

UVA Teaching Kitchen
Standard Menu Options, Fall '23

Mediterranean Grain Bowls

- The Mediterranean Grain Bowls cooking class features Middle Eastern inspired cuisine - think garden fresh herbs and warm spices. In this class you will sharpen your knife skills, master meal prep, and get familiar with flavoring “to taste”.
- Dietary features: vegetarian, vegan option; gluten-free option (sub quinoa for couscous).
- Allergen information: contains optional wheat (couscous) and optional milk (sour cream, yogurt).

Red Lentil Daal and Flatbread

- The Red Lentil Daal and Flatbread cooking class features South Asian inspired cuisine using lentils and a variety of flavorful spices for a protein-rich, creamy, and comforting dish that is quick and easy to make ahead for meal prep. Paired with the fun experience of cooking a skillet flatbread and learning knife skills, this class will familiarize you with some new flavors and protein sources as well as stovetop cooking methods.
- Dietary features: vegetarian, vegan-modifiable
- Allergen information: contains optional wheat (flatbread)

Fajitas and Fresh Salsa

- This class features popular flavors and ingredients you might find at Asado or Chipotle to make your own sizzling fajitas featuring fresh veggies, seasoned chicken strips, spicy black beans and cilantro lime rice. In this class we’ll also make fresh roasted salsa for an appetizer or topping. Adaptable to spice preference and dietary preferences, you’ll practice knife skills, sautéing, broiling, and blending.
- Dietary features: gluten-free (option), vegetarian option
- Allergen information: contains optional dairy (cheese) and wheat (flour tortillas)

Broccoli Shrimp Stir Fry

- This class features fresh veggies and lean protein for a light, flavorful, nutrient packed meal that doesn’t take long to make. A staple for busy bees, sautéing with sauces and seasonings associated with East Asian cuisine makes this dish an easy favorite during the week. Students will practice knife and stir-fry skills.
- Dietary Features: pescatarian; gluten-free option
- Allergen Information: contains soy, gluten (modifiable), shellfish, and optional sesame

Build-Your-Own Pizza

- Build your own pizza and salad featuring seasonal fresh produce. Learn pro tips to bake a crispy crust, thinly slice pizza toppings, and mix up a tangy vinaigrette dressing.
- Dietary features: customizable, including vegetarian option.
- Allergen information: contains wheat and soy (pizza dough), milk (cheese), and optional pine nuts (ingredient in pesto sauce option).

Peanut Noodle Bowls

- Peanut Noodle Bowls are reminiscent of Pad Thai. It’s a versatile dish that you can make using the microwave or stovetop, with fresh ingredients or pantry staples, tailored to dietary preference.
- Dietary features: vegetarian, vegan option; gluten-free option
- Allergen information: contains peanuts; eggs (optional); wheat (optional – sub rice noodles); soy (optional – sub tamari)