



HOPE LODGE DEMO 4/14/25

Prep Cooking for 3 dinners

- Baked Chicken Breasts
- Curry Chicken Salad, Walnuts and Cranberries
- Chicken Tortilla Soup
- Italian Lemon Vinaigrette

Email with questions: kelly@giasitaliankitchen.biz

Check out my website: <https://giasitaliankitchen.biz/>

All of my social media: <https://linktr.ee/giasitaliankitchen>



Here is a basic dish that you can prepare ahead of time and have for multiple lunches and dinners throughout the week ahead.

Baked Chicken Breasts

<u>Grocery List</u>	<u>Equipment</u>
<ul style="list-style-type: none"><input type="checkbox"/> 4 boneless skinless chicken breasts<input type="checkbox"/> 2 tablespoons Extra Virgin Olive Oil (EVOO) or avocado oil<input type="checkbox"/> 1 teaspoon each, fresh ground sea salt and black pepper<input type="checkbox"/> 1 teaspoon garlic powder and turmeric	<ul style="list-style-type: none"><input type="checkbox"/> Large baking sheet (a cookie sheet with sides)<input type="checkbox"/> Parchment paper<input type="checkbox"/> Meat claws or two forks

Preheat your oven to 450° F. Find a baking sheet with sides, so the chicken juices don't run all over your oven. This is probably different than what you would use to make cookies. Cover the cookie sheet with a piece of parchment paper or tin foil, this will make your cleanup easier.

Place the chicken breasts (rough side up) on the parchment paper. Drizzle with the EVOO and sprinkle with salt, pepper, turmeric, and garlic powder. Bake for about 25 minutes, depending on size. If you have bone-in chicken breasts, you will need to cook for about 35-40 minutes.

Let the chicken cool for about 10 minutes, then you can shred it with your hands or two forks.

Watch us make it.....so easy...click here!

<https://youtu.be/j5JLgx7DNV8>

Many of the recipes in this book can be used with your shredded chicken:

- Meat & Veggie stir-fry
- Italian Mac 'N Cheese (Pasta Cacio e Pepe)
- Spice Up Your Ramens
- Build your own Burrito Bowl
- Impressive Shawarma

There are so many more dishes you can make once you have the chicken made:

- Chicken Tacos or Quesadillas
- Cobb Salad
- Curry Chicken Salad





Curry Chicken Salad, Walnuts and Cranberries

- 4 boneless, skinless chicken breasts
- Extra-Virgin Olive Oil (EVOO)
- Kosher salt, freshly ground black pepper, turmeric and garlic powder
- 1/2 cup mayonnaise with EVOO (Extra Virgin Olive Oil)...(homemade mayo in the bonus section)
- 1 1/2 teaspoons curry powder
- 1 teaspoon honey
- 1 tablespoon fresh squeezed lemon juice
- 1 teaspoon Dijon mustard
- 1/4 teaspoon fresh ground sea salt and pepper
- 1/4 cup red onion
- 3 ribs celery
- 1/4 cup chopped walnuts
- 1/4 cup low sugar dried cranberries

Preheat oven to 450° F.

On a sheet pan, place a piece of parchment paper and the chicken breasts with the backside face up. Drizzle with EVOO and sprinkle with sea salt, garlic powder, turmeric and black pepper. Roast for about 25-30 minutes, depending on the size of the chicken breasts. Set aside. When the chicken is cool enough to handle, shred the chicken.

In a large mixing bowl, prepare the sauce. Combine the mayonnaise, curry powder, honey, lemon juice, Dijon, salt and pepper. Set aside.

Dice the red onion and celery, then add to the sauce. If the walnuts are whole, give them a rough chop. Add the walnuts and cranberries to the mixture.

After the chicken is out of the oven, let cool for at least 30 minutes. Shred the chicken with meat claws or your hands. Add to the salad mixture and toss to combine.

Enjoy with whole grain crackers.





Chicken Tortilla Soup

- ☐ 4 boneless, skinless chicken breasts
- ☐ Extra-Virgin Olive Oil (EVOO)
- ☐ Kosher salt, freshly ground black pepper, turmeric and garlic powder
- ☐ 2 yellow onions
- ☐ 1 pound baby bella mushrooms
- ☐ 3 stalks celery
- ☐ 4 carrots
- ☐ 10 cloves garlic
- ☐ 2 1/2 quarts chicken stock, homemade or store-bought
- ☐ 1 (28-ounce) can diced tomatoes, with juices
- ☐ 1 can chopped green chilis (7 oz.)
- ☐ 1 tablespoon ground cumin
- ☐ 1 heaping tablespoon coriander seed
- ☐ 1 big bunch of fresh cilantro

Preheat the oven to 450°F.

On a sheet pan, place a piece of parchment paper and the chicken breasts with the backside face up. Drizzle with EVOO and sprinkle with sea salt, garlic powder, turmeric and black pepper. Roast for about 25 minutes, depending on the size of the chicken breasts. Set aside. When the chicken is cool enough to handle, shred the chicken.

Refrigerate. ***Alternatively, purchase a whole roasted chicken from the store.***

In a large stockpot, heat 4 tablespoons of EVOO in a (at least 5-quarts) on low heat. Dice the onions, mushrooms, and celery into small bite-sized pieces. Shred the carrots in a large food processor, or dice by hand. Add the veggies to the stockpot and cook over medium heat for 10 minutes, until the onions start to turn slightly translucent. Mince the garlic in a small food processor or by hand. Add the garlic, stir, and cook for 5 more minutes on low heat.

Add the chicken stock, tomatoes with their juices, and ground cumin. Chop the cilantro leaves and add to the soup. Using a spice grinder or extra coffee grinder, finely grind the coriander.

Bring the soup to a boil, then lower the heat to low and simmer on low for 30-60 minutes, uncovered. Add the shredded chicken and simmer for another 15 minutes, increasing the heat to medium. Taste the broth and add 1 teaspoon of sea salt if needed.





Italian Salad with Lemon & Balsamic Vinaigrette

- ☐ 1 small pack grape tomatoes
 - ☐ 1 bunch or bag of spring greens
 - ☐ 1 pack fresh baby arugula lettuce
 - ☐ 1 bag small red radishes
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- 1 1/4 cup Extra Virgin Olive Oil (EVOO)
 - 1/2 cup Balsamic vinegar
 - OR 1/4 cup Balsamic and 1/4 cup white wine vinegar
 - 1 teaspoon of dried Italian seasoning (includes basil, oregano, thyme, rosemary & red pepper). If you have fresh herbs, even better, about 1/2 teaspoon each.
 - Fresh ground sea salt and black pepper, 1/2 teaspoon each
 - Juice of 1 lemon

Make the vinaigrette: Put all ingredients into a glass jar with a top. Shake vigorously and set aside.

Make the salad: Chop the vegetables into bite-sized pieces. Transfer the radishes and lettuce into a large serving bowl. Add the vinaigrette and toss. Add the tomatoes then toss gently.

DINNER #1

DINNER #3 – add 1 tablespoon Dijon mustard



PROTEIN is one of the body's most important nutrients.

It is used in every cell in the body. Protein works to keep our immune system strong, our bone health sturdy, metabolism going, and helps us to maintain/build muscle tissue. This is crucial, especially as we age.

Easy snack that is packed with protein and omega-3:

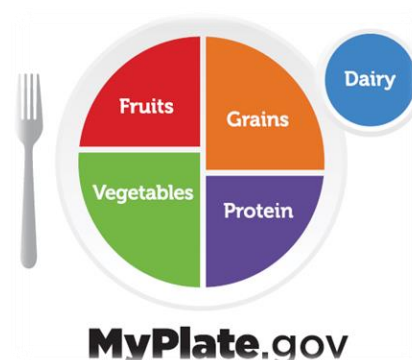
- 2 slice whole grain toast
- 1 fresh avocado
- 1 small can sardines
- 1 tablespoon EVOO (Extra-Virgin Olive Oil)
- 1 fresh lemon, juiced
- Fresh ground sea salt and black pepper



Food Group	Product	Approx. Grams of Protein
Meat & Poultry 3-4 oz.	Lean Beef	23
	Steak Filet	24
	Sirloin	25
	Chicken Breast	24
Dairy	1 cup nonfat milk	8
	1/2 cup nonfat plain Greek yogurt	12
	1/2 cup 2% fat cottage cheese	12
	10 oz. reduced fat cheddar cheese	8
Fish & Seafood	3 oz. sardines	21
	1 small cod fillet	27
	1 salmon fillet	36
	3 oz. crab meat	18
	3 oz. shrimp	18
Grains 1/2 cup	Brown Rice	2
	Oatmeal, whole wheat pasta or wild rice	3
	Quinoa	4
Beans, Peas, and Lentils 1 cup	Beans (black, kidney, pinto, garbanzo)	15
	Chickpeas	15
	Green peas	9
	Lentils	18
Nuts & Seeds 1/4 cup	Almonds, pistachios or cashews	6
	Pecans or walnuts	4
	Pumpkin, Chia, or Sunflower seeds	5
	Peanuts	7

Making easy adjustments:

1. **Focus on whole fruits** - Include fruit at breakfast! Top whole-grain cereal with your favorite fruit, add berries to pancakes, or mix dried fruit into hot oatmeal.
2. **Vary your veggies** - Cook a variety of colorful veggies. Make extra vegetables and save some for later. Use them for a stew, soup, or a pasta dish.
3. **Vary your protein routine** - Next taco night, try adding a new protein, like shrimp, beans, chicken, or beef.
4. **Make half your grains whole grains** - Add brown rice to your stir-fry dishes. Combine your favorite veggies and protein foods for a nutritious meal.
5. **Move to low-fat or fat-free dairy milk or yogurt** (or lactose-free dairy or fortified soy versions) - Enjoy a yogurt parfait for breakfast made with low-fat dairy milk or fortified soymilk. Top with fruit and nuts to get in two more food groups.
6. **Drink and eat less sodium, saturated fat, and added sugars** - Cook at home more often to limit added sugars, saturated fat, and sodium. Read the ingredients lists and use Nutrition Facts labels to compare foods.



Customize your servings: <https://www.myplate.gov/myplate-plan>



WHAT'S NEXT FOR YOU?

A Private Group Cooking Experience!

If you enjoyed the cooking course, you are going to LOVE a group class. Bring your 6 closest friends or family members together for a private virtual cooking class (or in person for locals). Create a unique experience that everyone will rave about! We will send grocery lists and recipes ahead of time, so everyone is ready at showtime, just like our online courses. We will select a date that works for both of us, and YOU pick the menu. The audio (and video if you want) will be on, so you can chat as we cook, and ask questions in real time!

Teambuilding at Work!

Culture is your competitive advantage! Take stock in how your culture is helping or hindering your ability to drive business outcomes. Team building activities, such as group cooking classes, are great options to add to your culture program! Show your employees that you value them, and you could improve your recruitment and retention! **Multiple locations make a fun progressive dinner!**

What do you get?

- Up to 20 participants in each employee class. More than 20, let's chat!
- A gift card can be sent to each participant to purchase their groceries
 - Kitchen options available or use your company location
- Time spent with coworkers in a casual and fun environment
 - *"Work teams that laugh together become resilient."*

Read more details on the [website](#) or [email us](#) to set up a time to talk about the possibilities:

Check out our website:

<https://giasitaliankitchen.biz/>

All of our social media:

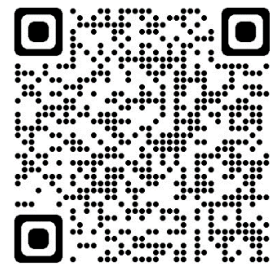
<https://linktr.ee/giasitaliankitchen>





WE WERE ON TV!!!

<https://www.kcrg.com/video/2023/11/09/everyday-iowa-gias-italian-kitchen/>



“Learn more about how Gia's can help you make authentic Italian food with loved ones near and far.”

<https://youtu.be/eJ51X9hbSN4>



I talked with Valentina, host of the Long Island Breakfast Club Show, LIVE, and made a Walnut Pesto Pizza with Goat Cheese.



DID YOU KNOW WE MADE THE NEWSPAPER AGAIN?

<https://www.thegazette.com/people-places/local-cook-brings-others-together-through-classes/>



“Business owner uses cooking as social tool in a world spread too thin”

When Kelley Cole wanted to learn how to cook, there was a waiting list. Not for a prestigious cooking school, but for her grandmother’s kitchen when she was a child. For years, the Chicago native watched and waited as the Italian woman commanded the six stations of making ravioli, slowly folding Cole’s many older cousins into the process.

“As a kid, you’re longing to be in the kitchen, because they tell you that you can’t,” said Cole, who has lived in Cedar Rapids for 16 years. “There was always this longing to be part of the ravioli making.”

Since 2021, her business, [Gia’s Italian Kitchen](https://giasitaliankitchen.biz), has transformed into a platform for cooking classes that doesn’t gatekeep cooking skills. Through several mediums, Cole has leveraged a basic life skill into more than making a bite to eat.

“There’s so many barriers to creating those bonds and connections. They’re important to me,” said Cole. “If I can help other people (bond), that makes me feel good — I’m impacting them and their lives.”

Want to get cooking? To learn more about Kelley Cole’s cooking classes, private sessions or corporate offerings for team building, visit Gia’s Italian Kitchen at <https://giasitaliankitchen.biz>

When it comes to cooking, showing the shortcuts is half the magic. Mincing pre-peeled garlic and keeping it in a jar with olive oil or chopping up vegetables to keep in a bag can mean all the difference between making cooking approachable or a hassle on a daily basis.

“When you talk to friends, they’re always running around. Their kids have got 10 million things to do. Families don’t live in the same communities anymore,” Cole said. “Bringing them back together to reconnect over food and tell stories is just very invigorating. I’ve always been that connector, so it feels natural to do it over food.”





Gia's Italian Kitchen was a 2023 quarterfinalist in the Food Network Favorite Chef Competition with Chef Carla Hall.

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