

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING TUSCAN-STYLE CHICKEN BREASTS

SALAD TUSCAN LEMON ARUGULA SALAD

INGREDIENTS

4 cups arugula
1 cup cherry tomatoes, halved
1/2 cup shaved Parmesan
1/4 cup Kalamata olives, sliced (optional)
1 small shallot, finely minced
2 tbsp extra-virgin olive oil
2 tbsp fresh lemon juice
1 tsp lemon zest
1 tsp Dijon mustard
Salt and black pepper
1–2 tbsp pine nuts or toasted breadcrumbs (optional)

PREPARATION

In a bowl, whisk olive oil, lemon juice, lemon zest, Dijon, shallot, salt, and pepper. Toss arugula with tomatoes and dressing until lightly coated. Top with Parmesan (and olives if using) and pine nuts/breadcrumbs.

PRESENTATION

Serve in a chilled bowl. Add Parmesan last for freshness and a bright finish.

ENTREE: TUSCAN-STYLE CHICKEN BREASTS (CREAMY SUN-DRIED TOMATO & GARLIC)

INGREDIENTS

4 boneless, skinless chicken breasts
2 tbsp extra-virgin olive oil (plus a little more as needed)
Salt and black pepper
1 tsp garlic powder (or 3 cloves garlic, minced)
1 tsp Italian seasoning
1/2 cup sun-dried tomatoes (in oil), drained and chopped

1 cup baby spinach
1/2 cup chicken broth
1/2 cup heavy cream (or half-and-half)
1/4 cup grated Parmesan
1 tbsp butter (optional, for richness)
Optional garnish: fresh basil or parsley, lemon wedges

PREPARATION

Prep chicken: Pat chicken dry. Season both sides with salt, pepper, Italian seasoning, and garlic (powder or minced).

Sear: Heat olive oil in a large skillet over medium-high heat. Cook chicken 5–7 minutes per side (depending on thickness) until browned and cooked through. Remove to a plate.

Build the Tuscan sauce: In the same pan, add sun-dried tomatoes. Sauté 30–60 seconds.

Deglaze: Pour in chicken broth and scrape up browned bits.

Creamy finish: Reduce heat to medium-low. Stir in cream and Parmesan. Simmer 2–3 minutes until slightly thickened.

Add greens: Stir in spinach until wilted (about 1 minute).

Combine: Return chicken to the pan and spoon sauce over. Simmer 1–2 minutes to warm through.

Adjust seasoning: Add a pinch more salt/pepper if needed. **Optional:** stir in butter for extra silkiness.

PRESENTATION

Spoon sauce over each chicken breast. Finish with a light sprinkle of Parmesan and chopped basil/parsley. Serve with lemon wedges for brightness.

SIDE DISH #1: GARLIC PARMESAN ROASTED POTATOES (OVEN)

INGREDIENTS

1 1/2 lb baby Yukon Gold potatoes, halved
3 tbsp olive oil
3 cloves garlic, minced
1 tsp rosemary (fresh chopped or dried)
Salt and black pepper
1/4 cup grated Parmesan
Optional: 1 tbsp chopped parsley

PREPARATION

Heat oven to 425°F.

Toss potatoes with olive oil, garlic, rosemary, salt, and pepper.

Roast 25–35 minutes until golden and tender, tossing once halfway.

Toss with Parmesan in the last 3–5 minutes (or sprinkle on top after roasting).

PRESENTATION

Serve hot in a warmed bowl; top with parsley if using.

SIDE DISH #2: LEMON BUTTER SAUTÉED GREEN BEANS

INGREDIENTS

1 lb green beans, trimmed

2 tbsp butter

1 tbsp olive oil

2 cloves garlic, minced

1–2 tbsp fresh lemon juice

Zest of 1/2 lemon (optional)

Salt and pepper

Optional: toasted sliced almonds (2 tbsp) or Parmesan shavings

PREPARATION

Bring a pot of salted water to a boil. Blanch green beans 2–3 minutes, then drain.

Sauté beans in butter + olive oil over medium heat 3–5 minutes.

Add garlic and cook 30–60 seconds.

Season with salt, pepper, and finish with lemon juice (and zest if using).

PRESENTATION

Plate neatly and drizzle any remaining pan butter over the top. Add almonds/Parmesan for texture.

DESSERT: CLASSIC VANILLA BERRY CHEESECAKE CUPS

INGREDIENTS (MAKES 4–6 CUPS)

8 oz cream cheese, softened

1/2 cup Greek yogurt (or sour cream)

1/3 cup sugar (to taste)

1 tsp vanilla extract

2 tbsp lemon juice (optional, brightens)

1–1 1/2 cups mixed berries (fresh or thawed)

1/2 cup graham cracker crumbs (or crushed vanilla cookies)

2 tbsp melted butter

Pinch of salt

Optional: honey drizzle or whipped cream

PREPARATION

Crust: Mix crumbs with melted butter. Spoon into the bottom of cups.

Filling: Beat cream cheese with sugar and vanilla (and lemon juice if using). Fold in yogurt and a pinch of salt until smooth.

Assemble: Spoon filling into cups.

Top: Add berries over the top. Chill at least 30 minutes.

PRESENTATION

Serve chilled in small glasses/cups. Add a few extra berries right before serving.

WINE PAIRING (FROM OUR LIST)

RECOMMENDED WINE: ETHERO ALBARIÑO WHITE WINE

Albariño's bright, citrus-forward character matches the Tuscan flavors (lemon, garlic, and herbs) and keeps the dish tasting fresh rather than heavy—especially alongside the creamy sun-dried tomato sauce.