



## **Cooking 101:**

These classes are designed for those committed to learning the basic fundamentals and skills of healthful cooking. You will learn balanced menu planning and how to stock your pantry with basic quality ingredients; knife skills; cooking with whole grains, beans, fruits, vegetables, organic eggs, chicken, beef, and seafood; the use of herbs and spices; making homemade soups, salads, dressings, and desserts; learning about kitchen equipment and supplies needed for you home. Also, during each class we will prepare a wholesome balanced meal, which will highlight various cooking techniques such as boiling, broiling, steaming, sautéing, baking, blanching, and grilling. *Basic 1 Class: Bring on Breakfast: Protein Powered Berry Smoothie, Cheddar Breakfast Wrap, Poached Eggs over Sautéed Spinach with a Mock Hollandaise Sauce, Banana Oatmeal Pancakes* *Basic 2 Class: Better Burger, Salad, and Sides: Hummus and Vegetables, Lamb Burgers with Mache on a Whole Wheat Bun, Old Bay Potato Wedges, Cucumber Tomato Salad* *Basic 3 Class: Quick and Easy 4 Course Dinner: Arugula Appetizer Salad, Chicken breasts with goat cheese and fire-roasted tomatoes, Balsamic Roasted Asparagus, Strawberry Banana Marshmallow Fondue Skewer*

## **Brunch Party:**

A brunch party is the perfect get together for family and friends alike when you don't want to go through the hassle of hosting a full-out bash. One of the best things about a brunch party is the food is often quick and easy to make. And there is an abundant choice of recipes to satisfy even the pickiest guest. *Cinnamon Cranberry Granola, Yogurt Cream Blueberry Cantaloupe Parfait, Cottage Grill Cakes with Blueberry-Peach Syrup, Eggs Florentine with Smoke Salmon on a Whole Wheat English Muffin and a Creamy Yellow Pepper Sauce, Baby Bellini*

## **Girls Night-In:**

Host an amazing cooking class in your home for you and your closest friends. Learn to cook healthy and delicious meals for you and your family. We will teach you how to prepare health-promoting, nutrient-dense delicious food. The recipes and focus of this class include high-quality whole foods that enhance your immune system, possess antioxidant properties, and help reduce inflammation. Class time will be devoted to menu planning, food shopping, and helpful tips about stocking your pantry at home. Get ready for a fun day with your girlfriend to learn easy meals worthy of company, yet perfect for when you want to enjoy them alone. *Whey Good Berry Smoothie, Wholly Guacamole with Corn Chips, Baked Marinated Organic Chicken with a Sweet Orange Sauce, Quinoa-Shiitake-Edamame Pilaf, Sautéed Angel-Hair Collards in Garlic and Olive Oil, Curried Spice-Baked Sweet Potatoes, Apple-Pear-Blueberry Crisp with Yogurt Cream, Ginger Green Tea*

**Simple but Perfect Salads:**

Let us help you take the stress out of healthy menu planning. These exciting recipes include plenty of ideas for well- balanced salads that are meals in themselves, as well as appetizers, side dishes, and desserts. You will learn how to make a salad for any occasion. *Fennel and Orange, Tabbouleh, Roasted Vegetable Salad, Tomato Salad with Feta Cheese, Cajun Chicken Salad, Salmon and Two-bean Salad, Exotic Fruit Cocktail.*

**Raw Food:**

Raw food has vitamins, minerals, enzymes, and phyto-nutrients that are essential for life to prevent aging, disease, and poor nutrition. In this classes you will learn to make delicious food you already eat and love but with a raw twist. *Almond Milk, Granola, Cesar Salad, Cream of Cucumber Soup, Marinara Sauce, Zucchini Pasta, Not Meat Balls, Brownies*

**Cooking for Natural Beauty:**

The secret to age-less beauty is from the inside out. When caring for the body through the foods you eat you will naturally result in smooth skin and glowing complexion weather you are eighteen or eighty. In this call you will learn to prepare: *Beauty Smoothie, Homemade Muesli with Yogurt and Berries, Papaya Lime Soup, Shrimp and Avocado Salad, Fish en Papillote, Orange Kiwi and Red Grape Compote.*

**Ayurveda:**

Ayurveda is a science of life that teaches us how to live in harmony with ourselves and with nature. Ayurvedic cooking has a purpose in maintaining balance between physical, social, mental, and spiritual harmony through a variety of herbs, spices, legumes, vegetables, and fruits. In this class you will learn how to prepare: *Chickpea Dip with Fresh Cilantro, Curried Butternut Squash and Apple Soup, Arugula Salad with Walnut Olive Dressing, Baked Pears stuffed with Granola and Roasted Almonds served with a Raspberry Sauce*

**Gluten Free Wheat Free Baking Class:**

In this class you will learn the guidelines for general gluten free baking. You will gain experience using flour variations such as rice flour, oat flour, and arrowroot flour. You will practice making tarts, pies, cakes, muffins and cookies using the above flours. *Fresh Berry Tart with Nut Crust, Blueberry Corn Muffins, Light Lemon Tart, Gluten Free Chocolate Cake, Currant Scones*

**Spa Cooking Class:**

This is low fat food, portion controlled, and beautifully prepared. Colors Shapes and textures are very important and fresh and local are a must. In this class you will learn how to prepare: *Garden Bouquet Salad and Roasted Garlic Dressing, Wild Rice Salad with Carrot Ginger Dressing, Summer Squash Soup, Grilled Halibut with Pineapple Mustard Puree, Skewered Fruit with Chocolate Sauce*

**Macrobiotics Cooking Class:**

Macrobiotics means "Large Life" in Greek referring to a lifestyle and diet that promotes health and longevity. It is a way of eating and living that has been practiced for thousands of years to emphasize achieving harmony with nature. In this class you will learn how to prepare: *Vegetable Miso Soup, Creamy Adukis, Basic Brown Rice, Arame with age Tofu, Pressed Salad, Burdock Carrots and Onions Kimpura, Ruby Fruit Salad.*