

Spice Up Your Life With a Noodle Delight!

Spring into an expansive pasta experience by unleashing the power of antioxidant rich herbs. Spices and herbs provide plant points for a punch of flavor and nutrition without adding caloric value. Turn over a new leaf by spicing up your pasta dishes.

Thursday, March 28
Noon – 1 p.m.

Register Here

Can't make it? That's okay!

Register anyway and we'll send you the recording after the show and to be entered in a raffle for a free cook!

Questions? Contact wellness@phs.org



**Nutty, herby
spring pasta**