

## ARTICHOKE, SPINACH & FETA STUFFED CHICKEN BREAST

### Ingredients

- 4 - 6 oz Wholesome Pantry chicken breasts
- 5 oz fresh, spinach
- 4 oz artichoke hearts, chopped
- 4 oz of feta cheese
- 2 pinch salt
- 1 pinch pepper
- 2 cloves garlic, chopped
- 2 tablespoon sage chopped
- 2 tablespoon rosemary chopped
- 2 tablespoons Olive Oil
- 2 oz. Salted Butter
- 2 oz. Dry White Wine (Pour the rest in your glass!)

### Directions

1. Preheat oven to 375 degrees convection or 400 degrees conventional.
2. Take the chicken breasts and, using a chef knife, make a slice into the side of the chicken horizontally to create a pocket (Chef Danny has done this for you already). Salt and pepper both sides on the chicken.
3. Pour 1 tbsp. of the oil in a medium skillet over high heat.
4. Add spinach, artichoke hearts and chopped garlic. Cook for about 1 minute constantly stirring until spinach is cooked. Remove from pan and set aside.
5. In small bowl combine cooked spinach, artichoke hearts, feta cheese, salt, and pepper. Stir until combined. Set aside.
6. Stuff chicken breasts with spinach mixture and close pocket.
7. Top chicken with chopped rosemary and sage and pat down lightly.
8. Heat frying pan on high (screaming hot!) with last tablespoon of the oil and place the stuffed chicken into pan top side down, sauté until chicken is golden brown on one side.
9. Flip chicken and place frying pan into in the oven.
10. Bake for 15 minutes.
11. Remove Chicken from the pan to a separate plate and place pan back on the stove.
12. Turn heat to medium. Add wine and butter to the frying pan stirring until butter is completely melted. Pour over chicken.

## SAUTE PEAS WITH LEEKS AND TURKEY BACON

### Ingredients

- 1 tablespoon Olive Oil
- 4-ounce turkey bacon, cut into small dice
- 1 leek halved and thinly sliced
- Pinch red pepper flakes (optional)
- 8-ounce peas
- 1-ounce Butter
- Pinch of pepper

### Directions

1. Heat the oil in a large high sided sauté pan over medium heat.
2. Add the bacon and cook until golden brown and the fat has rendered.
3. Using a slotted spoon, remove the bacon to a plate lined with paper towels.
4. Add the leeks and red pepper flakes (if desired) to the pan and cook until soft.
5. Add the peas, butter and black pepper and cook until warmed through and butter is melted.
6. Add bacon to the sauté pan and remove from heat.

## POPOVERS

### Ingredients

- 4 large eggs, warmed in a cup of hot water for 10 minutes before cracking
- 1 1/2 cups milk (skim, low-fat, or full fat), lukewarm
- 1/2 to 3/4 teaspoon salt\*
- 1 1/2 cups [King Arthur Unbleached All-Purpose Flour](#)
- 3 tablespoons melted butter

### Instructions

1. Preheat the oven to 450°F. Position a rack on a lower shelf. The top of the fully risen popovers should be about midway up the oven. What you don't want is for the tops of the popping popovers to be too close to the top of the oven, as they'll burn.
2. Use a standard 12-cup metal muffin tin, one whose cups are close to 2 1/2" wide x 1 1/2" deep. (Want to use a popover pan? See "tips," below.) Grease the pan thoroughly, covering the area between the cups as well as the cups themselves. Make sure the oven is up to temperature before you begin to make the popover batter.
3. Use a wire whisk to beat together the eggs, milk, and salt. Whisk till the egg and milk are well combined, with no streaks of yolk showing.
4. Add the flour all at once and beat with a wire whisk till frothy; there shouldn't be any large lumps in the batter, but smaller lumps are OK. OR, if you're using a stand mixer equipped with the whisk attachment, whisk at high speed for 20 seconds. Stop, scrape the sides of the bowl, and whisk for an additional 20 to 30 seconds at high speed, till frothy.

## MUSHROOM RISOTTO

### Ingredients

- 2 Tbsp butter
- 2 cups flavorful mushrooms such as shiitake, chanterelle, or oyster mushrooms, cleaned, trimmed, and cut into half inch-to-inch pieces
- 2/3 cup dry white wine
- 5-6 cups [chicken stock](#)\* (use vegetable stock for vegetarian option)
- 1/3 cup of peeled and minced shallots (*OR 1/3 cup of yellow or white onion, finely chopped*)
- 1 3/4 cups [arborio rice](#) or other risotto rice
- 1/3 cup freshly grated Parmesan cheese
- Salt and freshly ground black pepper
- 2 Tbsp chopped fresh parsley or chives

### Instructions

1. **Bring stock to a simmer in a saucepan.**
2. **Sauté the mushrooms:** Melt the butter in a wide saucepan over medium-high heat. Add mushrooms and shallots and sauté about 5 minutes (if using chanterelles, dry sauté first for a minute or two and let the mushrooms cook in their own juices before adding the butter).
3. **Add rice and brandy:** Add the rice and stir to combine. Add brandy, bring to a boil, and reduce liquid by half, about 3-4 minutes.
4. **Add simmering stock, 1/2 cup at a time,** stirring enough to keep the rice from sticking to the edges of the pan. Stir the rice almost constantly — stirring sloughs off the starch from the rice, making the creamy sauce you're looking for in a risotto.
5. Wait until the stock is almost completely absorbed before adding the next 1/2 cup.
6. This process will take about 25 minutes. The rice should be just cooked and slightly chewy.
7. **Stir in the Parmesan cheese and season to taste with salt and pepper.** Garnish with chopped fresh parsley or chives.

## INGREDIENT LIST

4-6-ounce chicken breast  
5-ounce spinach  
4-ounce artichoke heart (chopped)  
4-ounce feta cheese  
4 tablespoon Salt  
2 tablespoon Pepper  
2 clove garlic  
2 tablespoon sage  
2 tablespoon rosemary  
2 tablespoon thyme  
6 tablespoon olive oil  
4-ounce white wine  
4-ounce turkey bacon  
1 leek  
12-ounce peas  
8-ounce butter  
4 eggs  
1 ½ cup milk  
1 ½ cup flour  
1 cup sharp cheddar cheese (shredded)  
2 cup mushroom  
5 cup chicken stock  
1 shallot  
1 ¾ cup rice (arborio rice)  
1/3 cup grated parmesan cheese  
1 parchment paper

## EQUIPMENT NEEDED

3 sauté pans  
2 medium bowls  
1 sheet pan  
2 muffin pans  
2 medium sauce pots  
1 wooden spoon  
2 metal spoons  
1 whisk  
1 chef's knife  
1 cutting board  
Cooking spray  
1 medium ladle  
1 set measuring cup  
1 set measuring spoons