



Want to cook healthier
but don't know where to start?
The answer is right here at
Henry Ford West Bloomfield Hospital's
Demonstration Kitchen [dk].

Our 90-seat kitchen auditorium features a variety of classes each month. Here you can enjoy a wholesome meal and learn to prepare tasty, healthy food for the whole family, even people with special medical conditions.

WEDNESDAY, OCTOBER 6
12:00 P.M. TO 1:30 P.M.

LOW SODIUM COOKING for SENIORS*

This class is designed for individuals and families interested in learning about low sodium diets and easy cooking techniques for seniors. We will discuss tasty healthy items you can stock in your pantry, making your weekly menu planning easier. **SPECIAL SENIOR PRICE \$29**

TUESDAY, OCTOBER 12
6:30 P.M. TO 8:30 P.M.

COOKING WITH HONEY

Explore the buzz about bees and honey with Rich Wieske, a bee expert from Green Toe Gardens. Learn about bees and the benefits their honey brings to us. Executive Chef Frank Turner will share his cooking ideas and tasty recipes featuring honey. A full meal and tasting of bee pollen, bee food, and different honeys will be provided.

TUESDAY, OCTOBER 26
6:30 P.M. TO 8:30 P.M.

GLUTEN FREE BAKING

This class is designed for families and individuals who enjoy baking but are dealing with dietary challenges. Join Pastry Chef Lisa DeBastos as she shares some of her delicious and creative recipes. We are partnering with Westwind Milling for this class to bring you samples and information from their NEW gluten free mill. **Coupon towards dinner at Henry's will be provided.**

TUESDAY, NOVEMBER 2
6:30 P.M. TO 8:30 P.M.

Indian Soups & Sides with Options

There are many possibilities when it comes to nutrient-packed dals (dried legumes) - from soups to breads to sauces to sweets. In this class, dk guest chef Rita Patel will teach you how to use Indian dals in different ways to create vegan protein-rich recipes. Included will be recipes for an Indian pasta soup and a steamed herb bread. This class is interactive and size is limited, so reserve your spot now.



THURSDAY, NOVEMBER 4
6:30 P.M. TO 8:30 P.M.

RAW with WHOLE FOODS

Join us in welcoming Sara Cote of Whole Foods-West Bloomfield to our dk guest chef team. Sara received her "RAW" training from Alissa Cohen, author of the book "Living on Live Food." Sara will discuss raw shopping tips, kitchen setup and food prep along with demos' and samples of recipes for feeling young and energized.

THURSDAY, NOVEMBER 11
6:30 P.M. - 8:30 P.M.

edible WOW in the dk*

Please join us for an evening with edible WOW magazine and dk guest Chef Thomas Lasher from Inn Season Restaurant in Royal Oak. Learn about edible WOW and their support for businesses that embrace local sustainability. Special recipes such as a roasted butternut leek soup from their menu will be demo'd and served. Come hungry, a full meal will be served. To register for this class, call edible WOW at 248.731.7578.

TUESDAY, NOVEMBER 16
6:30 P.M. TO 8:30 P.M.

TREATING THE WHOLE WOMAN

Come join us as we celebrate women and the nutritional foods that keep them strong. This class will focus on keeping your pantry healthy so you can keep your family eating well. Dr. Brent Davidson and other team members from Henry Ford West Bloomfield Hospital's Women's Health Teams will be available to answer questions and share information about the new program. The cooking class recipes and a delicious healthy dinner will be provided by Executive Chef Frank Turner.

TO REGISTER, CALL THE DK HOTLINE AT 248-325-3890

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WEDNESDAY, DECEMBER 1
6:30 P.M. TO 8:30 P.M.

NUTRITION and CANCER FOR PATIENTS AND CAREGIVERS

Join us for a panel discussion and cooking demo with Executive Chef Frank Turner and Nutritionist Susan Hill from the Josephine Ford Cancer Center at Henry Ford West Bloomfield Hospital. Chef Frank Turner will share nutritional and flavorful recipes for those dealing with the challenges of cancer. Focus will be on foods to improve stamina and add flavor to your diet.

TUESDAY, DECEMBER 7
6:30 P.M. TO 8:30 P.M.

VEGAN HOLIDAY

dk guest Chef Kerri Saunders will teach vegan recipes to share with friends & family that are interested in adding vegan into their lifestyle. This class will focus on vegan alternatives for holiday gatherings. Leave with fun, creative recipes to share this holiday season.

WEDNESDAY, DECEMBER 15
6:30 P.M. TO 8:30 P.M.

DIABETES HOLIDAY MENU PLANNING

Join Executive Chef Frank Turner and Certified Diabetes Educator Kathleen Pruneau-Hill as they work with you to develop tips for managing your diabetes with flavorful recipes for a healthy holiday season. Learn why more meals, smaller meals are important ways to manage you glycemic load. Sides that can be put together to become your main meal will be featured.

- All classes include small meals and take-home recipes.
- All classes are \$39 per person, per class unless noted by an *.
- Registration closes 72 hours prior to class. A \$5 late charge will be applied to late registration
- Ask about the dk Kids program
- Please contact us to host your private event in the dk: fundraisers, birthday parties, company outings, baby and bridal showers
- Samplings from the Great Lakes Tea & Spice kiosk are served before every class during registration
- Gift Certificates Available
- For questions, email us at dk@hfhs.org and to register, call the dk hotline at 248-325-3890

FALL 2010 DEMONSTRATION KITCHEN SCHEDULE



dk
DEMONSTRATION
KITCHEN

Join us in the
Demonstration Kitchen
at Henry Ford
West Bloomfield Hospital

Henry Ford
HEALTH SYSTEM

HENRY FORD WEST BLOOMFIELD HOSPITAL
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