

Spinach Artichoke Dip



Ingredients

- 1 (14 ounce) can artichoke hearts, drained and chopped
- ½ cup frozen spinach
- 1 cup mayonnaise
- 1 cup grated Parmesan cheese

Directions

1. Preheat oven to 375 degrees F (190 degrees C).
2. Combine the artichoke hearts, spinach, mayonnaise and Parmesan cheese and mix well.
3. Spread mixture in a 9x13-inch baking dish and bake in the preheated oven for 15 to 20 minutes, or until bubbly and golden brown.

SPINACH BRAID



Ingredients:

Serves: 8

- 2 tubes refrigerated crescent rolls
- ½ cup feta cheese, crumbled
- 1 cup mozzarella, shredded
- 10 oz. frozen chopped spinach, defrost, drain
- 1 clove garlic, pressed
- ½ cup red pepper, diced
- 1/3 cup mayonnaise
- ¼ tsp. black pepper
- 1 egg white
- ¼ cup parmesan cheese

Directions:

1. Preheat oven 400 degrees F.
2. On a ½ sheet pan spray with Pam.
3. Unroll crescent rolls; do not separate. Arrange dough with longest side along longest side of sheet pan. Lay the second package next to the first.
4. Roll dough with rolling pin to seal seams.
5. Starting on longest sides of sheet pan, (using pizza cutter), cut sides of dough into eight strips, about 1 ½ inch wide and 3 inches long.
6. Chop red pepper into small dice.
7. Drain and chop artichoke hearts into medium dice.
8. In a large bowl combine feta, mozzarella, spinach drained, garlic, red pepper, mayo, artichoke hearts, and black pepper. Mix well.
9. Use a medium scoop and scoop filling evenly over center of dough.
10. Starting at one end, lift one strip of dough; twist one turn and lay across top of filling.
11. Repeat, alternating strips of dough to form a braid. Fold bottom edges of dough up at ends of braid.
12. In a small bowl, whisk egg white and brush with a pastry brush on top of braid for a shiny gloss.
13. Sprinkle Parmesan cheese over egg wash.
14. Bake for 18 minutes or until cooked thru.

Equipment: Large bowl, rolling pin, ½ sheet pan, small bowl, pastry brush, medium scoop

Teriyaki Chicken



Ingredients

- 3/4 cup low-sodium soy sauce
- 1/4 cup honey
- 1 1/4 teaspoons peeled, grated fresh ginger (from about a 1-1/2-inch piece), grated on the small holes of a box grater
- 1 pound boneless, skinless chicken breasts or thighs
- Freshly ground black pepper
- 4 teaspoons vegetable oil
- 2 medium scallions, thinly sliced

Instructions

1. Bring the soy sauce and honey to a simmer in a small saucepan over medium heat, stirring often until the honey has completely dissolved, about 5 minutes. Add the ginger, stir to combine, remove from the heat, and set aside.
2. If using chicken breasts, place them on a cutting board and cover with a sheet of plastic wrap. Use a meat mallet or a frying pan to gently pound them to a 1/2-inch thickness. Cut each in half so you have 4 pieces roughly the same size. (If using chicken thighs, no need to pound or cut.) Season both sides of the chicken with pepper.
3. Heat the oil in a large frying pan over high heat until shimmering. Add the chicken in a single layer and cook without disturbing until browned, about 3 minutes. Flip and cook the second side until browned, about 3 minutes more.
4. Reduce the heat to medium, slowly pour in the reserved sauce, and cook, flipping the chicken occasionally to coat in the sauce, until cooked through, about 3 minutes.
5. Transfer the chicken from the pan, letting the excess sauce drip off, to a clean cutting board. Reduce the sauce in the pan over medium heat until slightly thickened, about 3 minutes more. Slice the chicken crosswise into 1/2-inch pieces. Place on a serving dish, top with the sauce, and sprinkle with the scallions.