



CULINARY EXPERIENCE 101

ABOUT KRISTEN

As the Chief Nutrition Officer at On Target Living, a health and performance company teaching people how to be their best self, Kristen specializes in unlocking happiness, optimal health, and mindful living by building lasting habits and transforming lifestyles.

WHAT

Are you interested in living a healthy lifestyle where you don't have to give up the things that you love? Want to live healthy and still have a social life? Join **Kristen Johnson Brogan**, registered dietitian, superfood chef, and author of *Target To Table: Healthy & Delicious Meals One Superfood at a Time*, as she shares the secret to living a lifestyle where health and happiness feel effortless. In this experience, Kristen will give simple tips for making your traditional dishes healthier and more flavorful and will teach you how to navigate this crazy food world with confidence. Mindful eating guide and delicious samples included.

WHY

One of the biggest things we all have in common is we all eat. Food is our universal language. We all talk food but unfortunately we don't all "talk food" the same. Many of us have different beliefs surrounding food, follow different diet plans, and are constantly hearing about new fads and trends on how and what to eat. Are you desperate to quiet the noise and find a belief that never changes? This event is designed to connect people through shared meals, stimulating substantive dialogue about important issues, while building relationships, and transforming lives. Food is social and it's meant to be shared in a dynamic and life-changing way.

HOW

Typically Kristen will present in a demonstration type style where she shows how to make each recipe in a fun and easy way, while blending in some nutrition tidbits that will blow the audience's mind. Culinary experience can be in a conference room, cooking space, restaurant, or in the comfort of your own home where Kristen comes to you. Kristen can work directly with the venue to organize logistics and items needed for the culinary experience.

- Culinary Experience includes 20 minutes of PowerPoint presentation and 40 minutes of recipe demonstration
- Culinary demonstration to include Black Bean Mango Salad and Fruilticious Upside Cake
- Kristen to make one batch of each during the demonstration to serve for samples
- Option to provide plated dinner for attendees

SAMPLE TIMELINE

5:45pm- 6:15pm Mineral Water Cocktail and light hors d'oeuvres to be served as guests arrive.

(Fresh fruit, cheese, coconut oil kettle corn, hummus & veggies)

6:15pm Intros and Kristen to start Culinary Experience

6:50pm Venue to serve samples of **Black Bean Mango Salad** with tortilla chips and Kristen to start on **Fruitlicious Upside Cake**

7:15pm Kristen to end and plated dinner to be served (**Chicken Satay with Peanut Sauce, Fried Rice, & Brussels Sprouts**)

7:30pm Fruitlicious Upside Down Cake to be served to tables (Serve deconstructed version)

7:30pm-8:00pm Program wrap-up & questions

*Items in bold are included in the *Target To Table* cookbook. You can find these recipes in the recipe section below.

NOTES

Recipes can be sent directly to venue for preparation. The number of servings are listed on each recipe. Venue to adjust servings as needed. One batch of Black Bean Mango Salad and one Fruitlicious Upside Cake makes about 30 samples. It is recommended to serve Fruitlicious Upside Down Cake as a deconstructed version which involves placing date pecan crust in the bottom of a small cup or bowl and topping with fresh fruit.

TESTIMONIAL



Everyone absolutely loved the Culinary Experience event! You are awesome and we can't wait to have you back! Our clients are still talking about this event and what a wonderful evening we shared together. This event connected us to our clients in a way that no other event has done in the past. We are big believers of how food can build relationships and transform lives. Food and healthy living are truly powerful investments.



Mary Leahy Rankey, CFP®
Private Wealth Relationship Manager
The Iles Schropp Group
Merrill Lynch, Pierce, Fenner & Smith Inc.

PAST CLIENTS HAVE CALLED THIS EVENT:

How To Eat Healthy & Have a Social Life
Feed Your Passion, Fuel Your Goals
The Secret to Living A Healthier, Wealthier & More Delicious Life
Food Is Power
Living Deliciously

ADDITIONAL EXPERIENCE ADD-ONS

SHOPPING TRIP WITH REGISTERED DIETITIAN



Join Registered Dietitian & Retail Expert, Kristen Brogan as she takes you through the grocery store showing you simple and fun ways to upgrade to healthier and more flavorful options. Here, she will share the secret to navigating the aisles with confidence.

BYOB YOGA MEDITATION & CALMING SUPERFOODS



Join Certified RYT Yoga Instructor, Kristen Brogan as she takes you through a dynamic yoga routine that improves alignment, balance, strength, flexibility and overall well-being. Kristen will help you to incorporate breathing and mindfulness into your yoga practice, allowing you to be more present and fully engaged in the movement. From the beginner to the experienced yogi, this class is perfect for any fitness level. No equipment required—just bring your own body (BYOB). Following yoga, Kristen will take you through a quick meditation for reducing stress, calming the mind and will show you what foods are best for stress and better sleep. Calming magnesium rich foods included.

Learn more at www.kristenjohnsonbrogan.com/food-culinary-experience/

RECIPES & SUPPLIES NEEDED

BLACK BEAN MANGO SALAD

black bean mango salad

Serves 6

¼ cup extra virgin olive oil
¼ cup balsamic vinegar
Juice of 1 lime
2 15-ounce cans black beans, rinsed and drained (see note)
1 15-ounce can whole kernel corn, drained
1 green bell pepper, chopped
1 red pepper, chopped
½ cup green onions, chopped
2 avocados, cubed
2 mangos, peeled and chopped
Sea salt & black pepper to taste

Mix olive oil, vinegar, and lime juice in the bottom of a large mixing bowl.

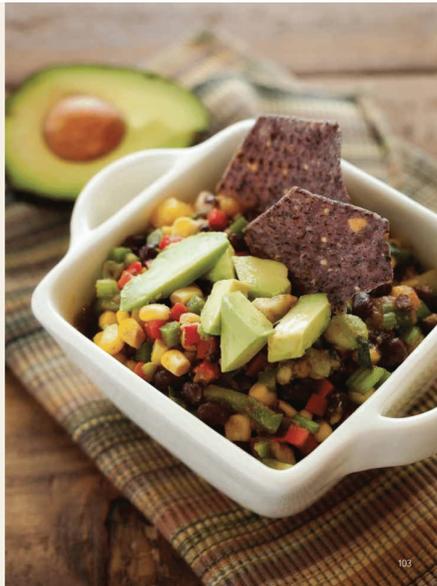
Add remaining ingredients and toss to coat with dressing.

Refrigerate 1 hour before serving.

Serve as a salad or dip with organic blue corn tortilla chips.

tip Can be made in advance. Leave out avocado until ready to serve.

 Rinsing and draining beans can reduce the sodium content by 40%.



SUPPLIES

Ingredients for one batch of Black Bean Mango Salad & Fruilicious Upside Down Cake (provide all ingredients listed in recipe)*

- Small bowls for serving black bean mango salad dip
- Small plates for serving Fruilicious Upside Down Cake
- Forks and napkins for servings
- Plastic wrap
- Small deep bowl
- Round plate or platter
- Plastic gloves for food prep
- 2 large chef knives
- 1 paring knife
- 1 small whisk
- 1 large mixing bowl
- 4 small mixing bowls
- 2 large cutting boards
- 2 regular size spoons
- 2 large mixing spoons
- 1 pie turner (pie spatula)
- Salt and pepper
- Paper towels
- Trash cans
- Extension cord and access to outlet
- Large food processor
- Projector (will bring laptop to plug in for slides)

FRUILICIOUS UPSIDE-DOWN CAKE

fruilicious upside-down cake

Serves 4

Combine the pecans, dates, and vanilla in a food processor and pulse until finely ground.

Line a small mixing bowl with saran wrap. The bowl should be approximately 7 inches wide, by 3 ½ inches deep to allow ingredient layers to be seen when served.

Layer kiwi slices in rows along bottom and up the sides of bowl.

Press half of the pecan and date mixture evenly over the kiwi slices to secure in place. Push date mixture in the spaces between the kiwi slices.

Layer banana slices, blueberries and raspberries over the pressed pecans and dates.

Cover the fruit layers with the second half of the pecan and date mixture, and press to seal.

Push down so the top is level with the edges.

Wrap in saran wrap and place in refrigerator for 20 minutes to set.

To serve, remove top layer of saran and place serving dish on bowl. Flip the bowl and plate, and remove the bowl from the filling. Remove saran wrap.

Cut into slices and serve.

 Nothing is sweeter than nature's candy – fresh fruit.



FOOD PREP

- ✓ Wash produce
- ✓ Keep peppers, avocado, mango, and green onions in their whole form (for how-to cut demonstration)
- ✓ Drain and rinse beans and corn
- ✓ Have tortilla chips for using as a topper or serving salad as a dip. (Two large bags needed for serving one batch)

OPTIONAL MENU ITEMS FOR PLATED DINNER

fried rice

Serves 4

1½ cups organic brown basmati rice
2-3 eggs
½ cup diced carrots
½ cup diced onion
½ cup frozen peas
1 tablespoon extra virgin olive oil
1 tablespoon roasted sesame seeds
½ teaspoon black pepper
½ teaspoon sea salt
2 tablespoons Bragg's Liquid Aminos or low sodium soy sauce
1 teaspoon toasted sesame oil
Garnish with chopped green onions

Cook rice according to package directions. Rinse cooked rice in a strainer, and set aside to cool and dry slightly.

Scramble the eggs lightly in a small frying pan. They will continue to cook slightly when added into the rice. Set aside.

Heat the olive oil in a large frying pan over medium high heat. When the oil is very hot, add the onions and carrots. Stir constantly so that the vegetables don't burn.

When the onions and carrots are soft, add the peas and rice, and mix together. Cook for 5 minutes.

Chop the scrambled eggs and add them to the rice. Stir to combine.

Season with salt and black pepper. Sprinkle in the sesame seeds.

Add the sesame oil and Bragg's and cook for 3 more minutes.

tip Serve this dish hot with any Asian inspired entrée. To make a one-dish entrée, add diced, cooked chicken, beef, or shrimp.



roasted brussels sprouts

Serves 4

Preheat the oven to 375°F.

Cut off the stem end of the Brussels sprouts and cut in half. Place the halved sprouts in a bowl and combine all the ingredients.

Place the sprouts on a cooking sheet and bake for 40-50 minutes. They should be golden brown and slightly crispy.

tip Any vegetable can be roasted in the oven. Try broccoli, cauliflower, or asparagus. Easy and delicious!

1½ pounds Brussels sprouts
2 tablespoons extra virgin olive oil
½ teaspoon sea salt
¼ teaspoon black pepper
2 garlic cloves, diced
Drizzle balsamic vinegar (optional)



very berry mineral water cocktail

Serves 4

Combine ingredients in a large pitcher and serve.

1 bottle (33.8 ounces) natural sparkling mineral water
8 ounces sparkling juice
1 orange, sliced
1 lemon, sliced
Ice

tip Skewer raspberries, blueberries, and blackberries on a cocktail straw or toothpick, and place in the freezer overnight. Place frozen fruit skewer in your favorite wine or cocktail glass and add carbonated mineral water.

Mineral Water Cocktail is full of electrolytes, making it a great sports recovery drink to refuel and replenish the body.



chicken satay

Serves 4

Slice the chicken thinly and arrange in a deep dish. Mix the Bragg's, lime juice, and olive oil together well. Pour over chicken and let marinate in fridge overnight or for at least 1 hour.

Remove the chicken from the marinade and thread onto skewers.

Cook on the grill on medium-high heat until cooked through.

Meanwhile, prepare the peanut sauce by combining all ingredients. Whisk vigorously until a smooth consistency. Add more water for a thinner consistency.

Serve chicken with satay sauce.

For the chicken and marinade:
1 pound boneless, skinless chicken breasts
4 tablespoons Bragg's Liquid Aminos
1 tablespoon extra virgin olive oil
¼ cup fresh lime juice

For the peanut sauce:
¼ cup natural peanut butter
½ cup warm water
1 tablespoon Bragg's Liquid Aminos
1 tablespoon apple cider vinegar
1 teaspoon honey
1 teaspoon fresh ginger

tip Peanut Sauce is delicious with chicken, steak, veggies, and rice.



CONTACT KRISTEN TO ASK ABOUT AVAILABILITY OR TO LEARN MORE AT:

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www.KristenJohnsonBrogan.com