

Cooking Show



Eggstraordinary Egg-cellence

Experience a dish that's as nourishing as it is delicious. This recipe combines creamy risotto infused with vibrant lemon zest, a natural source of immune-boosting vitamin C, and sweet green peas, packed with plant-based protein and fiber for sustained energy. Topped with a perfectly poached egg, rich in high-quality protein and essential nutrients like choline for brain health, this meal is a harmonious blend of flavor and wellness. Perfect for a satisfying brunch or dinner that fuels both body and soul.

Thursday, May 22
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 you'll be entered in a raffle for a free cookbook!

Questions? Contact wellness@phs.org



HEALTH CARE
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**Poached Eggs on a
Bed of Lemon and
Pea Risotto**