

Venue to Provide the Below Items to Be Used in Kristen's Demo

Black Bean Mango Salad

- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 1 lime, washed
- 2 (15 ounce) cans black beans, rinsed and drained
- 1 (15 ounce) can sweet kernel corn, drained
- 1 green bell pepper, washed (leave whole)
- 1 red bell pepper, washed (leave whole)
- 2 avocados, washed (leave whole)
- 2 mangos, washed (leave whole)
- ½ cup of green onions, chopped
- Sea salt
- Black pepper
- One bag of blue corn tortilla chips

Fruitilicious Upside- Down Cake

- 2 cups raw pecans
- 2 cups pitted dates
- 1 teaspoon vanilla extract
- 8 kiwis (peeled)
- 1 pint blueberries, washed
- 1 pint raspberries, washed
- 1 pint blackberries, washed
- 1 banana

Supplies Needed for Cooking Demo

- 1 large mixing bowl
- 1 small mixing bowl
- 1 large mixing spoon
- 1 small whisk
- 2 medium size spoons
- 2 chef knives
- 1 paring knife
- 2 large cutting boards
- Small, deep bowl (about 8 inches round)
- Round dinner plate or platter
- Small decorative plate
- Small decorative bowl
- Pie turner or spatula

- Food processor
- Saran wrap
- Paper towel
- Plastic gloves
- Trash can
- Extension cord
- 1 large table or stage for cooking demo