



Blue Zones Private Cooking Class

Living a long and healthy life shouldn't be devoid of flavorful food. Join us for a hands-on cooking class inspired by the wisdom of the world's longest-living people, the centenarians of the Blue Zones. You'll discover the secrets to incorporating the Blue Zones' whole-food philosophy into your kitchen, creating delicious and nutritious meals that promote longevity and well-being.

Private Menu Options

DF = Dairy Free: these recipes contain no cow's milk or butter

GF = Gluten Free: these recipes contain no gluten

V = Vegetarian: these recipes may include eggs, cheese but no meat/fish

Appetizer Course *(choose one)*

Sweet & Spicy Hummus with Crudite' (DF, GF, V)

Kale, Beet, Walnut & Goat Cheese Salad with a Balsamic Vinaigrette (GF, V,*)

Entree Course *(choose one)*

Orange-Maple Glazed Salmon with Olive-Mustard Quinoa (GF, DF)

Roasted Brussels Sprouts (GF, DF, V)

or

Szechuan Shrimp over Brown Rice (*GF, DF*)

Toasted Sesame Broccoli (*GF, DF, V*)

* Can be made DF