

# **Recipes**

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By  
*Delaware*

## **FULL MEAL RECIPE FEATURING CHICKEN BREASTS STUFFED WITH SPINACH AND CHEESE**

### **SALAD COURSE:**

#### **MEDITERRANEAN QUINOA SALAD**

##### **INGREDIENTS:**

1 cup quinoa, rinsed  
2 cups water  
1 cup cherry tomatoes, halved  
1/2 cucumber, diced  
1/4 cup red onion, finely chopped  
1/4 cup feta cheese, crumbled  
1/4 cup olives, sliced  
2 tablespoons olive oil  
2 tablespoons lemon juice  
Salt and pepper to taste

##### **INSTRUCTIONS:**

In a saucepan, combine quinoa and water. Bring to a boil, then reduce heat and simmer for about 15 minutes until water is absorbed.

Fluff quinoa with a fork and let it cool.

In a large bowl, combine cooled quinoa, cherry tomatoes, cucumber, red onion, feta cheese, and olives.

In a small bowl, whisk together olive oil, lemon juice, salt, and pepper. Pour the dressing over the salad and toss gently to combine.

##### **PRESENTATION:**

Serve in a large bowl or on individual plates, garnished with extra feta and olives.

### **ENTREE: CHICKEN BREASTS STUFFED WITH SPINACH AND CHEESE**

##### **INGREDIENTS:**

4 boneless, skinless chicken breasts  
2 cups fresh spinach, chopped  
1 cup cream cheese, softened  
1/2 cup mozzarella cheese, shredded  
1/4 cup grated Parmesan cheese  
1 teaspoon garlic powder  
Salt and pepper to taste  
1 tablespoon olive oil

**INSTRUCTIONS:**

Preheat the oven to 375°F (190°C).

In a bowl, mix chopped spinach, cream cheese, mozzarella, Parmesan, garlic powder, salt, and pepper until well combined.

Cut a pocket in each chicken breast and stuff with the spinach and cheese mixture.

Heat olive oil in an oven-safe skillet over medium heat. Sear the stuffed chicken breasts for 5 minutes on each side until golden brown.

Transfer the skillet to the preheated oven and bake for 25-30 minutes until the chicken is cooked through.

**PRESENTATION:**

Serve the stuffed chicken breasts on a large platter, drizzled with any pan juices.

**SUGGESTED SIDE DISHES****GARLIC ROASTED POTATOES****INGREDIENTS:**

2 pounds baby potatoes, halved

4 cloves garlic, minced

3 tablespoons olive oil

Salt and pepper to taste

Fresh parsley for garnish

**INSTRUCTIONS:**

Preheat the oven to 400°F (200°C).

In a bowl, toss halved baby potatoes with minced garlic, olive oil, salt, and pepper.

Spread on a baking sheet and roast for 25-30 minutes until golden and crispy.

Garnish with fresh parsley before serving.

**SAUTÉED GREEN BEANS****INGREDIENTS:**

1 pound green beans, trimmed

2 tablespoons olive oil

2 cloves garlic, minced

Salt and pepper to taste

**INSTRUCTIONS:**

In a skillet, heat olive oil over medium heat.

Add green beans and sauté for about 5 minutes.

Add minced garlic and continue to sauté for another 2-3 minutes until tender.

Season with salt and pepper before serving.

**DESSERT: LEMON TART****INGREDIENTS:**

1 pre-made tart shell

**1 cup sugar**  
**1/2 cup fresh lemon juice**  
**3 large eggs**  
**1/4 cup unsalted butter, melted**  
**Zest of 1 lemon**

**INSTRUCTIONS:**

**Preheat the oven to 350°F (175°C).**

**In a bowl, whisk together sugar, lemon juice, eggs, melted butter, and lemon zest until smooth.**

**Pour the mixture into the tart shell and bake for 25-30 minutes until set.**

**Let cool before slicing.**

**PRESENTATION:**

**Serve chilled, dusted with powdered sugar and garnished with lemon slices.**

**WINE PAIRING: ETHERO ALBARIÑO WHITE WINE**

**WHY IT PAIRS WELL:**

**Ethero Albariño is a crisp, refreshing wine that complements the light flavors of the chicken and spinach filling.**

**Its acidity balances the richness of the cream cheese and mozzarella, enhancing the overall dish.**

**The wine also pairs nicely with the Mediterranean quinoa salad and the bright, zesty notes of the lemon tart, making it a perfect match for the entire meal.**