

November Healthy Kitchen Schedule

HK Cooking Demo Series – Dinner: Monday November 1, 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 November 4, 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

Upscale Barbecue Chef's Table: Friday November 5, 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 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)

Shrimp, Shrimp, and More Shrimp! Cooking Demonstration: Saturday November 6, 2021 at 1:30 (\$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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HK Cooking Demo Series – Fitbites: Monday November 8, 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

Chicken Trifecta Cooking Demonstration: Tuesday November 9, 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 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

Fall Favorites Cooking Demonstration: Wednesday November 10, 2021 3:30PM (\$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
- Pumpkin muffins

2 Chefs...2 Stations Thursday November 11, 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

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American Steakhouse Chef's Table: Friday November 12, 2021 at 5:00 PM (\$150) (Supplemental)

Whether you're in New York or Chicago, the classic steakhouse has left a lasting impression on American culture. Perfectly seasoned beef, fresh salads and creamy desserts paired with bold wines. Come join us as you will be pleasantly surprised with our healthy twist on the classic American steakhouse with wines to match.

- *Smoked Corn Chowder with Lobster* (100 Calories)
- *Grilled Vegetable & Quinoa Salad*- Zucchini, sweet peppers, onions and tomatoes grilled and tossed with multi-colored quinoa and a roasted vegetable vinaigrette. (80 Calories)
- *Filet with Mushroom Sauce*- Served with Madeira wine and wild-mushroom sauce, potato and celery root mash, lemon garlic grilled asparagus. (320 Calories)
- *Vanilla Honey Cheesecake* - Topped with raspberry coulis and mint leaves (150 Calories)

Poaching-Cooking Demonstration: Saturday November 13, 2021 at 1:30 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

HK Cooking Demo Series – Breakfast: Monday November 15, 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

Kale Yeah! Cooking Demonstration: Tuesday November 16, 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 into your everyday meals.

- Almond Cranberry Kale

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

Cooking with Citrus Cooking Demonstration: Wednesday November 17, 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

5 Ingredient Dinners Cooking Demonstration: Thursday November 18, 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

Best of the Best Chef Table: Friday November 19, 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)

Squash It! Cooking Demonstration – Saturday November 20, 2021 at 1:30pm (\$65)

The Healthy Kitchen is the place to be for learning how to enhance your diet with healthy and delicious recipes that will satisfy all palates. Our Squash It class will focus on different recipes using one of nature's most available and versatile vegetables that is packed with antioxidants, Vitamin A,

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carotenes and dietary fiber. The only way to learn how to prepare these delicious recipes is to join us in the Healthy Kitchen, so sign up quick!

- Mini egg and cheese quinoa cup
- Zucchini cakes
- Pumpkin coconut curry soup
- Squash Quesadilla

HK Cooking Demo Series – Lunch: Monday November 22, 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

Sheet Pan Meals: Cooking Demonstration Tuesday November 23, 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
- Grilled chicken Parmesan
- Blackening seasoning
- BBQ seasoning
- HK painless marinara
- Moroccan Catch
- Quick pickle liquid

Thanksgiving Sides Cooking Demonstration: Wednesday November 24, 2021 at 3:30 PM

(\$65) (Supplemental)

With Thanksgiving just around the corner, learn some new healthy dishes to add to your Thanksgiving menu. Our Healthy Kitchen Chef will be demonstrating how to make these delicious dishes that are sure to be the highlight of your menu.

- Warm Farro Brussel Sprout Slaw
- Whole Wheat and Rosemary Apple Stuffing
- Cauliflower Mashed Potatoes
- Roasted Sweet Potatoes

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Pop-Up Cooking Demonstration: Thursday November 25, 2021 at 3:30 PM (\$65) (Supplemental)

This will be a cooking demonstration unlike anything we've do before and you're in the driver seat. Our Healthy Kitchen Chef Thomas will be walking the campus getting your ideas/favorite recipes and demonstrating them in this fun and exciting class. So don't forget to stop by the Healthy Kitchen early this week and drop off what you would like to see made.

- TBD (by you)

Chef's Table: An Evening in Italy Friday November 26, 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"

Salmon 3 Ways Cooking Demonstration: Saturday November 27, 2021 at 3:30 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 November 29, 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

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Sweets Treats Cooking Demonstration: Tuesday November 30, 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