



Cooking Classes

What's For Breakfast? – We will show you how the most important meal of the day can be quick, easy and energizing!

Delicious Meals in 31 Minutes or Less - Plan Ahead; Cook Once For Several Meals – Building

upon the recipes used in the 31 Minute or Less class, we will teach you how to use leftovers to create a completely different meal

The Sweet Potato, Breakfast to Dessert – These remarkable spuds are full of nutrients and flavor. You will be amazed at how many ways they can be prepared

Soups, Chowders and Stews – Pure comfort food made simple, healthy and satisfying

Recreating the Traditional Office Potluck – Typically, foods served at an office potluck may not be so healthy but with a few minor changes can be recreated into even tastier treats!

Chips, Dips and Appetizing Appetizers – Astonish your family and friends at your next get-together with scrumptious treats. They won't believe it is good for them!

A Beautiful Salad – More than twigs and lettuce, a salad can be a creative adventure!

Yummy Lunches For All Ages – Learn how to create and pack a lunch everyone will look forward to whether during the week or on the weekend.

Tailgating, BBQ's and Picnics – It's time to celebrate your favorite team! Make your next party just a little healthier. Your guests will never know it is good for them!

Comfort Foods Made Healthier – Converting to a healthier diet doesn't have to mean giving up all of your favorite dishes. Experience how to improve the ingredients and cooking methods used in traditional dishes.

Kick It Up With Herbs and Spices – Whether fresh or dried, these gifts from nature really add a lot of flavor with added sodium and calories.

Party Time! A Fun and Healthy Birthday Party – Make your next birthday an occasion to remember with an interactive healthy cooking birthday party. This is a fun activity for all ages. Fabulous dessert is included!

Squash It! – Learn how to use versatile squash in main dishes, side dishes, soups and salads

Cookies, Cakes and Holiday Treats – The holidays are a time to indulge in delectable treats. Discover how to make healthier sweets treats for your favorite occasion.

Organizing a Healthy Kitchen and Pantry

Time To Dine - Field Trip

Rewriting a Favorite Recipe

Let's Go Shopping - Healthy shopping at a traditional grocery store

Decorating Your Table With Food, Flowers and Other Fun Stuff

How To "Healthify" Celebrations And Traditional Family Meals

How To Shop Healthily At A Traditional Grocery Store

How To Plan Meals

Play With Your Food - putting FUN back into eating (with this I will bring some interesting foods like cactus and Ugli fruit)

How To Eat Healthfully At Almost Any Restaurant

Getting Started With Cooking Healthier, Why And How To Get Started

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