

Recipes

By
Delaware

FULL MEAL RECIPE FEATURING SPINACH-ARTICHOKE CHICKEN ROULADE

SALAD

Lemony Arugula & Roasted Pepper Salad

Ingredients (serves 4)

- 4 cups arugula
- 1 cup roasted red peppers (jarred, drained), sliced
- 1/2 cup shaved Parmesan (or shaved pecorino)
- 1/4 cup extra-virgin olive oil
- 2 tbsp lemon juice
- 1 tbsp red wine vinegar
- 1 tsp Dijon mustard
- 1 small garlic clove, grated (optional)
- Salt + black pepper

Preparation

1. Whisk olive oil, lemon juice, vinegar, Dijon, garlic (if using), salt, and pepper.
2. Toss arugula, roasted peppers, and Parmesan with the dressing.

Presentation

- Serve on chilled plates; finish with a little extra black pepper and a small squeeze of lemon.

Entree: *Spinach-Artichoke Chicken Roulade*

A tender roulade stuffed with creamy spinach-artichoke flavor—finished with a golden, savory top.

Ingredients (serves 4)

- 4 boneless, skinless chicken halves (about 1/2-inch thick when pounded)
- 1 tsp kosher salt + 1/2 tsp black pepper (plus more as needed)
- 1 tsp garlic powder
- 1 tbsp olive oil

Stuffing

- 1 tbsp olive oil
- 3–4 cloves garlic, minced
- 10 oz frozen chopped spinach, thawed and squeezed dry *or* 8 oz fresh spinach
- 1 (14 oz) can artichoke hearts, drained and chopped
- 1/2 cup cream cheese, softened
- 1/3 cup sour cream (or Greek yogurt)
- 1/2 cup grated Parmesan
- 1/2 cup shredded mozzarella
- Pinch of red pepper flakes (optional)

For rolling + finishing

- 1/2 cup shredded mozzarella (optional extra for the top)
- 1 tbsp chopped parsley (optional)

Preparation

1. **Pound chicken:** Place chicken halves between plastic wrap and pound to even thickness (~1/2 inch).
2. **Season:** Lightly season both sides with salt, pepper, and garlic powder.
3. **Make stuffing:**
 - In a skillet, heat 1 tbsp olive oil and sauté garlic 30 seconds.
 - Add squeezed spinach and chopped artichokes; stir 1–2 minutes to warm through.
 - Turn off heat and mix in cream cheese, sour cream, Parmesan, mozzarella, and optional red pepper flakes. Cool slightly.
4. **Roll:** Spoon stuffing along one side of each chicken piece (avoid overfilling). Roll tightly and secure with toothpicks or kitchen twine.
5. **Sear:** Heat a skillet over medium-high. Add olive oil and sear roulades 2–3 minutes per side (just to brown).
6. **Cook through:** Transfer to a baking dish and bake at 375°F (190°C) for 18–25 minutes, until chicken reaches 165°F (74°C).
7. **Finish (optional):** Sprinkle extra mozzarella over the top for the last 3 minutes of baking until melted.
8. **Rest & serve:** Remove roulades, cover loosely, and rest 5–8 minutes. Remove toothpicks/twine.

Presentation

- Slice each roulade into 1-inch medallions and fan them on the plate to show the spiral filling.
 - Spoon any pan juices from the baking dish over the top and garnish with parsley.
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Side Dish 1: *Garlic-Roasted Baby Potatoes*

Ingredients

- 1 to 1 1/2 lb baby potatoes, halved
- 2–3 tbsp olive oil
- 2 tsp garlic powder (or 2 minced cloves)
- 1 tsp dried oregano
- Salt + black pepper
- 1/3 cup grated Parmesan (optional)
- Chopped parsley (optional)

Preparation

1. Toss potatoes with olive oil, garlic, oregano, salt, and pepper.
2. Roast at 425°F (220°C) for 25–35 minutes, tossing once, until crisp and browned.
3. Toss with Parmesan at the end if using.

Presentation

- Serve piled in the center of a platter with a light sprinkle of herbs.
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Side Dish 2: *Charred Lemon-Garlic Asparagus*

Ingredients

- 1 lb asparagus, trimmed
- 2 tbsp olive oil
- 1 tbsp lemon juice
- 1 tsp lemon zest
- Salt + black pepper
- Optional: toasted pine nuts or shaved Parmesan

Preparation

1. Toss asparagus with olive oil, salt, and pepper.
2. Roast at 450°F (232°C) for 8–12 minutes or grill until lightly charred.
3. Toss immediately with lemon juice and zest.

Presentation

- Arrange spears in a tight bundle; finish with optional pine nuts/Parmesan.
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Dessert: *Warm Chocolate Lava-Style Cakes (Quick)*

Ingredients (serves 4)

- 1 box chocolate cake mix (or your favorite brownie/cake base)

- Eggs + water called for on the box (plus add 2 extra tbsp oil for richness if you like)
- Chocolate chips (about 1/2 cup) or chocolate chunks
- Powdered sugar (optional)
- Vanilla ice cream for serving

Preparation

1. Prepare batter per box instructions.
2. Stir in chocolate chips/chunks.
3. Bake in ramekins as directed (aim for slightly underbaked centers if possible).
4. Let rest 2 minutes, then serve warm.

Presentation

- Invert or spoon onto plates and top with vanilla ice cream.

Wine Pairing (from your list)

Ethero Albariño White Wine

Why it's the best choice: This roulade has creamy, cheesy richness and savory spinach-artichoke flavors. Albariño brings bright acidity and a clean, aromatic profile that cuts through the creaminess and keeps each bite tasting fresh—especially alongside the lemony salad and sides.