



***Hands-On Knife Skills Class***

**\$55**

Asian Stir Fry tasting included!

Friday Jan 14

6-9PM

[RiverBend & Company Groton, MA](#)

Throughout this 2-hour, hands-on class Liz will show you how to: julienne - dice - chiffonade - and chop as well as other chef's tips for cutting vegetables. Learn how to properly hold and use your knives as a way to save time and effort in the kitchen. Take your chopped vegetables and herbs home to recreate the stir-fry you sampled at the start of class. Cutting boards and knives will be available for use in class. Knives will also be available for purchase at class.

***Feasting on Soups and Stews***

**\$70**

Dinner and Wine Tasting Included

Liz brings back this great class with new recipes and more cooking tips. Join Liz as she walks you through the steps to creating 4 healthy, flavorful, and delicious soups and stews. In addition to traditional stovetop cooking methods Liz will explore using a pressure cooker and a crock pot to make preparation easier and quicker. Add in Liz's easy cooking technique tips and you are on your way to yummy soups and stews you can create at home. This class will feature: Beef and vegetable stew, rich bean soup, light and healthy chowder, and a delicious dessert soup.

Friday Feb 18

6-9PM

[RiverBend & Company Groton, MA](#)

***Feasting on Lean Meats: Poultry & Pork***

**\$70**

Dinner and Wine Tasting Included

Friday Mar 18

6-9PM

[RiverBend & Company Groton, MA](#)

Using lean meats as part of our healthy diets is important to reducing body fat, increasing lean muscle, and improving metabolism. The problem is, lean meats are tricky to cook well and they often end up dry and tasteless. This class will teach you cooking techniques and flavoring additions that will ensure all your lean meat portions will be flavorful.

This class will feature: Turkey tenderloin, whole chicken, pork tenderloin, and chicken thighs



### ***Feasting on Healthy Seafood***

**\$70**

Dinner and Wine Tasting Included

Are you interested in adding the healthy benefits of fish to your diet but are unsure of how to prepare it? Using fish high in Omega-3 fatty acids as her focus Liz will explore simple delicious seafood preparation techniques that will give you the confidence to prepare her easy recipes at home. Liz will answer your questions about what fish to buy, how to buy it and what's happening in our local fish markets.

This class will feature: Salmon, tuna, shrimp, and cod

Friday Apr 15

6-9PM

[RiverBend & Company Groton, MA](#)

### ***Feasting with Health Boosting Herbs, and Spices (Vegetarian Menu)***

**\$70**

Dinner and Wine Tasting Included

Here is another way to add healthy, healing ingredients to your recipes! Celebrate the flavors of life by adding fresh herbs and spices to enhance the flavors and boost the nutrients of your recipes. Liz will introduce you to herbs and spices combinations and many ways you can add them to healthy vegetarian recipes. Add in Liz's easy cooking technique tips and you are on your way to creating great meals you can prepare at home.

This class will feature: Rosemary, sage, parsley, thyme, cumin, star anise, cinnamon, coriander, turmeric