

# FULL OF FLAVOR

## Something's Cooking

NEW BERLIN YMCA  
WELLNESS CENTER

JAN 8, 14, 22 & 28  
5:30-7:00 PM

Start the new year off eating right! Add a few easy and delicious dishes to your table in January. Our nutrition experts will share tips and tricks for healthy eating, while you enjoy a nutritious meal. You'll leave filled with inspiration, knowledge, and the confidence you need to make the recipes at home.

AGES 16 & UP: \$25/Members, \$35/Program Participants per class



### BREAKFAST ON THE RUN

WED, JAN 8 | 5:30-7:00 PM

- Freezer-friendly Breakfast Burritos
- Morning Glory Muffins
- Overnight Oats
- Superfood Smoothies

INSTRUCTOR: Ryan Buenning & Jessica Borgardt

### MEATLESS MEALS

TUE, JAN 14 | 5:30-7:00 PM

- Tortilla Soup
- Black Bean Burgers
- Sweet Potato Fries with Avocado Crema

INSTRUCTORS: Lindsay Brechbill & Kate Peterson

### EASY LUNCHES

WED, JAN 22 | 5:30-7:00 PM

- Salad in a Jar
- Greek Grain Bowl
- Bruschetta White Bean Wrap
- Beet Hummus

INSTRUCTOR: Ryan Buenning & Kate Peterson

### MEAT-FREE ITALIAN

TUE, JAN 28 | 5:30-7:00 PM

- Eggplant Meatballs
- Zoodles with Marinara
- Chocolate Mousse

INSTRUCTORS: Lindsay Brechbill & Kate Peterson



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](http://gwcymca.org/cooking-demonstrations)

# MEET OUR INSTRUCTORS



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## 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.



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## 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.



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## 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.



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## RYAN BUENNING

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.



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## 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.