

Huntington Kitchen's Basic Steps to Healthy Cooking

Class to choose which recipe they would like to do

WEEK 1: Eggs

Omelettes
Scrambled Eggs
Poached Eggs
Pancakes

WEEK 2: Soups

Leek and Potato Soup
Pea and Mint Soup
Tomato Soup

WEEK 3: Stir Frys

Chicken Chow Mein
Beef Stir Fry
Hardly Any Prep Shrimp Stir Fry
Sweet and Sour Pork

WEEK 4: Meats/Veg

Chicken with Posh Ham
Spanish Style Grilled Steak
Chicken Fajitas
Quick Salmon Tikka

Veg

Buttered Spinach
Best Baby New Potatoes
Broccoli with Asian Dressing
Best Ever French Beans
Braised Bacon Cabbage
Mexican Style Corn
Dressed Asparagus

WEEK 5: Pasta and Risotto

Classic Tomato Spaghetti
Pasta Shells with Smoked Bacon and Peas
Risotto Bianco with Pesto
Bolognese and Lasagne
Meatballs and Pasta

WEEK 6: Salads

Dressed Green Salad and Jam Jar Dressings
(always teach this one)
Evolution Tomato Salad
Evolution Cucumber Salad
Evolution Potato Salad
Evolution Carrot Salad
Pick and Mix Salad

WEEK 7: Pizza

Homemade Pizza Dough
Homemade Tomato Sauce
Pizza Margarita

WEEK 8: Sweet Stuff and Breakfasts

Frozen Fruit Smoothies
Granola
Stewed Fruit and Crumble
Butternut Squash Muffins