

August-September 2026

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

TEACHING KITCHEN

11AM-12PM

CHRISTUS CANCER CENTER FIRST FLOOR

**MONDAY,
AUG 3**

WHAT'S FOR LUNCH?

The American Institute for Cancer Research recommends to avoid processed meats, including deli meats. So....what's for lunch?? Today we'll think outside the box to make sandwiches and other easy lunches that do not use processed meat

**FRIDAY,
AUG 21**

COOKING FOR CANCER- BEYOND CALABACITAS

With Dr. Ali

It's pretty hard to beat traditional New Mexican calabacitas. But sometimes variety is nice too! Elizabeth and Dr. Ali will introduce some new tasty ways to enjoy summer squash and corn at the peak of the season

**MONDAY,
SEPT 14**

GAZPACHO - ¡EN ESPAÑOL!

We welcome special guest, Christine Fernandez, RN, Director of the Palliative and Surgical Oncology Clinics. Christine will show us how to make gazpacho, a refreshing cold soup that uses a variety of summer produce

Damos la bienvenida a nuestra invitada especial, Christine Fernandez, RN, Directora de las Clínicas de Cuidados Paliativos y Oncología Quirúrgica. Christine nos mostrará cómo preparar gazpacho, una sopa fría que utiliza una variedad de productos vegetales de la temporada.

Questions? Contact Elizabeth Roadhouse, MS, RD, LD, CSO
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