

Culinary Strategies to Spice Up Your Clients' Kitchens

By Shayna Komar, RD, LD, and Chef Nancy Waldeck

Kitchen Technique Videos

- **Zesting and Grating – How to Zest and Grate Video**
<https://www.youtube.com/watch?v=Cre7oGIB9tl>
- **How to Chop an Onion**
<https://www.youtube.com/watch?v=tGwzqR-N2pw&t=9s>
<http://www.piedmont.org/living-better/how-to-chop-an-onion>
- **How to make Roasted Veggies**
https://youtu.be/WqeAd_y_I_Q
- **How to make Veggie Stock**
<https://youtu.be/Kftag8753Ts>
- **How to Make Salad Dressing**
<https://www.youtube.com/watch?v=9n4aVT-Is8g>
- **How to make Beans**
<https://youtu.be/35R-zDVDYSk8>
- **How to Roast Red Peppers**
<https://www.youtube.com/watch?v=ddZwOVsGTwc&t=33s>
- More videos on herbs/spices and kitchen techniques that Shayna and Nancy have done: www.piedmont.org/living-better

Presentation Videos

- **Video 1: Thyme Stuffed Mushrooms**
<http://www.piedmont.org/living-better/thyme-stuffed-mushrooms>
- **Video 2: How to Store Fresh Herbs**
<http://www.piedmont.org/living-better/how-to-store-fresh-herbs>
- **Video 3: Turmeric Pickles**
<http://www.piedmont.org/living-better/how-to-make-tumeric-pickles>
- **Video 4: The Best Knives for your Kitchen**
<http://www.piedmont.org/living-better/the-4-best-knives-for-your-kitchen>
- **Video 5: Favorite Kitchen Tools for the Healthy Kitchen**
<http://www.piedmont.org/living-better/4-cooking-tools-you-need-in-your-kitchen>