

# SELF

## [Lunch at the Culinary Institute and Dinner by The Biggest Loser's Dietitian](#) [Thursday](#)

Self

By Sarah-Jane Bedwell

March 29, 2012

At the conference this morning, we got to see several Culinary Institute chefs demo several great, healthy recipes. The best part? We got to try them all for lunch! Lunch included a trio of...

...salads: wheat berry salad, couscous salad and Caesar salad.





We also had a shrimp and white bean salad, fish with a creamy avocado sauce and roasted beets.



For dessert, we had a deliciously healthy [mixed berry cobbler](#) with whipped Greek yogurt. It tasted amazing and was super filling.

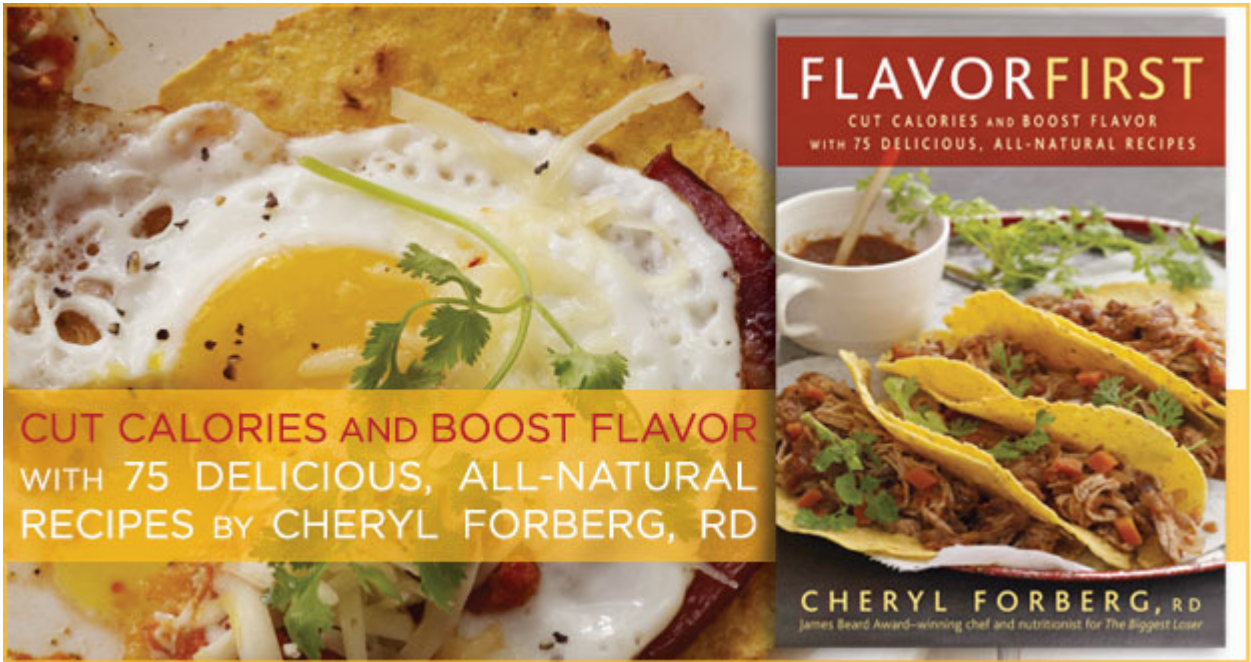


After lunch, we got to tour the Institute's gardens and attended more conference sessions on plant-based diets and principles of healthy cooking, just to name a couple.





This evening, we headed into Yountville to a gourmet kitchen store called Napa Style for Cheryl Forberg's cooking class. Cheryl is a dietitian and a chef and served as the registered dietitian for *The Biggest Loser*.



She's written several *Biggest Loser* cookbooks, and she recently came out with a new cookbook called [Flavor First](#).





She was cooking up a couple recipes from Flavor First for the cooking class tonight -- Huevos Sofrito (an amazing egg dish) and Pasticciata (Polenta Lasagna) with Garlic Spinach and Mushrooms.

Cheryl's recipes are delicious. I am so glad to have a copy of her cookbook, and I highly recommend it to anyone who enjoys healthy meals that are also full of flavor. Her recipes are practical, yet gourmet. She really believes in fresh food -- she even has her own farm with chickens! It was such a pleasure to meet Cheryl. Since we had such a big lunch today, these two dishes at the cooking class ended our day perfectly.