

**UVA Teaching Kitchen**  
**Standard Menu Options, Spring '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.
- Allergen information: this menu contains 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: this menu 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-adaptable
- Allergen information: this menu 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, vegetarian and vegan modifiable
- Allergen Information: This menu contains soy, gluten, shellfish, and optional sesame

**Salmon and Seasonal Veggies**

- The Salmon and veggie class features learning the basics of cooking fish and learning savvy shopping tips for selecting seasonal produce. Learning the ins and outs of flavoring and cooking fish in the oven provide a foundation for a well-balanced and modifiable dinner option.
- Dietary features: pescatarian, gluten-free, dairy-free
- Allergen information: this menu contains fish

**One Pot Pasta**

- The One Pot Pasta cooking class features delicious Italian flavors and a good serving of vegetables and protein all in one pan for a satisfying meal that makes enough for lunch the next day. By practicing knife skills and sautéing techniques, you'll use aromatics to bring life to a new kind of pasta dish.
- Dietary features: vegetarian, vegan modifiable
- Allergen information: this menu contains wheat and optional dairy (parmesan cheese)