

December Healthy Kitchen Schedule

H3 Flatbread Cooking Demonstration: Wednesday December 1, 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
- Pesto
- True Vegetable Pizza

Chinese Take Out – Hands On Cooking Demonstration Thursday December 2, 2021 at 3:30 PM (\$125) (Supplemental)

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

- Egg roll
- Sesame chicken
- Broccoli stir fry

Chef's Table: The Traditions of Hanukkah Friday December 3, 2021 at 5:00 PM \$150 (Supplemental)

Come observe the festival of lights with a special Chef's Table that reflects upon the spirit of the season. With favorites like latkes and braised beef short ribs, this Chef's Table will showcase a true foundation with these traditional dishes served during this festive time of year.

- *Trio of Potato Latkes* – Idaho potato latke topped with house-made applesauce, purple potato latke topped with lox, and a sweet potato latke topped with crème fresh (150 Calories)
- *Apples and Honey Salad*- Watercress greens and pomegranate seeds lightly tossed in honey vinaigrette (75 Calories)
- *Braised Short Ribs*- Served with noodle kugel, honey glazed baby-carrots and haricot-verts drizzle with a red wine pan jus (335 Calories)
- *Flourless Chocolate Cake*-Rich chocolate cake garnished with fresh raspberries (90 Calories)

Fall Favorites Cooking Demonstration: Saturday December 4, 2021 1:30 PM (\$65) (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 learn some new healthy fall recipes that will complement the season.

- Roasted pork tenderloin
- Apple chutney

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Roasted Butternut Squash Soup

HK Cooking Demo Series – Fitbites: Monday December 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.

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

Hide and Eat Cooking Demonstration: Tuesday December 7, 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

Shrimp, Shrimp, and More Shrimp! Cooking Demonstration: Wednesday December 8, 2021 at 3:30 PM (\$65)

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

30 Minute Meals Cooking Demonstration: Thursday December 9, 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

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- Marinara
- Chicken Parmesan Sheet Pan Meal

Chef's Table: Lobster Decadence Friday December 10, 2021 at 5:00 PM (\$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 asparagus, 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)

Kale Yeah! Cooking Demonstration: Saturday December 11, 2021 at 1:30pm (\$65)

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 into your everyday meals.

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

HK Cooking Demo Series – Breakfast: Monday December 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.

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

Chicken Trifecta Cooking Demonstration: Tuesday December 14, 2021 at 3:30 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

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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

Easy Freezy Meals Cooking Demonstration: Wednesday December 15, 2021 at 3:30 PM (\$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 Cheese Quinoa Cups
- Turkey Meatloaf
- Turkey Lasagna

2 Chefs...2 Stations: Thursday December 16, 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

Upscale Barbecue Chef's Table: Friday December 17, 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 Short Rib & 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)

Bean for Beginners Cooking Demonstration: Saturday December 18, 2021 at 1:30 PM (\$65) [\(Supplemental\)](#)

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Beans are the basis of healthy, satisfying meals---as long as you know what to do with them! Join our Healthy Kitchen Chef to learn a variety of simple, satisfying, and healthy meals using both dried and canned beans. You'll learn an easy way to seamlessly incorporate cooking dried beans into your life and which brands of canned beans have the best flavors, textures and nutrition.

- Falafel
- Lentil Burger
- Cuban Black Soup

HK Cooking Demo Series – Lunch: Monday December 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.

- Buffalo chicken wrap
- Panzanella salad
- Shrimp stir fly

Fish 3 Ways Cooking Demonstration: Tuesday December 21, 2021 at 3:30 PM (\$65) (Supplemental)

Join us in the Healthy Kitchen, as our Healthy Kitchen Chef creates 3 mouth-watering recipes with fresh and local fish. This class will focus on proper cooking and food temperatures. You will learn about how the animals are raised, best practices for sustainability, how to choose the right cuts, farming and fishing practices, and more.

- Poached Salmon
- Creamy dill sauce
- Grilled Catch
- Catch en papillote
- Avocado salsa

Fun with Spices Cooking Demonstration: Wednesday December 22, 2021 at 3:30 PM (\$65) (Supplemental)

Spice up your life and seasoning techniques for your most delicious results ever! Learn how to make exotic spice blends that will bring amazing flavor to your recipes. This cooking class will be taught by our Healthy Kitchen Chef is sure to be a good one.

- Moroccan salmon
- Roasted vegetables 4 ways
- Seasoned barley
- Grilled Chicken Parmesan

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Holiday Hors D'oeuvres Cooking Demonstration: Thursday December 23, 2021 at 3:30 PM (\$65) [\(Supplemental\)](#)

Start your event off right! Join us in the Healthy Kitchen and learn how to prepare simple, delicious and healthy appetizers that will simplify your holiday while still packing your hors d'oeuvres with show-stopping flavor!

- Roasted Balsamic and Cranberry Crostini
- HK Turkey Meatballs
- BBQ Sauce
- Kale Dip

HK Cooking Demo Series – Dinner: Monday December 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.

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

Mexican Made Easy Cooking Demonstration: Tuesday December 28, 2021 at 3:30 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.

- Black bean and chicken chilaquiles
- Green pea guacamole
- Pulled chipotle chicken
- Mexican tequila slaw
- Squash quesadilla

Sweets Treats Cooking Demonstration: Wednesday December 29, 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

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Taco Bout It- Hands On Cooking Demonstration: Thursday December 30, 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

Chef Table: New Year's Eve- Friday December 31, 2021 at 5:00 PM (\$175) [\(Supplemental\)](#)

Get ready to embrace the New Year with a happy belly as our Healthy Kitchen Team revels in all things luxury on this festive night. The evening will include a four-course menu paired with show-stopping wine accompaniments. Join us in the Healthy Kitchen and start 2022 off with a bang!

- *Creamy Tomato Basil Bisque*- Garnished with mini smoked-gouda sandwiches (75 Calories)
- *Lobster Salad*: Fresh Maine lobster tossed with lemon, scallions, grilled corn, and roasted garlic (90 Calories)
- *Filet with Mushroom Sauce*- Served with Madeira wine and wild-mushroom sauce, potato and celery root mash, lemon garlic grilled asparagus. (320 Calories)
- *Champagne Cupcake*- Topped with whipped cream (120 Calories)