

COOKING CLASSES
AT SUR LA TABLE

CLEVER FOOD SWAPS
WITH WW

WITH CHEF SUR LA TABLE

IN PARTNERSHIP WITH



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Ingredient Shopping List

Below is a list of ingredients you'll need to make the recipes in this packet. Please reach out for substitution suggestions.

Proteins

- 6 ounces extra lean ground beef

Produce

- 12 medium shiitake mushrooms (2 to 2 1/2 -inch caps)
- 1 pound tomatillos (sub with canned)
- 6 scallions
- 1 garlic clove
- 1 bunch cilantro
- 2-3 limes
- 1, 1-pound butternut squash
- 4 large, ripe bananas

Dairy

- 2 ounces reduced fat sharp cheddar cheese thin slices
- 6 large lettuce leaves

Pantry Items

- Kosher or sea salt
- Black peppercorns in a grinder or mill
- Cooking spray
- Chili powder
- Vanilla extract
- 1/4 cup mini semisweet chocolate chips
- 1/2 tablespoons sliced, toasted almonds

Dry/Canned Goods

- 3-ounce jar roasted red bell peppers

Equipment Needed

Below is a list of tools you'll need to make the recipes in this packet.

Cutlery

- Chef's knife
- Cutting board

Hand Tools/Gadgets

- Turner
- Citrus juicer
- Measuring cups
- Measuring spoons
- Food storage containers
- Spatula
- Vegetable peeler, optional
- Tongs

Cookware

- Cast iron, or heavy bottomed skilled

Appliances

- Food processor or blender

Bakeware

- Rimmed baking sheet

Pre-Class Mise en Place and Notes

Please gather all ingredients prior to class if you will be cooking along.
It is helpful to organize the ingredients by recipe on rimmed baking sheets.
Feel free to pre-measure ingredients, but it is not necessary.

Butternut Squash Fries

1. Preheat oven to 450°F

Chocolate-Almond Nice Cream

1. 2-3 hours prior to class, peel and cut bananas into 1-inch pieces and place in freezer

SHIITAKE CHEESEBURGER SLIDERS



Recipe yield: 2 servings

Serving size: 3 sliders

Though they may be small, these cheeseburger sliders are surprisingly filling. They pack a huge flavor punch, too, thanks to the seared beef, meaty shiitake mushrooms, sweet roasted red bell peppers, and piquant salsa verde.

6 ounces extra lean ground beef, 96% lean and 4% fat

3/8 teaspoon kosher salt, divided

1/4 teaspoon black pepper

5 cooking sprays

2 ounces 50% reduced fat sharp cheddar cheese, thinly sliced

12 medium fresh shiitake mushrooms, with 2 to 2 1/2-inch caps, stems removed

6 large lettuce leaves, such as Little Gem

3 ounces roasted red bell peppers (packed in water), cut into 6 (2-inch) pieces

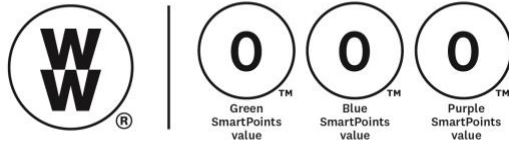
6 teaspoons salsa verde (recipe included)

1. Preheat a large cast-iron skillet over medium-high heat. Divide beef into 6 equal portions, and shape each into a 2 1/2–3–inch patty. Sprinkle patties evenly with 1/4 teaspoon salt and black pepper. Spray pan with cooking spray and add patties to pan. Cook 2 minutes or until seared on bottom. Flip patties over and cook 1 minute. Top with cheese and cook until cheese melts and patties are done, 1-2 minutes. Remove patties from pan.

2. Add mushroom caps to pan, top side down. Sprinkle gill sides evenly with remaining 1/4 teaspoon salt. Cook until tender but not mushy, 1-2 minutes per side.

3. Layer 1 lettuce leaf, 1 roasted red bell pepper piece, and 1 patty on each of 6 shiitake caps, gill side up. Top each patty with 1 teaspoon salsa verde and 1 mushroom cap, gill side down.

BRIGHT GREEN SALSA VERDE



Recipe yield: 16 servings

Serving size: 3 tablespoons

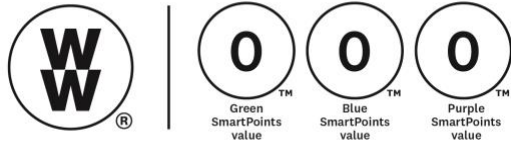
Fresh and bright, this salsa requires no cooking at all. If you like spicy food, feel free to add a diced fresh jalapeño or a handful of pickled jalapeño slices before blending.

1 pound tomatillo, husked, rinsed, cored, roughly chopped (about 10 medium)
6 medium scallions, ends trimmed, coarsely chopped
1 medium garlic clove, minced
12 cilantro sprigs, tender stems included, coarsely chopped (1 large handful)
1/4 cup fresh lime juice
2 teaspoons kosher salt

1. Place all ingredients in a blender or food processor; puree until smooth. Season to taste with additional lime juice and salt if needed. Serve immediately.

***Notes:** Leftovers can be stored in an airtight container in the refrigerator for up to 3 days but bring to room temperature before serving.

BUTTERNUT SQUASH FRIES



Recipe yield: 4 servings

Serving size: 4 fries per serving

A great alternative to deep-fried potatoes. These fries are slightly sweet, slightly spicy and oven-baked for a nice roasted flavor.

Cooking spray

*1 pound butternut squash, peeled, seeded, cut into sixteen 3/4-inch-thick sticks**

1 teaspoon fine kosher salt

1/2 teaspoon chili powder, plus more to taste

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1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
 2. Arrange squash fries on prepared baking sheet and sprinkle with salt and chili powder; liberally coat with cooking spray.
 3. Roast, turning once, until desired crispness, about 14 to 18 minutes.

Notes: *Start with a large squash. You will end up using about 1 lb. of squash and have the “bulb” of the squash left over. Any hard winter squash will work in this recipe. Double or triple the recipe to meet your needs.

CHOCOLATE-ALMOND NICE CREAM



Recipe yield: 4 servings

Serving size: 1/2 cup with 1/2 tablespoon almonds

Pureed, frozen bananas form the base of this ice cream-inspired recipe. It's best to use bananas that are ripe but bruised or browned. Get creative with your flavors by swapping in different types of chocolate chips, coconut, or chopped dried fruit.

4 large, ripe bananas
1/2 teaspoon vanilla extract
1/4 cup mini semisweet chocolate
1/2 tablespoon sliced almonds, toasted

1. Peel bananas; cut into 1-inch chunks and place in large zip-close plastic freezer bag. Seal and freeze until frozen solid, 2–3 hours.
2. Place bananas in a food processor; puree, scraping down sides with a rubber spatula. Add vanilla and pulse to combine. Serve immediately, or for firmer texture, transfer mixture to a container and freeze until ready to serve; allow to soften about 10 minutes at room temperature.
3. Use a rubber spatula to stir mini-chocolate chips into pureed mixture, then top each serving with 1/2 tablespoon almonds.

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**In 6-mo study, 88% of participants said *myWW* was an easier way to lose weight vs. when they tried on their own, funded by WW.

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