

Healthy Kitchen Schedule January

“A TRUE Breakfast” Cooking Demonstration: Friday January 1, 2021 at 3:30 PM (\$65) (Supplemental)

It is really true that breakfast is the most important meal of the day. Come join us in the Healthy Kitchen as we demonstrate how your favorite TRUE breakfast items are created.

- Apple cinnamon oatmeal
- Sunshine Hollandaise
- Eggs Benedict
- Huevos Avocados
- Seasonal fruit crepe
- Coconut whipped cream
- Cashew butter

Salmon 3 Ways Cooking Demonstration: Saturday January 2, 2021 at 1:30 PM (\$65) (Supplemental)

Come join us to learn new ways to include salmon in your weekly meal plan. We have three delicious recipes that let you maximize the flavor and health benefits of this nutrient-packed fish.

- Dijon and pecan encrusted salmon
- Salmon en papillote
- Asian BBQ Sauce
- Grilled Salmon

HK Cooking Demo Series – Dinner: Monday January 4, 2021 at 4:30 PM (LW/JS)

Join us in the Healthy Kitchen for a cooking demonstration that focuses on simple, fast and healthy dishes that can become your go-to meals. Using readily accessible fresh and wholesome ingredients, our chefs will prepare a variety of recipes that are sure to become a staple of your healthy lifestyle.

- Salmon en papillote
- Roasted vegetable orzo
- Roasted vegetables
- Grilled Chicken Parmesan

Shrimp, Shrimp, and More Shrimp! Cooking Demonstration: Tuesday January 5, 2021 at 3:30 (\$65) (Supplemental)

Shrimp are a nutrient rich, low calorie protein that can add variety to your new healthy diet. Shrimp recipes are a dime a dozen as they can complement almost any meal. This class will focus on a few recipes that will demonstrate their versatility in not only taste but cooking method as well.

- Garlic and Rosemary Grilled Shrimp Skewers
- Shrimp Scampi
- Coconut Encrusted Shrimp
- Sweet and spicy sauce

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5 Ingredient Dinners Cooking Demonstration: Thursday January 7, 2021 at 3:30 PM (\$65) [\(Supplemental\)](#)

Do you get discouraged with a recipe when looking at all the ingredients? Well not anymore! Come join us in the Healthy Kitchen where we will show you how to make delicious dinner recipes in just five ingredients.

- Salmon en Papillote
- Honey-Garlic Glazed Chicken
- Dijon and Pecan Encrusted Pork Tenderloin

Chef's Table-Lobster Decadence: Friday January 8, 2021 at 5:00pm (\$150) [\(Supplemental\)](#)

Join us for a true lobster indulgence menu featuring a sumptuous spread of dishes, each centered on the well-liked crustacean. This special menu mixes traditional lobster preparations with a touch of extra-special flair that would impress the experts on the New England Harbors. With each course paired with a perfectly matched wine, this Chef's Table ought to be one for record books.

- *Lobster Bisque* – Smooth and creamy lobster scented soup (60 Calories)
- *Sicilian Lobster Carpaccio* - with arugula, red onions, and capers, with a fresh citrus vinaigrette (90 Calories)
- *Surf and Turf* – Lemon and garlic grilled lobster tail with petit filet mignon, roasted red bliss potatoes, and asparagus, with a classic béarnaise sauce (350 Calories)
- *Nouveau Strawberry and Shortcake* – Fresh strawberry puree with crumbled shortcake, whipped cream, and crushed pistachios (150 Calories)

Sheet Pan Meals: Cooking Demonstration Saturday January 9, 2021 at 1:30 PM [\(Supplemental\)](#)

Whether you need the basics or to hone the skills you already have, this class will give you all the confidence you need to relax and really enjoy cooking. The goal of this class is to empower you with the knowledge of commonly used cooking techniques, pantry staples, and kitchen equipment.

- Dijon and pecan encrusted salmon
- Roasted Vegetables
- Marinara
- Chicken parmesan

HK Cooking Demo Series – Fitbites: Monday January 11, 2021 at 4:30 PM [\(LW/JS\)](#)

Join us in the Healthy Kitchen for a cooking demonstration that focuses on simple, fast and healthy dishes that can become your go-to meals. Using readily accessible fresh and wholesome ingredients, our chefs will prepare a variety of recipes that are sure to become a staple of your healthy lifestyle.

- Bob's Bar
- Morning glory mini muffins
- Peanut butter hummus

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Chinese Takeout Cooking Demonstration: Tuesday January 12, 2021 at 3:30 PM (\$65) [\(Supplemental\)](#)

When you're craving Chinese food do you find yourself going straight to the take out menus? Come join the Healthy Kitchen Chef and learn how to make your favorite Chinese foods in the comfort and convenience of your home. Oh, and did we mention, much healthier.

- Asian orange chicken
- Peanut sesame shrimp
- Egg roll

Succulent Shellfish Cooking Demonstration: Thursday, January 14, 2021 at 3:30 PM (\$65) [\(Supplemental\)](#)

You can't go wrong with these delicious shellfish recipes. Shellfish are some of the most popular proteins but often leave consumers intimidated of at-home preparation. Let our Healthy Kitchen Chef show you how easy it is to sauté fresh beautiful shrimp, sear a deliciously juicy scallop, and grill a melt-in-your-mouth lobster tail. This one of a kind experience will show you how to prepare restaurant quality shellfish dishes that will take your dinner parties to the next level.

- Coconut Shrimp with Sweet and Spicy Sauce
- Scallop Scampi
- Grilled Lobster Tail

Chef Table-Best of the Best: Friday January 15, 2021 at 5:00 PM (\$150) [\(Supplemental\)](#)

Over the last three and a half years we have served hundreds of guests with dozens of different menus in the H3 Healthy Kitchen. This chef's table event will showcase dishes that have been carefully chosen from our most popular chef's tables. Join Healthy Kitchen Chefs as they recreate these dishes with hand selected wine pairings perfectly matched with each course.

- *Lobster Bisque* – Smooth and creamy lobster soup garnished with lobster tail (70 Calories)
- *Wilted Spinach Salad* – with caramelized onions, crumbled bleu cheese, and a hot bacon balsamic dressing (95 calories)
- *Beef Tenderloin Oscar* - served with grilled asparagus, jumbo lump crab, and finished with hollandaise sauce (315 Calories)
- *German Chocolate Cake*- Topped with pecan coconut glaze (170 Calories)

Mexican Made Easy Cooking Demonstration: Saturday January 16, 2021 at 1:30 PM (\$65) [\(Supplemental\)](#)

Come join us in the Healthy Kitchen where our Chef share simple techniques and no-fuss recipes for flavorful, authentic and Mexican favorites. We will transform traditional recipes into healthy and easy-to-prepare Mexican meals.

- Green pea guacamole
- Pulled chipotle chicken
- Mexican tequila slaw

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- Squash quesadilla

HK Cooking Demo Series – Breakfast: Monday January 18, 2021 at 4:30 PM (LW/JS)

Join us in the Healthy Kitchen for a cooking demonstration that focuses on simple, fast and healthy dishes that can become your go-to meals. Using readily accessible fresh and wholesome ingredients, our chefs will prepare a variety of recipes that are sure to become a staple of your healthy lifestyle.

- Egg and cheese quinoa cups
- Blueberry Banana Oatmeal Pancakes
- Sweet potato smoothie

Simply Sauces Cooking Demonstration: Tuesday January 19, 2021 at 3:30 PM (\$65)

(Supplemental)

Do you want to be a saucier for the day? Join our Healthy Kitchen Chef to learn the secrets to preparing flavorful and versatile sauces. Work with the Chef to develop mouthwatering sauces that put the perfect finishing touch to any entrée. Sign-up now and learn how to create these tantalizing sauces that are sure to please.

- Painless Marinara
- Dijon mustard emulsion
- Roasted red pepper sauce
- Mustard tahini sauce
- Parmesan cream sauce
- Zucchini sauce

Poaching-Cooking Demonstration: Thursday January 21, 2021 at 3:30 PM (\$65)

(Supplemental)

Poaching proteins such as salmon and chicken are an ideal healthy solution that taste fantastic. Join us as our Healthy Kitchen Chef share secrets for low fat, low calorie, and nutritious meals using the "moist heat" cooking methods.

- Poached salmon
- Creamy dill sauce
- BBQ pull chicken
- Poached pears

Chef's Table-Upscale Barbecue: Friday January 22, 2021 at 5:00 PM (\$150) (Supplemental)

This isn't your basic pig pickin'. The traditional flavors of American barbecue are presented in white linen style and true to our H3 nutrition focus. Come join us as you will be pleasantly surprised with our healthy twist on the classic American barbecue with wines to match.

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- *Smoked Short ribs & Vegetable Soup* (100 Calories)
- *Stuffed Grilled Cremini Mushroom* – Grilled onions, sweet peppers, goat cheese and wilted arugula are stuffed into a balsamic marinated, grilled Cremini mushroom. (80 Calories)
- *Pulled Pork Wellington*- Slow cooked pork shoulder is shredded and tossed with H3 signature barbecue sauce and baked in our pastry dough. Served with tangy collard & cabbage slaw. (320 Calories)
- *Smoked Pumpkin Cheesecake* - Topped with cinnamon whipped cream (150 Calories)

Hide and Eat Cooking Demonstration: Saturday January 23, 2021 at 1:30 PM (\$65)

(Supplemental)

Are you a vegetable dodger? Don't despair, if all else fails there's always the option of sneaking veggies into your daily routine. Our Healthy Kitchen Chefs have created delicious recipes that are a great way of sneaking in a few extra vegetables and are bound to taste more like a treat. If you are struggling with incorporating more veggies into your daily meal routine this is the class for you!

- Turkey Meatloaf
- Roasted Zucchini Sauce
- Kale Dip
- Mashed Potato and Celery Root

HK Cooking Demo Series – Lunch: Monday January 25, 2021 at 4:30 PM (LW/JS)

Join us in the Healthy Kitchen for a cooking demonstration that focuses on simple, fast and healthy dishes that can become your go-to meals. Using readily accessible fresh and wholesome ingredients, our chefs will prepare a variety of recipes that are sure to become a staple of your healthy lifestyle.

- Buffalo chicken wrap
- Panzanella salad
- Shrimp stir fry

H3 Flatbread Cooking Demonstration: Tuesday January 26, 2021 at 3:30 PM (\$65)

(Supplemental)

Wonder why our flatbread is so delicious? Come see all the skill and care that goes in to making one of our most popular menu items, our flatbread dough. In this class you will experience our Healthy Kitchen Chefs as they make the dough from scratch and you'll even get to sample the final product. This demonstration will make you feel like you've stepped out of H3 and straight in to a pizzeria.

- Whole Wheat Pizza Crust
- Marinara
- Pesto
- True Vegetable Pizza

Taco Bout It - Cooking Demonstration: Thursday January 28, 2021 at 3:30 PM (\$65)

(Supplemental)

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You don't have to wait for Tuesday to enjoy tacos. In this cooking demonstration, our Healthy Kitchen Chefs will teach you how to construct the perfect taco with all the Healthy Kitchen approved trimmings. If you love tacos, this class is for you!

- Pulled pork tacos
- Oven fried chicken tacos

Chef's Table-An Evening in Italy: Friday January 29, 2021 at 5:00 PM (\$150) (Supplemental)

Ciao! Join us in the Healthy Kitchen as we transport ourselves (in spirit) to Italy for the night. Enjoy traditional dishes from Sicily to Milan prepared and presented the H3 way. Each of the four courses will be paired with a perfect wine match also from Italy.

- *Pasta e Fagioli* - traditional Italian soup with beans and pasta
- *Eggplant Rollatini* - Roasted eggplant slices filled with roasted peppers and asparagus and a roasted garlic cream, topped with marinara and fresh basil
- *Beef Bracciole* - Grass fed flank steak pounded thin and coated with parsley, lemon zest, pine nuts, parmesan and panko. The beef is rolled, seared and braised in a red wine tomato sauce. Sliced and served with the reduced sauce with garlic smashed potatoes and roasted fennel & artichoke hearts
- *Ravioli & Meatballs* - Sweet lemon pasta stuffed with a puree of roasted peaches and mascarpone cheese topped with a raspberry sauce and garnished with mini chocolate "meatballs"

One Pot Meals Cooking Demonstration: Saturday January 30, 2021 at 1:30 PM (\$65) (Supplemental)

Easy? Great-tasting? Minimal cleanup? Check, check and check. These quick and easy one pot recipes are simple enough for weeknight dinners and special enough for guests. When the last thing you want to do is work in the kitchen cleaning a sink full of dishes after you've already cooked dinner, these one dish meals will be your saving grace. Join us in the Healthy Kitchen as our chefs demonstrate the secrets to some of their favorite one pot meals.

- Turkey Chili
- Chicken and Barley Soup
- Beef Stew

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