Class 1 – Saturday August 1 – 10:30 am

Webinar with Janice Goldschmitt – Janice will share the main concepts of her book: Teaching Authentic Cooking Skills to Adults with Intellectual and Developmental Disabilities. There will be time for questions.

Earlier in the week, I will send out a picture recipe for Mediterranean Chicken that can be made on the electric skillet. I love this recipe it includes tomatoes, spinach, artichoke hearts, olives and Feta Cheese. I will also provide tips on how to pre-cook the chicken so you don’t have to worry about the electric skillet fully cooking raw meat. I will send out the picture recipe earlier in the week and at the end of the class we can share pictures and discuss how we liked or adapted this recipe.

Class 2 – Saturday August 15 – 10:30 am

Webinar with Amanda Nicole RDN – Amanda will discuss the benefits of eating a well-balanced diet, that doesn’t have to be restrictive. We’ll be sending out a survey, so Amanda will be able to tailor her presentation to address everybody’s dietary concerns. Amanda will also show us how to make a healthy breakfast including Avocado Toast, Greek Yogurt and fruit.

Class 3 – Saturday August 29 – 10:30 am

Webinar and Demonstration. This class will begin with a discussion led by Occupational Therapists (OT’s) who will discuss cooking tools from the Color Coded Chef, as well as adaptive tools such scissors and knives. The OT’s will also discuss the importance of creating an organized space for cooking which includes laying out the needed utensils and ingredients for recipes.

After the discussion with the OT’s, we’ll practice measuring, and mixing ingredients by making healthy, Keto brownies. I will send out the recipe earlier in the week, so you can buy the ingredients beforehand and follow along during the class.

Class 4 – Saturday September 12 – 10:30 am

During this class we’ll spend time looking at the Meal Kits on Peapod for Giant web page. You can get ideas and hopefully, you’ll find these meal kits helpful for your families week night dinners. Earlier in the week, I will ask that everybody order Beef and Broccoli with Jasmine Rice, I will also send a picture recipe for preparation. I will provide tips on pre-
cooking the beef so you’re not relying completely on the electric skillet to cook the raw meat. This will be the recipe, I will be using for this class, but you can order different ingredients if your family prefers not to eat meat.

Class 5 – Saturday September 26 – 10:30 am

Using the electric skillet, we'll make the Korean dish Bibimbap. I discovered this dish during Quarantine, and it’s now has become one of my family’s favorites. The great thing is you can switch out the white rice for brown rice or quinoa, you can use ground turkey or chicken instead of ground beef. The veggies can also be changed depending on your preferences. This recipe has limitless options. I will send out a picture recipe earlier in the week.

Class 6 – Saturday October 3 - 10:30 am

By October, it should start feeling like Fall. Chili is the perfect food for Fall. We’ll be making a Chili recipe designed for the electric skillet. I will be sending out the picture recipe earlier in the week. You can serve over rice, chips or Tater Tots.