

# COOKING CLASSES & DEMONSTRATIONS

Class/demonstration (~60 min ) with recipes provided in PDF format.

Cooking classes/demonstrations are offered as follow-up presentations only (no opening cooking classes). Invoice will include speaker fee plus the cost of food/supplies required for the class/demonstration.

## Cooking with Whole Foods

How to plan, purchase & prepare meals using whole foods to minimize processed foods

## Cooking with Herbs & Spices / Grilling with Herbs & Spices

Identification; how to buy, use and store fresh and dried herbs; recipes and suggestions

## Healthful Holiday Recipes

Healthful Alternatives/Suggestions/Recipes - Entertaining/Party Foods

## *The Basics Series:*

Breads	Quick breads/Muffins	Pies/Tarts	Cakes, Cookies, Pastries	Stocks/Soups
Sautéing	Roasting and Braising	Grains	Grilling/Smoking	Steaming
Legumes	Sauces, Salsas and Chutneys		Vegetables/Fruits	Pasta

Farmers Market Series - seasonal cooking (Spring, Summer, Autumn & Winter) with local & unusual products

The Well-Stocked Pantry - simplify both shopping and cooking; recipes and suggestions

Breakfast and Brunch - start the day out right; surprise someone special with breakfast in bed

Simple Meats/Exciting Sides - exciting side dishes for simple roasted, sautéed and grilled meats

Seafood - “eye before you buy” recipes and suggestions

Plan-Aheads & Batch Cooking - casseroles, one-dish meals, make-ahead meals; recipes & suggestions

Vegetarian Cuisine - vegetarianism, ingredients, techniques/guidelines/recipes

Smoothies - basic formula for smoothies including a variety of healthful ingredients

Breakfast-On-The-Go - recipes, tips & suggestions for quick, healthful breakfasts, include batch-cooking

Packing Healthful Lunches - recipes, tips & suggests to maximize nutrition and time

Garren M. Brannon, RDN, LDN

Registered Dietitian/Nutritionist, Licensed Dietitian/Nutritionist ~ *Every Bite Counts®/Make Every Bite Count®*  
Phone: (336) 414-5686 ~ Fax: (336) 464-2891 ~ Email: [rd@everybitecounts.net](mailto:rd@everybitecounts.net) ~ Web: [www.everybitecounts.net](http://www.everybitecounts.net)