

September Healthy Kitchen Schedule:

Five Ingredient Entrée Cooking Demonstration: Thursday September 2, 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
- Sweet Mustard Chicken Thighs
- Pan Roasted Salmon and Tomatoes
- Pistachio Crusted Chicken

Chef's Table: Asia Meets the Low Country: Friday September 3, 2021 at 5:00 PM (\$150) (Supplemental)

Join the Healthy Kitchen Chefs for a fun and delicious fusion of cultures. We'll use traditional low country ingredients and dress them up with Asian flavors. Each course will be paired with a wine that will accentuate the flavors to a tee!

- Shrimp & Grits "Sushi" - Local shrimp fully cooked in garlic ginger sauce and rolled with local corn meal grits in a blanched collard leaf and served with a ponzu dipping sauce.
- Miso Soup – A light, flavorful mushroom broth with miso paste, locally grown shiitake mushrooms and scallions. Oh, and lots of garlic and ginger!
- Glazed Pulled Pork - Local pork shoulder slow roasted with a deeply flavored soy glaze and shredded. Served with stir fried vegetables and sweet potato cake.
- Ginger Peach Cobbler - local peaches are bursting with flavor this time of year, and they shine in this Asian flavored dessert.

Chinese Takeout Cooking Demonstration: Saturday September 4, 2021 at 1:30 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

HK Cooking Demo Series – Dinner: Monday September 6, 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

September Healthy Kitchen Schedule:

Kale Yeah! Cooking Demonstration: Tuesday September 7, 2021 at 3:30pm (\$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

H3 Flatbread Cooking Demonstration: Thursday September 9, 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

Upscale Barbecue Chef's Table: Friday September 10, 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.

- *Smoked Brisket & Vegetable Soup* (100 Calories)
- *Stuffed Grilled Portobello Mushroom* – Grilled onions, sweet peppers, goat cheese and wilted arugula are stuffed into a balsamic marinated, grilled Portobello 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 and a baked bean millet cake. (320 Calories)
- *Smoked Pumpkin Cheesecake* - Topped with cinnamon whipped cream (150 Calories)

September Healthy Kitchen Schedule:

Poaching-Cooking Demonstration: Saturday September 11, 2021 at 1:30 PM (\$65) Chef Marvis (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

HK Cooking Demo Series – Fitbites: Monday September 13, 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

Sweets Treats Cooking Demonstration: Tuesday September 14, 2021 at 3:30 (\$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

Cooking with Citrus Cooking Demonstration: Thursday September 16, 2021 at 3:30 PM (\$65) (Supplemental)

Citrus fruits add bright, tart flavor to foods. In this hands-on class, we will show you how to incorporate nutrient-rich citrus in both savory and sweet dishes.

- Orange Mustard Glazed Pork Chops
- Avocado Lime Salsa with Fresh Catch
- Lemon Pudding Cakes
- Asian Orange Chicken

September Healthy Kitchen Schedule:

Chef's Table: An Evening in Italy: Friday September 17, 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 Bracciale* - 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"

Chicken Trifecta- Cooking Demonstration: Saturday September 18, 2021 at 1:30 PM (\$65)

(Supplemental)

Chicken salad, chicken sausage, chicken soup, chicken sandwich...chicken in almost every form has tremendous health benefits...unless, of course, you're the chicken! Besides being low in fat and calories, this plucky protein is also jam-packed full of essential nutrients and vitamins. The bird is the word in the Healthy Kitchen where you will learn delicious new recipes with this weekly menu staple.

- Peanut Sesame Ginger Chicken
- Grilled chicken parmesan
- Chicken souvlaki

HK Cooking Demo Series – Breakfast: Monday September 20, 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

Easy Freezy Meals Cooking Demonstration: Tuesday September 21, 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.

- HK Beef Stew
- Egg and Quinoa Cups

September Healthy Kitchen Schedule:

- Turkey Meatloaf
- Pecan Dijon Pork Tenderloin

Taco Bout It - Cooking Demonstration: Thursday September 23, 2021 at 3:30 PM (\$65) (Supplemental)

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

Best of the Best Chef Table: Friday September 24, 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)

Shrimp, Shrimp, and More Shrimp! Cooking Demonstration: Saturday September 25, 2021 at 1:30PM (\$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

HK Cooking Demo Series – Lunch: Monday September 27, 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

September Healthy Kitchen Schedule:

Grilling Made Easy- Cooking Demonstration: Tuesday September 28, 2021 at 3:30 PM (\$65) **(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
- Grilled vegetable salad with olives and feta

Hide and Eat Cooking Demonstration: Thursday September 30, 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