



NUTRITION KITCHEN

Team Building Classes

Making Mediterranean

Dive into the history and health benefits of hummus, learn how to assemble a Greek salad without a recipe, and compete to make the most authentic, and creative, loaded hummus.

Greek Lunch: EYO Greek Salad, Chicken & Veggie Souvlaki with Tzatziki, Pita & Hummus.

Ultimate Taco Tour

Explore how corn becomes masa and review the history of the taco. Then together you will make your own tortillas, make guacamole without a recipe, and compete to build the most creative taco.

Taco Lunch: BYO Taco from an extensive selection of meats & toppings, chips & dip.

Pasta Making Party

Discuss the history of pasta in different cultures and how to infuse that pasta with different flavors and colors using natural ingredients. Learn to fill & fold ravioli & tortellini before racing to see which team can form the most raviolis & tortellinis.

Pasta Lunch: Cheese Ravioli w/ Basil Pesto, Italian Sausage & Provolone Tortellini w/ Marinara, Italian house salad.

Potstickers & Spring Rolls

Learn to roll and fold Spring Rolls & Potstickers, then race to see which team can produce the most.

Potsticker Lunch: Enjoy your own Spring Rolls with Nuoc Cham, Mushroom & Pork Potstickers with dipping sauce, Apple & Snow Pea Salad with Cilantro Ginger Dressing, Crunch Asian Slaw with Sesame Soy Dressing.

All classes are \$35 per person and incorporate nutritional information, instructional demonstration, hands on learning, and food to enjoy in the class. Duration of each class is 60 minutes.

Interested in booking a class? Contact melissa.fadgen@walmart.com

