

Deliver Well

No Excuse Cooking

Barbara Tessari has taken her moderation and balance crusade to the next level by offering cooking demonstrations on how to cook without recipes.

"Recipes only make it harder to cook. We have to plan, shop, follow the direction, measure and use several pots and pans. No wonder hectic people everywhere run to the drive-thru!"

Barbara shows you what standard ingredients to keep in your house all the time so you can whip up anything - Italian, Asian, Greek, American, Mexican, you name it - in 20 minutes or less with only one or two pans to clean up.

She can entertain and educate any audience at a number of venues:

- Barbara's Gourmet Kitchen
- In Your Home
- At the Workplace
- Television
- Special Event Facility

No Excuse Cooking Course

This program is a 4-week session that helps participants learn how to shop for the best ingredients and shows you how to whip up delicious, healthy meals even after a hectic day. Program includes food samples. Program Objectives include:

- Healthy food basics
- Ingredient categorizing
- Cuisine seasonings and flair
- Tips to save time and minimize clean-up
- Reducing calories without sacrificing flavor

Minimal kitchen facilities required.

How Do I Get Started?

For more information on No Excuse Cooking presentations or Courses contact:

Barbara@employeecentric.com

804-814-7672
