

# Kid's Cooking Classes - Schedule



**Kid's Cooking  
Classes are in session at our Staten  
Island location on Thursdays from 5 p.m.  
– 7 p.m. and Saturdays from 10 a.m. – 12  
p.m.**

**Private lessons are also available.**

**Space is limited.**

**Please call 347-524-0355 to register.**

**Ages are from 4-17 years old.**

**No experience necessary.**

**Please come and join the fun!**

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## Events in February 2022

**Couple's Cooking Class in February**

**Girl's Night Out in February**

Call to schedule: 347-524-0355

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## Top 10 SuperFoods, Dazzle Your Dishes With Them!



**BLUEBERRIES** deep blue color is a by-product of flavonoids (plant-based compounds with powerful antioxidant properties). This superfood has been shown to preserve memory function. It has a high water content which is hydrating to your skin and other cells of the body.

**SARDINES** contain Omega-3 fat, high protein, and calcium. Ounce for ounce sardines contain just as much heart-healthy omega-3 fat as salmon.

**SPINACH** is filled with antioxidants, including vitamin C and beta-carotene as well as lutein and zeaxanthin, (sunscreen for your eyes). One cup of fresh spinach leaves also provides almost double the daily requirement for vitamin K.

**PISTACHIO NUTS** are loaded with protein, fiber, and heart-healthy unsaturated fat. Pistachio nuts have been shown to lower LDL ("bad") cholesterol levels. Thirty pistachios will cost you only 100 calories.

**DARK CHOCOLATE** is rich in flavonoids and antioxidants and has been shown to lower blood pressure and improve blood flow. Choose chocolate that is at least 70% cocoa to optimize antioxidant power. It also boosts your mood. Portion control please....one ounce of dark chocolate has about 150 calories.

**RED BELL PEPPERS** – One pepper has twice as much vitamin C as an orange. It prevents arthritis, delivers beta-carotene, lycopene, and has a high water content. Red bell peppers have been shown to decrease eye diseases.

**BEANS** are a wonderful source of protein and fiber and help you stay full and satisfied. Beans are a good source of magnesium and potassium and have been shown to lower blood pressure and keep vessels healthy....and are inexpensive!!

**EGG WHITES** are a low-calorie, fat-free, high-protein food. There are 4 grams of protein per egg white. Egg whites can help you maintain strong bones, muscles, nails, and hair.

**PUMPKIN** is rich in beta-carotene which is an antioxidant that helps rejuvenate skin, protect your vision, and may reduce the risk of arthritis. It also contains the mineral potassium which is involved in lowering blood pressure and maintains healthy bones.

**OATS** are a great source of fiber and has been shown to lower cholesterol and help control blood sugar levels.

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## **Try Something New or Different!**

As busy as we all are, we seem to find ourselves in the supermarket often. Next time you are at the supermarket, look around in the produce section. Pick a vegetable that you've never tried or one that you haven't had in a while. Try roasting it in the oven with some olive oil, salt, and pepper. Roasting vegetables intensifies their flavors. Try something new or different!



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## Children's Birthday Parties

Let Dazzle Me A Dish create a fun and different birthday party for your child on or off premises. Our services are tailored to suit your needs and your budget.

We offer a “cooking/baking lesson” birthday party with all the trimmings. Themes are welcomed!

Your child will love the attention they receive during a planned lesson which is taught in a fun, creative way. Each child will be “hands-on” as they make their own dessert or meal. They will learn the proper way to set a table as well



as table manners. Included are photo props so you can take memorable, fun photos and music and dancing with a light show. We also offer at an additional cost keepsake aprons and recipe binders which add that special touch. DJ's, photographers, favors are also available at an additional charge.

Cost includes lesson, recipe, balloons, lunch and celebratory dessert, 2 snacks and drinks, music and dancing, and use of photo props. Adults are an additional fee. Please call Chef Cynthia for more details (347) 524-0355.



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## An Apple A Day!

Apples are a low-calorie, high-fiber food that are a great snack on their own or great in sweet and savory dishes. The most popular ones are Lady, Jonathan, Winesap, Rome, Red

Delicious, Golden Delicious, Granny Smith, and Braeburn. These are all high in antioxidants and nutrients.

Guess what? The organic Pendragon apple lowers cholesterol and inflammation in the body and is deemed the healthiest apple. The second runner up is Golden Delicious.

Be sure to wash all your fruit well and don't be afraid to eat the peel!



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## **Dazzle Me A Dish Student makes it to the Food Network Kids Cooking Show**

**Dazzle Me A Dish student makes it to the Food Network to compete with other pre-teens to get his own cooking show.**

**Click on the link below to read the**



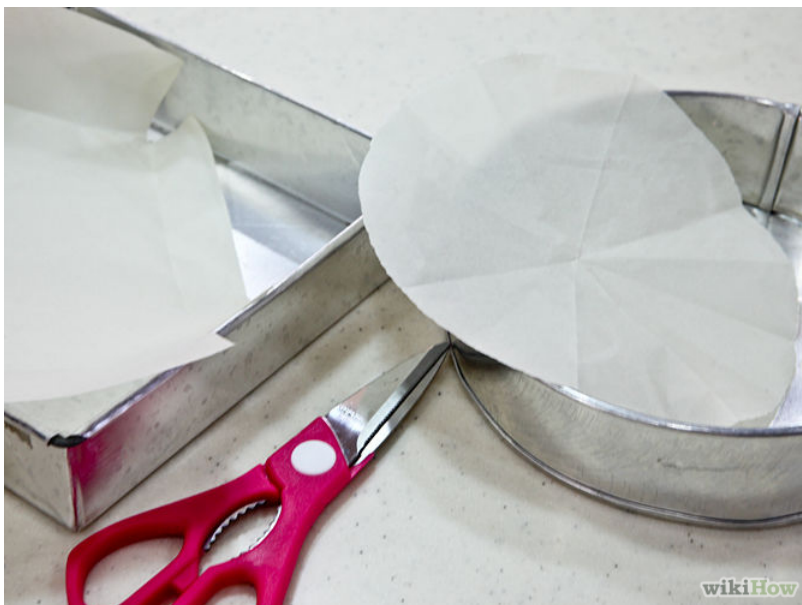
article and view the photos.

Link

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## What is Parchment Paper?

Parchment paper or baking paper is a moisture-resistant, grease-resistant paper used in cooking and/or baking recipes; also used to line baking pans. En Papillote is a cooking method in which foods and seasonings are cooked together inside an envelope made with parchment. This cooking method produces a delicious, healthy, moist, and tender dish. Parchment paper can be found in the baking section of the supermarket. Visit the Recipes section of this website for some recipes using parchment paper.



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## Adrianna R.

*When planning my daughter's recent baking themed birthday I had the good fortune to have found the Dazzle Me A Dish website. I knew I was in good hands as soon as I saw Chef Cynthia's charming and inviting home. For our party she added personalized decorations and props to the already beautiful landscape. She wanted my input and anticipated problematic issues that would've never occurred to me. This helped things run very smoothly.*

*She held the children's attention for the lesson, provided time for them to dance and have structured play. The lesson, lunch, pictures, and playtime were all perfectly timed. Of course the birthday cake made with fresh ingredients was perfectly delicious.*

*Each of the guests took home the on-theme keepsakes of an apron and recipe binder. I couldn't have asked for a better celebration for my daughter's very important double digit birthday. Cynthia's professionalism, poise, top notch coordination, and experience made our party perfect. I would highly recommend her to cater, decorate, or host your important event. With Chef Cynthia you are in good hands!*

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## Bang for Your Buck Wines

I am always in search of really good wines that are

inexpensive. Spending alot of money on wines every now and then is great but if you like to drink wine with dinner often or bring a bottle to a friends house for a visit, you don't necessarily need to go broke doing so. Here are some of my great finds and you really can't tell that they are under \$15! Cheers!



Vega Sindoa, Chardonnay, Cabernet, and Merlot – \$6.99-\$9.99. The Chardonnay is my favorite and I compare it to Rombauer, which is a \$40 bottle.

Red Truck, California Red – \$7.99

Bogle, Reds & White – \$7.99-\$9.99. The Bogle Phantom is outstanding, a bit more in cost at \$16.99 but well worth it. It's hard to find.

J. Lohr, Reds & White – \$11.99-\$12.99

ApothicRed, 2012. \$12.00. Ivory overtones, maple undertones, hints of cranberry, brandy-like finish.

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