

November–December 2026

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

TEACHING KITCHEN

11AM–12PM

CHRISTUS CANCER CENTER FIRST FLOOR

**MONDAY,
NOVEMBER
2**

IT'S THE GREAT PUMPKIN

Canned pumpkin is an excellent source of carotenoid antioxidants, which are linked with lower cancer risk. We'll make some fun and different recipes using canned pumpkin, and mix up our own pumpkin spice blend

**FRIDAY,
NOVEMBER
13**

COOKING FOR CANCER: THANKSGIVING SIDE DISHES With Dr. Ali

Did you ever wonder what Dr. Ali would bring to the potluck? Now is your chance to find out! Today we'll talk about some of our favorite Thanksgiving dishes, and what we like to bring to share with friends and family for a holiday meal

**MONDAY,
DECEMBER
7**

WE GOT THE BEET

Beets are an incredibly nutritious winter root vegetable with cancer fighting properties. Learn how to buy, prep and store beets, and try some recipes that use beets both raw and cooked. Last teaching kitchen class of 2026!

Questions? Contact Elizabeth Roadhouse, MS, RD, LD, CSO
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