

# Cooking Show

## Stirring Up Soup-erlatives

After eating your way through the holidays, start 2024 off right and join us on a culinary adventure. This fiber-focused meal will keep your stomach full, body nourished, and palate satisfied. Squash is a seasonal and vitamin C-rich produce pick for your winter nourishment.

**Thursday, January 25**  
Noon – 1 pm

### Register Here

**Can't make it? That's okay!**

Register anyway and we'll send you the recording after the show.

**Questions?** Contact [wellness@phs.org](mailto:wellness@phs.org)



***Spiced lentil soup with  
curried acorn squash***