

Let's Make Dinner!

Recipe Book:



Fall 2025

Please email Katie Lyter with questions at katie@wdsra.com

Week 1

Tuesday, September 23rd

Chicken Divan



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Divan Ingredients:

- 2 tablespoons of butter
- 2 lbs. boneless skinless chicken breasts
- Salt/Pepper, to taste
- 1 yellow onion, diced
- 1 stick celery, diced
- 4 cups broccoli florets, about ½ lb.
- 1 tablespoon of olive oil
- 10.5 oz. cream of chicken soup
- 2/3 cup sour cream
- ½ cup milk
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon mustard powder
- 2 ½ cups cheddar cheese, shredded

Topping

- ½ cup crushed Ritz crackers, or panko breadcrumbs
- 2 tablespoons of butter

Divan Instructions:

1. Preheat oven to 350 degrees.
2. Cut chicken into bite-sized pieces and sprinkle lightly with salt and pepper.
3. Melt butter in a Dutch oven or large pot over medium heat. Add the chicken, onions, and celery and toss to coat. Sauté for 3 minutes, until chicken is about halfway done, then add the broccoli and 1 Tbsp olive oil.
4. Cook for 3-5 more minutes, until the chicken is cooked through. Remove from heat.
5. Add the cream of chicken soup, sour cream, milk, seasonings, and half of the cheese. Stir to combine.
6. Transfer to a lightly greased 9 x 13 casserole dish and top with remaining cheese.
7. Cover and bake for 20 minutes. Remove and increase heat to 400 degrees.
8. Combine the melted butter and Ritz crackers. Sprinkle the topping over the casserole and bake for 8-10 minutes, or until the top is golden brown. Remove and let it sit for 5 minutes before serving.
9. Serve over rice, biscuits, or mashed potatoes.

Kitchen Cookware You Will Need:

- Dutch oven
- 9x13 casserole dish
- Aluminum foil
- Oven mitts
- Cutting board & knife
- Chopper
- Measuring cups
- Measuring spoons
- Microwaveable bowl

Week 2

Tuesday, October 7th

Pumpkin Pasta Bake



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Bake Ingredients:

- 1 pound rotini pasta
- 1-pound sweet Italian sausage
- 2 tablespoons of olive oil
- 1 cup diced onion
- 1 tablespoon minced garlic
- 1 teaspoon red pepper flakes
- 2 ½ cups chicken broth
- 1 (15-ounce) can pumpkin puree
- 2 tablespoons bacon bits
- 2 teaspoons Italian seasoning
- 1 teaspoon salt
- 1 cup heavy whipping cream
- 1 cup grated Parmesan cheese

Kitchen Cookware You Will Need:

- 9x13 baking dish
- Oven mitts
- Large pot
- Colander
- Skillet
- Spatula
- Measuring cups/spoons
- Cutting board & knife

Bake Instructions:

1. Preheat oven to 375 degrees F. Grease a 9x13-inch baking dish.
2. Bring a large pot of lightly salted water to a boil; cook the rotini at a boil until tender yet firm to the bite, about 8 minutes; drain.
3. Cook and stir sausage in a skillet over medium heat until browned and crumbly, 5 to 10 minutes. Drain sausage on paper towels and reserve two tablespoons of grease in the skillet. Add reserved grease to coat the skillet. Cook and stir the onion, garlic, and red pepper flakes in the hot oil-grease until the onion is soft, about 3 minutes.
4. Stir chicken broth, pumpkin, bacon, Italian seasoning, and salt into the onion mixture; bring to a boil. Lower the heat and simmer for 5 minutes. Stir cream and sausage into the broth mixture and simmer until creamy and thickened, about 5 minutes. Add the rotini and gently toss. Transfer the mixture to the prepared baking dish and top with Parmesan cheese.
5. Bake in the preheated oven until bubbling and golden brown, for about 35 minutes.

Week 3

Tuesday, October 21st

White Chicken Chili



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Cook & shred chicken before class or use store-bought rotisserie chicken

Chili Ingredients:

- 1 small yellow onion, diced
- 1 tbsp olive oil
- 2 cloves garlic, finely minced
- 2 (14.5 oz) cans of low-sodium chicken broth
- 7 oz can dice green chilies
- 1 ½ tsp cumin
- ½ tsp paprika
- ½ tsp dried oregano
- ½ tsp ground coriander
- ¼ tsp cayenne pepper
- salt and freshly ground black pepper, to taste
- 1 (8 oz) pkg light cream cheese, cut into small cubes
- 1 ¼ cup frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- 2 ½ cups shredded cooked rotisserie or leftover chicken
- 1 Tbsp fresh lime juice
- 2 Tbsp chopped fresh cilantro, plus more for serving
- Tortilla chips or strips, Monterrey jack cheese, sliced avocado for serving (optional)

Kitchen Cookware You Will Need:

- Dutch oven
- Cutting board & knife
- Can opener
- Measuring cups
- Measuring spoons
- Fine mesh strainer
- Food processor

Chili Instructions:

1. Heat olive oil in a large pot over medium-high heat. Add onion and sauté for 4 minutes. Add garlic and sauté for an additional 30 seconds.
2. Add chicken broth, green chilies, cumin, paprika, oregano, coriander, cayenne pepper, and season with salt and pepper to taste. Bring the mixture to a boil, then reduce the heat to medium-low and simmer for 15 minutes.
3. Drain and rinse beans in a fine mesh strainer or colander, then measure out 1 cup. Set the whole beans aside and transfer 1 cup of beans to a food processor, along with 1/4 cup of broth from the soup. Puree until nearly smooth.
4. Add Neufchatel cheese to soup along with corn, whole beans and pureed beans and stir well. Simmer is 5 - 10 minutes longer.
5. Stir in chicken, fresh lime juice and cilantro. Serve with Monterrey Jack cheese, more cilantro, avocado slices and tortilla chips if desired.

Week 4

Tuesday, November 4th

Beefy Tomato Soup



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Cream cheese needs to be at room temperature.

Soup Ingredients:

- 3/4 lb. ground beef
- 2 tablespoons of olive oil
- 1 onion, chopped
- 3 cloves of garlic, minced
- 2 teaspoons salt
- 1/4 teaspoon of ground black pepper
- 1 teaspoon oregano
- 24-ounce jar of spaghetti sauce
- 4 cups of chicken stock
- 1/2 cup of cream cheese, at room temperature
- 1 1/2 cups elbow macaroni or short-tubed pasta
- 1/4 cup fresh chopped basil, divided

Kitchen Cookware You Will Need:

- Dutch oven & lid
- Spatula
- Whisk
- Cutting board & knife
- Measuring spoons
- Measuring cups

Soup Instructions:

1. In a large pot heat the olive oil over medium heat.
2. Add the onion and garlic to the pot and cook for 3-4 minutes, stirring, until the onion softens.
3. Add the ground beef to the onions, breaking up with a spoon and cook until no longer pink. Drain any drippings if necessary.
4. Add the salt, pepper and oregano to the beef and stir to combine.
5. Pour in the chicken stock and the pasta sauce, stir and bring to a simmer for 10 minutes.
6. Whisk in the cream cheese and then add 2 tablespoons of fresh basil.
7. Pour in the pasta, stir and let cook for 10 minutes, covered, stirring halfway through cooking.
8. Spoon into bowls and garnish with the leftover basil.

Week 5

Tuesday, November 18th

Sweet n' Sour Sheet Pan



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Sheet Pan Ingredients:

- 1 lb chicken breast
- 1 pack kielbasa
- 2 green bell peppers
- 1 onion
- 2 cups fresh pineapple
- ½ tsp salt & pepper
- 1 tsp smoked paprika
- 1 tsp garlic powder
- ¼ tsp red pepper flakes
- Sweet & sour sauce
- Green onions
- Jasmine rice

Kitchen Cookware You Will Need:

- Sheet pan
- Oven mitts
- Cooking spray
- Cutting board & knife
- Measuring cups
- Measuring spoons
- Spatula

Sheet Pan Instructions:

1. Cut chicken into cubes. Slice the kielbasa into rounds
2. Chop the onion, bell peppers, and pineapple into evenly cut pieces
3. Spray a sheet pan with cooking spray and add the chicken, kielbasa, onion, and bell pepper to the sheet pan
4. Add 1-2 tablespoons of olive oil and season with salt, pepper, paprika, garlic powder, and red pepper flakes.
5. Stir everything well until well coated in seasonings
6. Top the sheet pan meal with pineapple
7. Bake at 400°F for 25 minutes. Broil for a couple of minutes once the chicken is fully cooked.
8. Top with your favorite sweet & sour sauce.

Week 6

Tuesday, December 2nd

Mexican Tamale Pie



Please be sure to have all the ingredients and supplies needed for the recipe before class.

Tamale Pie Ingredients:

Meat Filling:

- 1 ½ lbs lean ground beef
- 1 yellow onion, finely chopped
- ½ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 10 oz can red enchilada sauce, or homemade
- 1 can creamed corn
- 8 oz can diced green chiles
- 1 teaspoon chili powder
- ½ teaspoon ground coriander
- ½ teaspoon ground cumin
- 1 ½ cups shredded cheese

Masa Topping:

- 1 ½ cups Masa Harina (corn flour)
- 1 ½ teaspoon baking powder
- ½ teaspoon kosher salt
- ¾ cup low-sodium chicken broth
- 1 cup milk
- ½ cup melted butter
- ½ cup shredded cheese

Optional Topping Ideas:

- avocado, sour cream, cilantro, hot sauce

Kitchen Cookware You Will Need:

- Oven-safe Skillet or Cast-Iron Pan
- Cutting board & knife
- Measuring cups
- Measuring spoons
- Mixing bowl

Tamale Pie Instructions:

1. Cook ground beef in a deep 12-inch skillet* or cast-iron pan, crumbling it into small pieces as it cooks, until browned. Add diced onion, season with salt and pepper, and sauté for 3 minutes.
2. Add enchilada sauce, corn, chiles, chili powder, coriander, and cumin and cook for 5-10 minutes. Taste and add additional spices (chili powder, cumin, salt or pepper), as desired. Stir in cheese.

3. **Make Topping:** Mix the corn flour, baking powder and salt together. Stir in the chicken broth, milk, butter and cheese. Pour evenly over the top of meat mixture.
4. **Bake** 400 degrees for 40 min. Allow to cool for at least 10 minutes before serving.
5. **Top** with avocado and sour cream, if desired.

Complete Ingredient List

Week One

- butter
- 2 lbs. boneless skinless chicken breasts
- Salt/Pepper
- 1 yellow onion
- 1 stick celery
- ½ lb. broccoli florets
- olive oil
- 10.5 oz. cream of chicken soup
- sour cream
- milk
- garlic powder
- onion powder
- mustard powder
- shredded cheddar cheese
- Ritz crackers

Week Five

- 1 lb chicken breast
- 1 pack kielbasa
- 2 green bell peppers
- 1 onion
- 2 cups fresh pineapple
- salt & pepper
- smoked paprika
- garlic powder
- red pepper flakes
- Sweet & sour sauce
- Green onions
- Jasmine rice

Week Two

- 1 pound rotini pasta
- 1-pound sweet Italian sausage
- olive oil
- onion
- minced garlic
- red pepper flakes
- chicken broth
- 15-ounce can pumpkin puree
- bacon bits
- Italian seasoning
- salt
- heavy whipping cream
- grated Parmesan cheese

Week Three

- small yellow onion
- olive oil
- minced garlic
- 2 (14.5 oz) cans of low-sodium chicken broth
- 7 oz can diced green chilies
- cumin
- paprika
- dried oregano
- ground coriander
- cayenne pepper
- salt & freshly ground black pepper
- (8 oz) pkg light cream cheese
- frozen or fresh corn
- 2 (15 oz) cans cannellini beans
- shredded cooked rotisserie
- fresh lime juice
- fresh cilantro
- Optional: Tortilla chips or strips, Monterrey jack cheese, avocado

Week Four

- ¾ lb. ground beef
- olive oil
- 1 onion
- Minced garlic
- Salt & ground black pepper
- oregano
- 24-ounce jar of spaghetti sauce
- 4 cups of chicken stock
- cream cheese
- 1 ½ cups elbow macaroni or short-tubed pasta
- fresh basil

Week Six

- 1 ½ lbs lean ground beef
- 1 yellow onion
- Salt & freshly ground black pepper
- 10 oz can red enchilada sauce
- 1 can creamed corn
- 8 oz diced green chiles
- chili powder
- ground coriander
- ground cumin
- shredded cheese
- Masa Harina (corn flour)
- baking powder
- kosher salt
- low-sodium chicken broth
- milk
- butter
- Optional: avocado, sour cream, cilantro,