



Teaching Kitchen Series

Peconic Bay Medical Center, 1300 Roanoke Avenue, Riverhead, NY
Conference Rooms B & C (2nd floor)
12pm - 1pm

Come watch our chefs prepare a healthy, delicious meal and sample it too!
Our Registered Dietitian will be available to answer any questions.

July 17th..... “Farm to Table” Recipe

August 21st Creamy Mushrooms with Turmeric Quinoa

September 18th Fresh Guacamole with Cucumber “Chips”
and Vegetable Dippers

October 16th..... Sugar Free Oatmeal Stuffed Apples

November 20th..... Sweet Potato “Stuffing”

December 18th Mashed Cauliflower and Potato

▼ **To register, call
(631) 548-6395**