

October Healthy Kitchen Schedule

Lobster Decadence Chef's Table: Friday October 1, 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 salad* - 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 seasonal vegetables, with a classic béarnaise sauce (350 Calories)
- *Nouveau Strawberry and Shortcake* – Fresh strawberry puree with crumbled shortcake, vanilla bean ice cream, and crushed pistachios (150 Calories)

Sensational Sustainable Seafood Cooking Demonstration: Saturday October 2, 2021 at 1:30 PM (\$65) [\(Supplemental\)](#)

This one-of-a-kind experience will show you how to consider sustainability when choosing seafood. The combination of local fresh fish and proper cooking methods will take your meals to new levels.

- Dijon and pecan encrusted Salmon
- Peanut sesame ginger shrimp
- Moroccan catch
- Crab cakes

HK Cooking Demo Series – Dinner: Monday October 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

30 Minute Meals Cooking Demonstration: Thursday October 7, 2021 at 3:30 PM (\$65) [\(Supplemental\)](#)

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

October Healthy Kitchen Schedule

Taste of Asia: Chef's Table: Friday October 8, 2021 at 5:00 PM (\$150) [\(Supplemental\)](#)

Asian inspired menu encompasses flavors from both China and Japan. This menu showcases balanced flavor profiles and authentic cooking styles. Join us in the Healthy Kitchen for the culinary exploration of cross-cultural Asian cuisine.

- *TBD*

HK Cooking Demo Series – Fitbites: Monday October 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

Sheet Pan Meals Cooking Demonstration: Tuesday October 12, 2021 at 3:30 PM(\$65) [\(Supplemental\)](#)

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
- Grilled chicken Parmesan
- Blackening seasoning
- BBQ seasoning
- HK painless marinara
- Moroccan Catch
- Quick pickle liquid

H3 Flatbread Cooking Demonstration: Wednesday October 13, 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 into a pizzeria.

- Whole Wheat Pizza Crust
- Marinara
- Roasted red pepper sauce
- Morning scramble flatbread

October Healthy Kitchen Schedule

2 Chefs...2 Stations Thursday October 14, 2021 at 3:30 PM (\$85)(Supplemental)

A pair of H3's expert chefs demonstrate quick, fresh, and healthy dishes that can be prepared in under 30 minutes in this fast-paced demo. Using only common ingredients and readily available foods, you'll be impressed at what they come up with. Whether you sit back and watch, or jump in and help, 2 Chefs...2 Stations is a must. Samples and wine included.

- Blank recipe cards

Fall Dinner Party Chef's Table: Friday October 15, 2021 at 5:00 PM (\$150) (Supplemental)

It's always exciting to see the array of new vegetables and proteins infiltrating the aisles during the fall months. These ingredients tend to be more hearty and earthy than those found in summer or spring. Join us in the Healthy Kitchen to enjoy some new healthy fall favorites that will complement the season.

- *Roasted Butternut Squash Soup* (50 Calories)
- *Red Wine Poached Pear Salad*- Arugula and shaved Brussel sprouts topped with goat cheese and toasted walnuts, herbed vinaigrette (100 Calories)
- *Spiced Apple Stuffed Pork Tenderloin*- Mushroom risotto, and garlic white wine sautéed kale finished with pan sherry sauce (330 Calories)
- *Smoked Pumpkin Cheesecake* - Topped with cinnamon whipped cream (150 Calories)

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

Come join us in the Healthy Kitchen where our Chefs 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 October 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

October Healthy Kitchen Schedule

Five Ingredient Entrée Cooking Demonstration: Tuesday October 19, 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.

- Dijon and Pecan Roasted Pork Tenderloin
- Pistachio Crusted Chicken
- Pan roasted salmon with tomatoes
- Sweet Mustard chicken thighs

Chinese Takeout Cooking Demonstration: Wednesday October 20, 2021 at 3:30 PM (\$65) **(Supplemental)**

When you're craving Chinese food do you find yourself going straight to the takeout 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

Hide and Eat Cooking Demonstration: Thursday October 21, 2021 at 3:30 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

October Healthy Kitchen Schedule

Best of the Best Chef Table: Friday October 22, 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)

Simply Sauces Cooking Demonstration: Saturday October 23, 2021 at 1:30 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.

- HK painless Marinara
- Thai peanut sauce
- Dijon mustard emulsion
- Roasted red pepper sauce
- Mustard tahini sauce
- Parmesan cream sauce

HK Cooking Demo Series – Lunch: Monday October 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

October Healthy Kitchen Schedule

Italian Chicken Trifecta Cooking Demonstration: Tuesday October 26, 2021 at 3:30PM (\$65) **(Supplemental)**

If you're looking for a classic, no modifications, authentic recipes for Chicken made Italian then the Healthy Kitchen is the place to be. Your taste buds will score big with these three simple, slam-dunk recipes on the classic chicken breast.

- Grilled Chicken Parmesan
- Chicken Marsala
- Chicken Picatta

Easy Freezy Meals Cooking Demonstration: Wednesday October 27, 2021 at 3:30 (\$65) **(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.

- Chicken & Broccoli casserole
- HK Painless Beef Stew
- Turkey Meatloaf
- Turkey Lasagna

Taco Bout It Hands On Cooking Demonstration: Thursday October 28, 2021 at 3:30 PM **(\$125) (Supplemental)**

You don't have to wait for Tuesday to enjoy tacos. In this hands-on class, 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

October Healthy Kitchen Schedule

Small Plates Big Flavor Chef's Table: Friday October 29, 2021 at 5:00 PM (\$150) (Supplemental)

Small plates are a hot new trend that has taken the country by storm. It is a casual yet sophisticated approach to dining that has pushed the classic fine-dining concept to the back burner. Join us in the Healthy Kitchen as our Healthy Kitchen Chef showcases their adventurous culinary spirit with their eye-catching, mouthwatering menu all paired with delicious wines.

Authentic Spanish tapas plates

- *Green Salad with Sherry Dressing & Serrano Ham*
- *Albondigas - Chicken Meatballs in tomato sauce with Potatoes Bravas & wilted spinach*
- *Braised Calamari - Calamari slow cooked with vegetables in a sauce of white wine and citrus juice*
- *Manchego Ravioli in Romesco Sauce*
- *Polvorón- Soft, and very crumbly Spanish shortbread*

Sweets Treats Cooking Demonstration: Saturday October 30, 2021 at 1:30 (\$65) (Supplemental)

Seasonally sweet treats, what more is there to say? Join our Healthy Kitchen Chefs for some inspiration on how to sweeten up your summer picnics or backyard BBQs with these light and delicious desserts.

- Sweet Potato Brownie
- Chocolate Tofu Mousse
- Cheesecake