

Supercharging Your Plate!

Hosting a supercharged cooking presentation by Zonya is as simple as following a list. Here's all you need to make your event a *supercharged* success.

Stage Needs

- Three skirted 6-foot tables (one behind Zonya, two diagonal on each side)
- One 4-foot round or square table placed center stage for meal presentations (rectangle table is ok)
- Mobile videographer (to shoot from multiple locations)
- Video projection for both PowerPoint and projecting video feed (PowerPoint used exclusively for the first and last 15 minutes, cooking/video projection used exclusively for the middle 45 minutes)
- One or two projection screens, depending on size of audience, positioned off to the side(s), not behind Zonya
- Wireless lavalier microphone for Zonya
- Microphone on the lectern (for emcee/introduction) preferably wireless
- Optional: Ability to play music CD (Zonya's TV show theme, provided by Zonya) during intro and exit

Grocery List

(Listed by table set up for each meal plus additional table décor)

BREAKFAST

- Pint of blueberries
- Large handful of walnuts
- Kashi Go Lean Cereal (not Go Lean Crunch)
- EdenSoy Original Extra (32 oz.)
- Pint of Egg Beaters
- Large tub of fresh BABY spinach
- Jar of dried minced onion, with shaker top please
- 2 regular size tomatoes
- Small tub of low-fat feta cheese (crumbled)
- Non-stick cooking spray
- 1 loaf of whole-wheat bread (just need one slice toasted, cut diagonally)
- 1 honeydew melon
- 1 pint fresh strawberries
- 1 apple
- Kashi TLC crackers (Original 7 Grain or Honey Sesame)



**Questions? Contact Zonya's office
at 517-467-6995, M-F 8:30-5:00 ET**

LUNCH

10" whole-wheat flour tortillas

8 oz tub of hummus (plain or flavored)

8 oz tub of tabouli salad (pre-made Oasis brand or from the deli)

Otherwise, buy the dry box mix by Fantastic Foods brand.

Make the night before by adding water, olive oil and a chopped fresh tomato and parsley.

1 red pepper

Spinach greens (take from the tub used during Breakfast)

1 small bag of baby carrots

3 florets of broccoli (taken from display, see below) to garnish the plate

DINNER

4 oz salmon filet, NO SKIN (on thinner side toward tail).

1 bunch of fresh asparagus

1 box whole-wheat spaghetti

Small bottle of olive oil

1/2 pound button-type mushrooms

Bottle of Marsala wine

1 box chicken broth, 1/3 less sodium

Minced garlic in a jar

1 onion –cut into 8 wedges

Salt shaker (just need 3 shakes)

Small jar of dill weed

Corn starch (4 teaspoons)

1 pint of cherry tomatoes

1 can of Alaskan salmon packed in water (for prop)

Mozzarella cheese sticks (string cheese, only need 1 to display snack)

Key Lime low-fat or nonfat yogurt

TABLE DÉCOR

2 heads of broccoli

4 each of red, yellow and orange peppers

2 giant heads of parsley

1 bunch of fresh asparagus (in addition to the bunch for dinner)

2 sets of 3 tomatoes (on the vine)

1 head of purple cabbage

1 bunch purple kale (if available)

1 small and 1 large sweet potato

1 butternut squash

1 acorn squash

1 cantaloupe

6 fresh lemons



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Equipment Needs

Need one or two coolers with ice to conveniently transport and hold the prepped food.
(Unless stage has a refrigerator)

Breakfast

Electric non-stick skillet (Rival S12P 12-Inch Electric Skillet, \$19.95 at Amazon.com.)

Extension cord (long enough to reach from outlet to breakfast and dinner tables)

Plastic spatula

Pepper mill

Cereal bowl

2 cloth towels: one wet, one dry

Roll of paper towel

Lunch

1 medium to large cutting board

1 butter knife

1 larger sharp knife (like a chef's knife)

2 small spoons

Dinner

1 plastic spatula

3 medium clear bowls

2 (two cup) measuring cups

1 set of measuring spoons

1 cutting board

1 larger sharp knife



Items to prepare the night before

- Boil whole-grain spaghetti and package just 1 cup of the cooked spaghetti in a zipper baggie to place on plate.
- Steam 8 spears of fresh asparagus so they are bright green then plunge into cold water to halt cooking. Chill. These can be placed in same zipper baggie with spaghetti, as they will be presented on same plate and tossed together.
- Clean and cut cantaloupe into wedges for the breakfast plate
- Wash strawberries (leave on the stems if they look pretty)
- Pick over and wash the blueberries
- Clean and cut onion into wedges for the dinner salmon dish
- Clean and slice the mushrooms for the dinner dish
- Toast one slice of whole-wheat bread, cool, bring in plastic baggie (do not add butter)
- Make the tabouli box mix if you couldn't find ready made. Add fresh chopped tomato and parsley to "freshen" it.
- Be certain salmon has no skin, and cut away any dark spots in the flesh.

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