing whole, fresh, seasonal foods.