



Thrive Kitchen at Home 2021

Cook Your Way to Better Health!

Our goal at Thrive Kitchen is to teach you how to cook deliciously to improve your health and boost your energy. The pandemic put a hold on our hands-on classes, but we're back in a virtual format! Join Chef Linda Shiue, MD and learn to cook globally inspired, seasonal cuisine in less time than it takes to get takeout. We'll teach you how to use herbs and spices for flavor. And we'll discuss how all this fits into a healthy eating pattern, with plenty of time for your questions.

March 24 - Eat Your Greens!

In honor of National Nutrition Month, National Colorectal Cancer Awareness Month and National Spinach Day (3/26), let's explore leafy greens! Leafy greens are one of nature's powerhouses. We'll explore various leafy greens and learn to prepare them in a variety of ways, from raw to cooked. We'll flavor them with spices, herbs, and some ingredients which might be less familiar. And we'll discuss how greens fit into a healthy eating pattern, with plenty of time for your questions.

Menu: Kuku Sabzi (Persian Herb Frittata) with Fresh Herb Platter
Massaged Kale Salad with Pomegranate Vinaigrette

April 21 - Cooking to Reduce Food Waste

In celebration of Earth Day (4/22), learn how to creatively and deliciously reduce food waste. Because waste not, want not! We'll flavor with spices and herbs and use some ingredients which might be less familiar. There will be plenty of time for your questions.

Menu: Spicy Green Herb Soup
Roasted Tomato Panzanella with Chickpeas and Pickled Red Onions

May 19 - Healthy Asian Cooking

May is Asian Pacific American Heritage Month, and we're celebrating with a virtual tour of Asian cuisine, featuring plant based takes on popular dishes from China, Taiwan and the Philippines. We'll discuss how to stock a healthier Asian pantry, cook and have plenty of time for questions.

Menu: Filipino Eggplant Adobo
Lighter Mapo Tofu
Taiwanese Cucumber Pickle

June 16 - Mediterranean Picnic

In honor of National Picnic Day (6/18), let's explore flavors of the Mediterranean! The Mediterranean diet is one of the healthiest eating patterns. Learn all about it and learn to cook with herbs and spices.

Menu: Watermelon with Feta and Mint
Falafel Salad
Fattoush

July 14 - Spanish Summer: Gazpacho and Tapas

We may not be able to travel to Spain this summer, but we will in our home kitchens! Learn to make classic gazpacho and a few plant-based tapas.

Menu: Classic Tomato Gazpacho
Orange and Spanish Olives Salad
Romesco Sauce with Crudités

August 11 - Back to School Cooking and Meal Prep

Back to School means a busier schedule for families with children. Meal planning and prep can save the day! In this workshop you'll learn a flexible template for making flavorful grain bowls, for a flexible and family-friendly recipe with endless variations, whether you are cooking for a family or just yourself. We'll flavor them with spices, herbs, and some ingredients which might be less familiar. And we'll have plenty of time for your questions.

Menu: Grain Bowls, 3 ways

September 8 - Taco Bar

Celebrate National Hispanic Heritage Month with a plant-based twist on your favorite tacos.

Menu: Rainbow Chard, Sweet Potato and Black Bean Tacos
Vegan Chorizo Tacos
Salsas and Toppings:
Lime Cashew Crema
Pickled Red Onion
Chipotle Salsa

October 6 - Everything Pumpkin

Pumpkin and other winter squash are a great source of beta-carotene and fiber. Learn how to use pumpkin in something other than pumpkin pie! We'll flavor with spices, herbs, and some ingredients which might be less familiar. And we'll have plenty of time for your questions.

Menu: Pumpkin Hummus with Fall Crudité Platter
Mexican-Spiced Roasted Butternut Squash Soup w/ Spiced Pepitas and Lime Cashew Crema
Pumpkin Pot de Crème

November 17 - Plant-Based Thanksgiving

Whether or not you're serving turkey, learn to make plant-based Thanksgiving recipes with a twist!

Menu: Roasted Acorn Squash with Thanksgiving Quinoa
Chipotle Cranberry Sauce
Thanksgiving Kale Salad with Roasted Root Vegetables

December 1 - Holiday Appetizer Party

Even if your party is virtual and you're the only guest, it's fun to have flavorful hand-held bites. Let's get creative with some festive, plant based hors d'oeuvres!

Menu: Minted Pea Crostini
Endive Leaves with Harissa Carrot Yogurt
Polenta Bites with Red Chard