



Please Join Us in Celebrating Good Health!

BBQ SIDES, SAUCES & MAIN COURSES

A Live Virtual Cooking Class

June 30, 2026

12:00p.m. – 1:00p.m. ET

Learn how to...

- BBQ safely and healthy
- Build healthier side dishes and salads
- Eat what you love and still enjoy the BBQ

Featured Recipes:

Spinach Salad with Balsamic Dressing
Grilled Cauliflower Steaks with Mango and Black Bean Salsa
Grilled Pineapple with Greek Yogurt

[CLICK HERE TO REGISTER](#)

To test the software prior to this event, go to: <https://zoom.us/test>

Attend and be entered into a drawing to win a cookbook

Two winners will be chosen from the event!

Participants will also be entered in a raffle to win a \$50 gift card!



MASSACHUSETTS

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