Healthy Cooking Class

Date: May 6, 2015

Time: 5:30-7pm

Instructor: Erica Hansen, Registered Dietitian

Bio:

Erica Hansen, MS, RD, CD owns the nutrition consulting company, Foods That Fit. As a registered dietitian she specializes in working with people to make their health and lifestyle goals fit into a personally tailored food plan. She believes that getting back to the basics--preparing good, wholesome foods at home--is the first step we must all take to improve our health. Erica has a BS in dietetics and an MS in nutritional science with an emphasis in nutrition education. She enjoys spending time with her two children and husband in the great outdoors of Utah and curling up with a good book.

Class: Spring into Seasoning

Description:

In this interactive cooking demonstration you’ll discover the untapped health benefits and adventurous flavors lying wait in your spice cabinet.