

## May Healthy Kitchen Schedule:

### 30 Minute Meals Cooking Demonstration: Saturday May 1, 2021 at 1:30 PM (\$65) Chef Thomas (Supplemental)

Need a fast yet healthy meal? No worries we've got you covered! Join us as our chefs share secrets for low fat, low calorie, and nutritious meals in just 30 minutes. You will learn meal planning as well as the culinary skills to tackle the task at hand.

- Seasoned Barley
- Almond Cranberry kale
- Dijon and Pecan Encrusted salmon
- Marinara
- Chicken parmesan

### HK Cooking Demo Series – Breakfast: Monday May 3, 2021 at 4:30 PM Chef Marvis (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

### Chinese Takeout Cooking Demonstration: Thursday May 6, 2021 at 3:30 PM (\$65) Chef Marvis (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

### Cooking Demonstration: Grilling Made Easy: Saturday May 8, 2021 at 1:30 (\$65) Chef Marvis (Supplemental)

It's that time of year again when friends and families gather outside for backyard BBQ's and picnics. Join us in the Healthy Kitchen for a spin on some old and new grilling favorites that are sure to heat up your next BBQ menu. So turn the oven off and fire up the grill with the Healthy Kitchens easy and delicious grilling made easy recipes.

- Grilled Fresh Catch
- Grilled Pineapple Salsa
- Turkey burger

### HK Cooking Demo Series – Lunch: Monday May 10, 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.

## **May Healthy Kitchen Schedule:**

- Buffalo chicken wrap
- Panzanella salad
- Shrimp stir fry

### **Succulent Shellfish Cooking Demonstration: Tuesday May 11, 2021 at 3:30 PM (\$65) Chef Thomas (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

### **Sheet Pan Meals: Cooking Demonstration Thursday May 13, 2021 at 3:30 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 Grilled
- Chicken parmesan

### **Chef's Table-Upscale Barbecue: Friday May 14, 2021 at 5:00 PM (\$150) Chef Thomas (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.

- *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)

## May Healthy Kitchen Schedule:

### Easy Freezy Meals Cooking Demonstration: Saturday May 15, 2021 at 1:30 (\$65) Chef Thomas [\(Supplemental\)](#)

Freezer meals can be very handy. They will help you get through the mid-week slump if you're too tired to cook a full healthy meal. Join us in the Healthy Kitchen to learn a few healthy and freezer friendly meals that are sure to be delicious and wholesome all while being easy and stress-free with little to no clean-up.

- Turkey Meatloaf
- TBD

### HK Cooking Demo Series – Dinner: Monday May 17, 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

### Hide and Eat Cooking Demonstration: Tuesday May 18, 2021 at 3:30 PM (\$65) Chef Thomas [\(Supplemental\)](#)

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

### Poaching-Cooking Demonstration: Thursday May 20, 2021 at 3:30 PM (\$65) Chef Thomas [\(Supplemental\)](#)

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

### Best of the Best Chef Table: Friday May 21, 2021 at 5:00 PM (\$150) [\(Supplemental\)](#)

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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)

### **Kale Yeah! Cooking Demonstration: Saturday May 22<sup>nd</sup> 2021 at 1:30pm (\$65) [\(Supplemental\)](#)**

Have you heard about all the wonderful nutritional value kale has to offer but have no idea what to do with this bizarre leafy vegetable? Well then this is the class for you! Come join the Healthy Kitchen Chefs as they show you some fun and unique ways to incorporate kale in to your everyday meals.

- Almond Cranberry Kale
- Kale with Pancetta & Mushrooms
- Lemon Parmesan Kale
- Crispy Kale Chips

### **HK Cooking Demo Series – Fitbites: Monday May 24, 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

### **H3 Flatbread Cooking Demonstration: Tuesday May 25, 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

## May Healthy Kitchen Schedule:

### Simply Sauces Cooking Demonstration: Thursday May 27, 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

### Chef's Table-Lobster Decadence: Friday May 28, 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)

### Mexican Made Easy Cooking Demonstration: Saturday May 29, 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
- Squash quesadilla

### HK Cooking Demo Series – Breakfast: Monday May 31, 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.

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