



All Healthy Living Kitchen private parties and rentals must meet Healthy Eating and Physical Activity (HEPA) national standards.

Review HEPA standards at: www.ymcamn.org/midwaykitchen
or www.ymcamn.org/forestlakekitchen

For more information or to customize your Healthy Living Kitchen rental, please contact:

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OR

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Healthy Living Kitchen

PRIVATE PARTIES AND RENTALS



MENU OPTIONS

FROM EACH MENU BELOW CHOOSE ONE ITEM FROM THE MAIN COURSE ITEMS LIST AND ONE ITEM FROM THE SIDE ITEMS LIST:

DETAILS

The Healthy Living Kitchen is a great way to get your friends together for a cooking session, pump up a team or enjoy family time together without creating a mess at home. Choose between basic kitchen rentals bringing your own food or facilitator led private cooking classes where we provide the food. Both options are limited to two hours and include a certified cooking facilitator. The facilitator led private cooking class guides your group through the preparation of a meal, with the opportunity for participants to assist in prepping the food. Participants will leave with a small sample of the meal you learned to prepare and the recipes used for reference. Groups are limited to 15 people or less.

PRICING

1. **Basic kitchen rental with facilitator.** \$115 member, \$145 non-member.
See back of brochure for HEPA standards.
2. **Breakfast:** \$165 member, \$195 non-member.
3. **Lunch:** \$175 member, \$205 non-member.
4. **Dinner:** \$190 member, \$220 non-member.

Non-Profit rate: 20% off regular member rate.

*Rates are applied to the group renting the space NOT the individual

BREAKFAST

Main Course Items

- Red Potatoes and Zucchini Hash with Eggs *vg
- Wild Rice, Mushroom Egg Muffins *vg
- Veggie Goat Cheese Scrambler *vg
- Turkey Sweet Potato Hash
- Lemon Ricotta Pancakes *vg
- Oatmeal Pancakes *vg, gf
- Chocolate Almond Oat Bowl *vg, gf
- Citrus Oatmeal Parfait *vg, gf

Sides Items

- Peach Raspberry Chia Seed Smoothie *vg, gf
- Banana Chocolate Flax Seed Smoothie *vg, gf
- Super Green Smoothie *vg, gf
- Berry Ginger Oat Smoothie *vg, gf
- Nutty Breakfast Cookie *vg
- Chocolate Chip Protein Muffins *vg
- Zucchini Carrot Muffins *vg, gf
- Gluten- Free Pumpkin Muffins *vg, gf

LUNCH

Main Course Items

- Layered Chicken and Salsa Tostada
- Herbed Salmon Burger with Dill Yogurt
- Sweet Potato Quinoa Bean Burgers *vg, gf
- Steak Sandwich with Horseradish Sauce
- Turkey Wrap Medallions
- Chicken BLT Lettuce Wraps
- Shiitake and Kale Miso Soup *vg, gf
- Lentil Soup with Swiss Chard *vg, gf
- Sweet Potato Chili *vg, gf
- Moroccan Chicken Stew
- Tomato Fennel Bisque with Goat Cheese *vg, gf

Side Items

- Beet, Strawberry and Wheat Berry Salad *vg
- Cabbage Salad with Ginger Miso Dressing *vg, gf
- Arugula Strawberry Corn Salad *vg, gf
- Quinoa Sweet Corn and Green Bean Salad *vg, gf
- Chopped Greek Salad *vg, gf
- Spinach, Fennel and Orange Salad *vg, gf
- Creamy Tri Bean Dijon Salad *vg
- Fresh Rainbow Salad *vg, gf

DINNER

Main Course Items

- Beef and Okra in Tomato
- Foil Wrapped Ground Beef and Veggies
- Spicy Asian Chicken with Kale
- Grilled Chicken with Kale Apple Salad
- Broiled Salmon with Turmeric Rice
- Grilled Chili Shrimp & Pineapple
- Stuffed Squash with Quinoa and Kale *vg, gf
- Cheese Butternut Mac *vg

Side Items

- Farro Beet Salad with Gorgonzola *vg
- Butternut Squash Wild Rice Pilaf *vg
- Roasted Carrots with Goat Cheese and Pesto *vg, gf
- Tangy Brussel Sprouts and Apples *vg, gf
- Charred Corn and Garbanzo Salad *vg, gf
- Wheat Berries with Parmesan Asparagus *vg
- Tomato Avocado Cucumber Salad *vg, gf
- Lemon Zucchini Lentil Salad *vg, gf

* Items listed vg are vegan and gf are gluten free. These items are either inherently as such or can be altered to be so.