



2024 - 2025 Healthy Cooking Demo's

Throughout the year the Healthy@Harris Employee Wellness Team will be hosting virtual healthy cooking demos. We'll share recipe ideas, cooking with and for kids, and some basic nutrition facts along the way.

Employee Wellness will reward wellness points for one wellness workshop per day. Everyone who participates will earn 50 Wellness Points on www.mycigna.com.

EMPLOYEE WELLNESS CALENDAR

Recipe	Date	Time
Classic Greek Salad	March 4, 2024	11:30am-12pm
Broiled Salmon with Herb Mustard Glaze	April 1, 2024	12pm-1pm
Sun Dried Tomato Basil Hummus	May 13, 2024	12pm-1pm
Baked Tilapia with Lemon	June 3, 2024	12pm-1pm
Pesto Chicken with Grilled Vegetables	July 1, 2024	12pm-1pm
Morning Glory Zucchini Carrot Muffins	August 5, 2024	12pm-1pm
Quinoa Stuffed Peppers Recipe	September 9, 2024	12pm-1pm
Moroccan Chickpea Stew	October 7, 2024	12pm-1pm
Simple Red Lentil Soup	November 4, 2024	12pm-1pm
Spinach Tortellini Soup	December 2, 2024	12pm-1pm
Grilled Cheese & Tomato Basil Soup	January 13, 2025	12pm-1pm
Buffalo Chickpea Dip	February 3, 2025	12pm-1pm