

A TASTE OF HEALTH



Something's Cooking | Healthier Holidays NEW BERLIN YMCA WELLNESS CENTER

The holidays are a time to celebrate with family and friends over a traditional meal. Most holiday menus are high in calories, fat, added sugar, and sodium. Our Healthier Holiday cooking demonstrations and tastings feature lightened up versions of classic holiday favorites.

FOUR CLASS SERIES: \$100/Members, \$140/Program Participants
INDIVIDUAL CLASS: \$30/Members, \$40/Program Participants

FRI, NOV 1, 8, 15, 22
11:00 AM - 12:30 PM

INSTRUCTORS: Michelle Black & Ryan Buenning

TUE, NOV 5, 12, 19, 26
5:30-7:00 PM

INSTRUCTORS: Lindsey Brechbill & Kate Peterson

PARTY APPETIZERS

FRI, NOV 1 | TUE, NOV 5

- Sweet Potato Rounds with Goat Cheese, Cranberries, Apples & Pecans
- Baked Hummus
- Pomegranate Dark Chocolate Bites
- Pesto Stuffed Mushrooms

ONE PAN DISHES

FRI, NOV 8 | TUE, NOV 12

- Cauliflower Parmesan Soup
- Baked Mushroom Rice
- Cranberry Rosemary Chicken

HEALTHIER SIDES

FRI, NOV 15 | TUE, NOV 19

- Green Bean Casserole
- Honey Garlic Roasted Carrots
- Rosemary Pecan Mashed Sweet Potatoes

After the demo, join Dr. Neal Campbell for a presentation on the importance of dietary choices for the prevention and control of hypertension and diabetes.

LIGHTENED UP ENTREES

FRI, NOV 22 | TUE, NOV 26

- Baked Ziti with Spinach
- Quinoa Stuffed Acorn Squash with Cranberries and Feta
- Lentil Mushroom Stew over Cauliflower Mashed Potatoes



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NEW BERLIN YMCA WELLNESS CENTER

3610 Michelle Witmer Memorial Drive, New Berlin, WI 53151
262-330-5190 | gwcymca.org/cooking-demonstrations

MEET OUR INSTRUCTORS



MICHELLE BLACK

Michelle is a Registered Dietitian Nutritionist with a bachelor's in Dietetics from Mount Mary College. She has also completed the training as a Master Gardener through UW-Extension, as well as a Certificate of Training in Adult Weight Management. Her approach is integrative, and she is currently completing a certificate of training in Integrative and Functional Nutrition.

Michelle believes in the power of a whole foods, plant plentiful diet, and specializes in healthy cooking demonstrations and lecture style workshops. In her spare time, she enjoys working in her vegetable garden, cooking healthy meals for her family, and enjoying all of the outdoor activities Wisconsin has to offer.



JESSICA BORGARDT

Jessica is a Registered Dietitian Nutritionist and chef with 20 years of experience in the food service industry. She is passionate about teaching others how to make healthy eating a fun and delicious part of our busy lives. In her free time, Jessica enjoys exploring the greater Milwaukee area with her two young children.



LINDSAY BRECHBILL

Lindsay is a Registered Dietitian and Board Certified Specialist in Oncology Nutrition. She received her bachelor's and master's degrees in Dietetics from Mount Mary University. She has served as a dietitian in a variety of roles including inpatient and outpatient hospital nutrition, pediatric nutrition, wellness, weight management, and most recently in outpatient oncology nutrition.

Lindsay incorporates her passion for cooking with her skills in nutrition and medical nutrition therapy to teach people about research-based recommendations to decrease their risk of chronic disease and improve their quality of life. Lindsay believes food deserves to be enjoyed and celebrated. She hopes to teach people how to make cooking for health easy and delicious.



RYAN BUENING

After spending his formative years in the Milwaukee restaurant industry, Ryan was formally educated at UW-La Crosse in Community Health Education and Nutrition. In addition to working at the Y, Ryan can be found cooking at a local meal delivery service, tending his garden, and raising his two human and four chicken children. Sustainable, nutritious, family-friendly meals are what Ryan will serve as you take a seat at the Y's table.



KATE PETERSON

Kate is a registered dietitian and the Nutrition Coordinator for the YMCA of Greater Waukesha County. She has her bachelor's degree in public health from Carroll University and completed her dietetic internship at Mount Mary University to become a dietitian. In addition to the Y, Kate is a clinical dietitian working with the inpatient population.

Kate believes in whole foods, simplicity, and balance. In the kitchen, she believes that healthy does not mean boring. She enjoys a good 5-ingredient or less recipe and is always trying to find ways to eat avocado with everything. In addition to food, she loves staying active through running or walking, hitting the beach with a good book, and spending time with friends and family.