



AUGUST

Adult Sessions

Wednesday, August 5 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Beat the Heat: No/Low Cook Soon to Be Food Fav's

Stay cool while leveling up your kitchen skills! Create fresh Caprese stuffed avocado and DIY summer rolls while learning knife skills, prep, and big flavor with barely any cooking.

Wednesday, August 12 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Tofu Basics: Spicy Tofu Lettuce Wraps

Bold, spicy, and totally plant based! Learn to make crave worthy tofu lettuce wraps packed with flavor. Easy to assemble and absolutely perfect for summer dinners.

Wednesday, August 19 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Small Knife vs BIG Knife: Cleaning Fruit and Fruit Kebobs

Which knife wins? Learn to handle knives safely and efficiently while cleaning fruit and building colorful fruit kebobs. Perfect for summer snacks and party prep!

Wednesday, August 19 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Meditation Basics with Melissa

Find your calm! Beginner friendly meditation techniques to melt away stress, sharpen focus, and bring everyday peace.

Junior Chef (Kids & Teens)

Monday, August 3 • 11:00 AM ET / 10:00 AM CT / 8:00 AM PT

Summer Camp Day 1 (Kids): Veggie English Muffin Pizzas

"Lunch-able" camp kicks off! Kids build fun veggie English muffin pizzas with fresh apple slices on the side.

Tuesday, August 4 • 11:00 AM ET / 10:00 AM CT / 8:00 AM PT

Summer Camp Day 2 (Kids): Mini Pancake Sandwiches

Kids stack mini pancake sandwiches with nut butter and dunk them in creamy banana yogurt dip. Totally hands on!

Wednesday, August 5 • 11:00 AM ET / 10:00 AM CT / 8:00 AM PT

Summer Camp Day 3 (Kids): Franks in the Blanket

The grand "Lunch-able" finale! Kids roll up playful mini franks in the blanket, a true lunchtime favorite!

Wednesday, August 12 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Pre Teens & Teens: Turkey & Provolone Sloppy Joes with Coleslaw

It's National Sandwich Month! Teens build hearty turkey and provolone sloppy joes with fresh, crunchy coleslaw.



SEPTEMBER

Adult Sessions

Wednesday, September 9 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Sourdough Baking Basics: Cheesy Sourdough Biscuits

Warm, cheesy, fluffy sourdough biscuits fresh from your own oven! Learn the secrets to baking these irresistible bites, perfect for breakfast, brunch, or a savory snack any time of day.

Wednesday, September 16 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

How to Hide Those Veggies: Parent Nutrition Tips

Tired of the dinnertime veggie battles? Discover clever, creative ways to sneak more nutrition into everyday meals your kids will actually love. Packed with practical tips on reading labels, hiding vegetables in favorite dishes, and building balanced nutrition for the whole family, all while keeping mealtime fun and stress free.

Wednesday, September 23 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Asian Sticky Orange Chicken

Sweet, tangy, sticky, and absolutely addictive! Master this takeout favorite at home and learn how to build bold flavor in every bite. Love the heat? Add Thai chili peppers for a fiery kick.

Junior Chef (Kids & Teens)

Wednesday, September 9 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Kids: Chicken Salad Sandwich

It's National Chicken Month and we're celebrating! Kids will whip up tasty chicken salad sandwiches while building real kitchen skills like safe chopping, mixing, and assembling like a pro.

Wednesday, September 16 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Teens: Stir-Fry Honey Chicken and Veg

Sizzle up something amazing! Teens will learn to cook a flavorful honey chicken stir fry loaded with fresh vegetables. A quick, healthy weeknight meal they can make again and again.



OCTOBER

Adult Sessions

Wednesday, October 7 • 7:00 PM ET / 6:00 PM CT / 4:00 PM PT

Cookbook Author Maria

A special guest event! Join Maria, a New Jersey author, as she shares her family culinary journey and cooking tips. Her memoir, *On the Rocks: The Primadonna Story*, is a heartfelt look at resilience, family, and reinventing yourself after life's unexpected challenges.

Wednesday, October 7 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Apple and Goat Cheese Filo Triangles

Light, crispy, golden filo triangles filled with sweet apples and creamy goat cheese. This elegant sweet and savory appetizer looks fancy but comes together fast. Perfect for entertaining or treating yourself to something special.

Wednesday, October 14 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Halloween Fun: Spooky “Eye” Deviled Eggs

Get into the Halloween spirit with these frightfully fun spooky “eye” deviled eggs! Turn a classic favorite into a creepy, crowd pleasing showstopper using simple ingredients and creative decorating tricks. Perfect for parties and festive family fun.

Wednesday, October 21 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Intro to Sound Bowls with Melissa

Experience the soothing, restorative power of sound bowls. Melissa guides you through calming techniques that use sound for deep relaxation, stress relief, and everyday mindfulness.

Junior Chef (Kids & Teens)

Wednesday, October 14 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Kids: Spooky Flatbread Pizza Fun

Pizza Month meets Halloween! Kids will create their very own spooky flatbread pizzas piled with fun toppings while learning hands on cooking and assembly skills. Deliciously creepy!

Wednesday, October 21 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Teens: Pizza Dough and Garlic Knots

Calling all pizza lovers! Teens will learn to make real pizza dough from scratch and twist it into golden, buttery garlic knots. A hands on experience packed with skills they'll use forever.



NOVEMBER

Adult Sessions

Wednesday, November 4 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Thanksgiving: Let's Talk Stuffing, 3 Ways!

One classic, three delicious ways! Explore creative spins on traditional stuffing, from rich and savory sausage stuffing to sweet and tart apple cranberry. Your holiday table will never be the same.

Wednesday, November 11 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Thanksgiving Classics: Honey Mashed Sweet Potatoes

Bring a warm, comforting twist to a holiday favorite! Learn to create silky smooth honey mashed sweet potatoes with a touch of natural sweetness. Simple to prepare and guaranteed to disappear from the Thanksgiving table.

Wednesday, November 18 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Jewish Holiday Cooking: Classic Potato Pancakes (Latkes)

Celebrate Jewish culinary traditions with a true classic! Learn to make crispy, golden latkes, the beloved potato pancakes at the heart of every Hanukkah celebration.

Junior Chef (Kids & Teens)

Wednesday, November 4 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Kids: Rice, Bean, and Cheese Burritos

It's National Rice Month! Kids will roll up easy, delicious burritos stuffed with rice, beans, and melty cheese. Perfect for lunch, dinner, or anytime hunger strikes!

Wednesday, November 11 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Teens: Buttermilk Biscuits for the Holidays

Warm, flaky, buttery biscuits made completely from scratch! Teens will master this classic comfort food just in time to wow everyone at the holiday table.



DECEMBER

Adult Sessions

Wednesday, December 2 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Fun, Fast Party Upgrades: Cucumber Boats and Cups

Instantly elevate your holiday spread! Learn quick, elegant ways to create fresh cucumber boats and cups that are healthy, festive, and impressively easy to prepare.

Wednesday, December 9 • 7:30 PM ET / 6:30 PM CT / 4:30 PM PT

Holiday Crostini & Bruschetta

The ultimate party appetizers! Learn to build flavorful crostini and bruschetta that steal the show at every holiday gathering and appetizer platter.

Wednesday, December 16 • 7:00 PM ET / 6:00 PM CT / 4:00 PM PT

Winter Superfoods Made Simple

Cut through the hype and discover what “superfoods” really mean! This session breaks down simple, affordable, nutrient rich ingredients you can actually use in everyday meals to power your health all winter long. Real kitchen skills, no complicated recipes or expensive trends.

Junior Chef (Kids & Teens)

Wednesday, December 2 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Kids: Classic Brownies with a Candy Cane Twist

National Chocolate Month is here! Kids will bake rich, fudgy classic brownies topped with a festive candy cane twist. Sweet, fun, and totally hands on!

Wednesday, December 9 • 6:00 PM ET / 5:00 PM CT / 3:00 PM PT

Teens: Double Chocolate Cookies

Double the chocolate, double the fun! Teens will bake rich, gooey double chocolate cookies. The perfect holiday treat for sharing with friends and family (if any survive that long!).