Avocado Grilled Cheese
Serves 4

Ingredients:
- 4 cups baby spinach
- 4 ounces crumbled goat cheese
- 2 avocados, halved, seeded and peeled
- 2 cloves garlic
- Kosher salt and freshly ground black pepper, to taste
- 2 cups shredded mozzarella cheese
- 4 tablespoons unsalted butter, at room temperature
- 8 slices whole wheat bread

Directions:
1. Combine spinach, goat cheese, avocados and garlic in a bowl season with salt and pepper, to taste. Stir in mozzarella. Stir until creamy consistency
2. With a butter knife, spread butter on one side of each slice of bread. Place 4 slices, buttered side down, on work surface. Divide avocado mixture evenly on all slices. Top with remaining slices, buttered side up.
3. Heat a large skillet over low heat. Add sandwiches and cover; cook, turning once with a spatula, until golden brown and the cheese has just melted, about 2-3 minutes per side.
4. Slice and serve immediately.

Source: https://infobagussemaso.blogspot.com/2019/05/avocado-grilled-cheese-vegetarian-breads.html
Greek Mason Jar Salad

Serves 1

Ingredients:

- 3 tbsp olive oil.
- 1 tbsp balsamic vinegar
- ½ tsp sea salt
- ¼ tsp black pepper
- ½ cup grape tomatoes, halved
- ⅔ cup cucumbers, chopped
- 2 tbsp red onions, diced
- 1 chicken breast
- ½ cup feta cheese
- 1 cup romaine lettuce

Instructions:

1. Start by preheating the grill. *Your Cooking Instructors will do this for you!*
2. Season your chicken with salt and pepper, then place on the grill. Cook turning occasionally until chicken reaches 165F.
3. Combine olive oil, balsamic vinegar, sea salt, black pepper and whisk until it forms a dressing. Pour into the bottom of your mason jar.
4. Layer the remaining ingredients in the order listed - tomatoes, cucumbers, red onions, chicken, feta cheese (if using), and romaine lettuce. Do not mix together.
5. Cover the jar with a lid and place in fridge until ready to eat, up to 3-5 days.
6. When ready to eat, shake the jar vigorously to mix everything together. Pour into a bowl to eat.

Grilled Peach Smores
Serves 4

Ingredients:
- 2 peaches, fresh halved
- 2 tbsp maple syrup
- 2 tbsp brown sugar
- ¼ tsp cinnamon
- 4 graham crackers
- ½ Hershey’s candy bar
- 1 bag marshmallows

Instructions:
1. In a small bowl, stir together brown sugar & cinnamon. Place sliced peaches on a large platter or baking sheet and brush with maple syrup.
2. Grill over medium heat for 2-4 minutes on each side or until peach slices are tender and slightly charred.
3. Place peaches back on platter and immediately sprinkle with brown sugar mixture. (The peaches need to be hot off the grill so that the sugar will caramelize from the heat of the peaches).
4. Once cooled, slice peaches into thin slices.
5. To assemble s’mores: roast marshmallows over fire (or grill). Top a graham cracker square with chocolate, marshmallows, peach slices, and top with another graham cracker square. Enjoy!

Source: https://themerrythought.com/recipes/grilled-peach-smores/
Food Photography Tips

1. Choose a well-lit area. Use natural light whenever possible!

2. Set the scene. Use a neutral plate and add one or two accessories, such as silverware, coffee mug, decorated napkin, or fresh herbs.

3. Food looks a freshest right as it’s put on the plate. Leftovers won’t photograph as well. Camera eats first!

4. Style your food. Pinterest and Instagram have great examples!

5. Try different angles, rather than a simple overhead shot.

6. Practice makes perfect!