

## Healthy Kitchen Schedule January

### Mexican Made Easy Cooking Demonstration: Saturday January 1, 2022 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

### HK Cooking Demo Series – Fitbites: Monday January 3, 2022 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

### Kale Yeah! Cooking Demonstration: Tuesday January 4, 2022 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
- Kale with Pancetta & Mushrooms
- Lemon Parmesan Kale
- Crispy Kale Chips

### Italian Chicken Trifecta Cooking Demonstration: Wednesday January 5, 2022 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

## Healthy Kitchen Schedule January

### 30 Minute Meals Cooking Demonstration: Thursday January 6, 2022 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
- Marinara
- Chicken Parmesan Sheet Pan Meal

### Best of the Best Chef Table: Friday January 7, 2022 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)

### Sheet Pan Meals Cooking Demonstration: Saturday January 8, 2022 at 1:30 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

## Healthy Kitchen Schedule January

### HK Cooking Demo Series – Breakfast: Monday January 10, 2022 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

### Sweets Treats Cooking Demonstration: Tuesday January 11, 2022 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

### Taco Bout It - Cooking Demonstration: Wednesday January 12, 2022 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

### 2 Chefs...2 Stations Thursday January 13, 2022 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

### Chef's Table: Winter Dinner Party: Friday January 14, 2022 at 5:00 PM (\$150) (Supplemental)

Don't let your social life go into hibernation this winter! Join us for a cozy yet sophisticated dinner party in our festive Healthy Kitchen. Sit down for a wintry feast that covers everything from a wonderfully rich and savory soup, to an elegant main dish and of course a truly delectable chocolate dessert. This hearty midwinter's meal showcases the bounty of the season and pairs especially well delicious wines, hand selected with each course.

- *Roasted Butternut Squash Soup* – garnished with toasted spiced pecans (75 Calories)

## **Healthy Kitchen Schedule January**

- *Beef Tenderloin Crostini*– Sliced whole wheat baguette and seasoned beef tenderloin cooked to perfection and topped with our horseradish cream. (70 Calories)
- *Cranberry and Chestnut Stuffed Pork Tenderloin* –Mushroom and Onion Bread Pudding, Roasted Carrots, and Parsnips drizzled with a Pomegranate Sherry Sauce (380 Calories)
- *Hot Cocoa Cupcakes* – topped with torched Italian Meringue (115 Calories)

### **Cooking with Citrus Cooking Demonstration: Saturday January 15, 2022 at 1:30 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

### **HK Cooking Demo Series – Lunch: Monday January 17, 2022 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

### **Five Ingredient Entrée Cooking Demonstration: Tuesday January 18, 2022 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 January 19, 2022 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

## Healthy Kitchen Schedule January

- Egg roll

### Shrimp, Shrimp, and More Shrimp! Cooking Demonstration: Thursday January 20, 2022 at 3:30PM (\$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

### Chef's Table: Asia Meets the Low Country: Friday January 21, 2022 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.
- Vegetable Spring Roll - Fresh, local vegetables sautéed in a flavorful sauce and wrapped in a wonton and roasted until crispy. Served with a sweet & spicy dipping sauce.
- 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.

### Poaching-Cooking Demonstration: Saturday January 22, 2022 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 – Dinner: Monday January 24, 2022 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

## Healthy Kitchen Schedule January

- Roasted vegetables
- Grilled Chicken Parmesan

### Hide and Eat Cooking Demonstration: Tuesday January 25, 2022 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

### Easy Freezy Meals Cooking Demonstration: Wednesday January 26, 2022 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

### Chicken Trifecta: Hand's On Cooking Demonstration: Thursday January 27, 2022 at 3:30 PM (\$125) (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

### Chef's Table: An Evening in Italy Friday January 28, 2022 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.

## Healthy Kitchen Schedule January

- *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"

### H3 Flatbread Cooking Demonstration: Saturday January 29, 2022 at 1:30 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

### HK Cooking Demo Series – Fitbites: Monday January 31, 2022 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