



2026 Thrive Kitchen at Home

Classes are on Wednesdays from 6:30-8:30 p.m.

Jan 7th	Soups & Salads: Flavors of Italy
Feb 11th	Eat Your Greens!
Mar 18th	Spring Vegetables
Apr 8th	Cooking to Reduce Food Waste
May 6th	Healthy Asian Cooking
Jun 17th	Flavors of the Mediterranean: Morocco
Jul 8th	Spanish Summer
Aug 5th	Easy Weeknight Cooking: Global Grain Salads
Sept 9th	Plantbased Pozole and Ceviche
Oct 14th	Everything Pumpkin
Nov 4th	Plantbased Thanksgiving
Dec 2nd	Holiday Appetizer Party

To register, call the Health Education Department at (415)833-3450 or email: SFHealthEd@kp.org

Fee: No Fee for KP Members
\$20 Non-Members

Scan the code to visit us online



January 7th, 2026 - Soups & Salads: Flavors of Italy

Menu:

- o Ribollita (Tuscan Bread, Bean and Vegetable Soup)
- o Vellutata (Creamy Vegan Puréed Vegetable Soup)
- o Mixed Greens Salad with Red Wine Vinaigrette
- o Sicilian Orange and Fennel Salad

February 11th, 2026 - Eat Your Greens!

Menu:

- o Esalen Kale Salad
- o Eat Your Greens Fried Rice
- o Spicy Coconut Braised Collard Greens with Tofu

March 18th, 2026 - Spring Vegetables

Menu:

- o Spring Salad with Lemon Vinaigrette
- o Asparagus with Gremolata and Cannellini Bean Purée
- o Zesty Legume Pasta with Peas
- o Plant-Based "Parmesan"
- o Roasted Carrots with Carrot-Top Pesto

April 8th, 2026 - Cooking to Reduce Food Waste

Menu:

- o Classic Stir-Fry and Sauté
- o Fried Rice
- o Cauliflower Alfredo
- o Roasted Vegetables

May 6th, 2026 - Healthy Asian Cooking: Tofu and Other Soy Foods

Menu:

- o Five Spice Edamame with Tofu, Tofu Skin and Mustard Greens
- o Tempeh with Peanut Sauce
- o Silken Tofu, 2 ways

June 17th, 2026 - Flavors of the Mediterranean: Morocco

Menu:

- o Zaalouk (Roasted Eggplant Salad)
- o Vegetable Tagine
- o Oranges in Rosemary and Orange Flower Water Syrup

July 8th, 2026 - Spanish Summer

Menu:

- o Classic Tomato Gazpacho
- o Spanish Orange and Olive Salad
- o Smoky Cauliflower Steak and Canary Island Potatoes with Romesco

August 5th, 2026 - Easy Weeknight Cooking: Global Grain Salads

Menu:

- o Japanese Inspired Quinoa Salad with Edamame
- o Lemony Farro Salad with Cannellini Beans
- o Thai Mixed Rice and Tofu Salad

September 9th, 2026 - Vegan Pozole and Ceviche

Menu:

- o Pozole Verde
- o Vegan Ceviche, Two Ways

October 14th, 2026 - Everything Pumpkin

Menu:

- o Pumpkin Hummus with Fall Crudités
- o Thai Red Curry with Kabocha Squash and Tofu
- o Pumpkin Pone

November 4th, 2026 - Plantbased Thanksgiving

Menu:

- o Thanksgiving Esalen Kale Salad
- o Butternut Squash Pasta Alfredo
- o Pumpkin Pots de Creme

December 2nd, 2026 - Holiday Appetizer Party

Menu:

- o Eat the Rainbow Fresh Spring Rolls
- o Tofu Kebabs with Arugula Mint Pesto
- o Piña Kaleada