

Waldorf offers free healthy holiday cooking class

Learn to make Mac and Trees, more tasty treats at Monday Event

By Susan Selasky

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The holidays — with their high-fat, high-calorie foods — are a tempting time for those trying to adhere to a healthy diet.

The Detroit Waldorf School is there to help with a free Healthful Holidays workshop on Monday, Dec. 5. This complimentary community program aims to help families build healthy habits. The workshop is open to the public and will take place from 5-6:30 p.m. and covers balanced seasonal eating. Attendees will learn how to incorporate dietary restrictions into healthy holiday meals.

Wellness coordinators Katherine Feldhouse and Jade Fearn will present the program.

A sampling of the recipes that will be demonstrated include Mac and

Trees. This recipe is a healthier take on traditional macaroni and cheese, replacing the cheese with cooked butternut squash and soaked cashews. Other recipes to be demonstrated include Curried Sweet Potato Fries and Wellness at Waldorf's Michigan Kale Salad.

Registration for the workshop is appreciated but not necessary. For information, call 313-822-0300 or go to www.detroitwaldorf.org.

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Ruby McInnis, left, and Summer Borromeo prepare kale at Detroit Waldorf School.