



PERFECT PICNICS & PATIO PARTIES





MEET MARISSA POWERS

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- National Board-Certified Health & Wellness Coach
- Certified Food Protection Manager
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TODAY'S INTENTIONS

Inspire

To inspire confidence in preparing simple, seasonal recipes

Share

To share practical tips for safe and successful outdoor dining

Encourage

To encourage creativity and joy in hosting casual get-togethers

WHAT'S IMPORTANT TO CONSIDER WHEN PREPARING A DISH FOR OUTDOOR DINING?

EASY-TO-MAKE

UTENSIL FREE

TRAVELS WELL

ROOM TEMP FIRENDLY

SEASONAL/ THEME RECIPE

TODAY'S RECIPES

Coconut Curry Pita Pockets



Peanut Chicken Satay



Citrus Rosemary Glazed Melon



COCONUT CURRY PITA POCKETS

- 1 tablespoon olive oil
- 1 small red onion, finely chopped
- 2 cloves garlic, minced
- 1.5 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 can (15 oz) chickpeas
- 1 zucchini, diced
- 1 red bell pepper, diced
- 1 can (13.5 oz) coconut milk
- Juice of ½ lime
- 4 whole wheat pita pockets
- 2 cups mixed greens



OH NO! SCENARIO

You're just about done prepping the menu for your family picnic—everything's planned, the ingredients are bought, and you're feeling like a culinary genius.

*Then you get **the call**- It's your cousin Lou and he's on his way.*

"Hey," he says, "mind if I bring my new girlfriend, Sue?"

Of course, you say yes—since you can hear she in the background, but also because your polite.

Then he casually drops:

*"Oh, also, she's **gluten-free**. Like, strictly gluten-free. She does sweets, but no wheats. She'll ride my Harley, but she can't touch barley. Like, if you say, 'rye', she'll say, 'bye!'"*

How would you adjust your menu to make it gluten-free—without having to scrap everything and start over?

SESAME PEANUT CHICKEN SATAY

- ¼ cup peanut butter
- 3 tablespoons warm water
- 2 tablespoons soy sauce
- 1 teaspoon rice vinegar
- 1 teaspoon honey
- ½ teaspoon garlic powder
- 1 teaspoon sesame oil
- 1 teaspoon sriracha
- 1½ lbs boneless, skinless chicken breasts, cut into strips
- Bamboo skewers (soaked)

OH NO! SCENARIO



You've just laid out all the ingredients for your famous grilled chicken satay. You're thrilled to serve it at the grill-out tonight—it's a guaranteed ego boost every time.

Suddenly, you hear a ring—it's your landline. The one only your mom still calls, since she's the one who insists on keeping it (and pays for it, after all).

"Hi, Honey! Just FYI— Lou has a NEW girlfriend, Ana. Super nice. Oh—and she has a severe nut allergy."

You stare at your beloved recipe beside the jar of peanut butter. You whisper an apology to the crushed peanut topping. Your menu is a minefield.

How would you adjust your menu to make it nut-free—without having to scrap everything and start over?

MELON SKEWERS & CITRUS ROSEMARY GLAZE

- 1 cup cantaloupe, cubed
- 1 cup honeydew, cubed
- 1 cup watermelon, cubed
- Fresh mint
- Skewers (wooden or reusable)
- Juice & zest of 1 orange
- 1 tablespoon lemon juice
- 1 tablespoon honey or maple syrup
- 1 sprig fresh rosemary
- Pinch of salt

*ENJOY
MORE,
WORRY
LESS*

OUTDOOR DINING SAFETY TIPS

Temp
Control

Hand
Sanitation

>70°F, 2
Hours

>90°F, 1 Hour

Serving
Smart

Condiments



Q&A



THANK YOU!

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