

Let's Make Dinner!

Recipe Book:



Fall 2026

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

Week 1

Tuesday, September 22nd

Creamy Spinach Artichoke Chicken Stew



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

Ingredients:

- 2 tablespoons unsalted butter
- 1 large yellow or red onion, finely chopped
- Kosher salt and black pepper
- 3 celery stalks, chopped
- 8 garlic cloves, smashed and chopped
- 2 cups chicken stock
- $\frac{3}{4}$ cup white wine
- 2 to 2 $\frac{1}{4}$ pounds boneless, skinless chicken thighs
- $\frac{1}{2}$ lemon, juiced (about 1 $\frac{1}{2}$ tablespoons)
- 1 teaspoon red pepper flakes
- 1 (10-ounce) package frozen cut spinach
- 1 (12-ounce) jar marinated artichoke hearts, drained (about 1 heaping cup artichoke hearts)
- $\frac{1}{2}$ cup cream cheese (about 4 ounces)
- $\frac{1}{2}$ cup finely chopped fresh dill
- 4 to 6 scallions, thinly sliced, for topping
- Grated Parmesan cheese, for topping

Kitchen Cookware You Will Need:

- Dutch oven/Stock pot
- Cutting board & knife OR chopper
- Liquid measuring cups
- Dry measuring cups & spoons
- Wooden Spatula
- Large forks (shredding)

Instructions:

1. In a large Dutch oven over medium-high heat, melt the butter. Add the onion, season lightly with salt, and cook, stirring occasionally, until softened and translucent, about 5 minutes. Add the celery and cook, stirring, until softened, about 5 minutes, adjusting the heat as necessary to avoid scorching. Stir in the garlic.
2. Pour in the stock and wine and bring to a bubble. Add the chicken thighs, lemon juice and red-pepper flakes; season with 1 teaspoon salt and a generous amount of pepper. Mix well to combine all the ingredients and bring to a boil.
3. Reduce the heat to maintain a low simmer and simmer, uncovered, for 20 minutes.
4. Add the frozen spinach and the artichoke hearts to the pot. Increase the heat to medium-high and cook, stirring to help the spinach defrost and wilt into the stew. When the spinach is warm and evenly distributed, reduce the heat and simmer until the chicken is tender and the flavors are blended, another 10 to 15 minutes.
5. Add the cream cheese in dollops, stirring to melt it into the soup. Add the dill. Using two forks, coarsely break or shred the chicken into large chunks. Taste and add more salt and black pepper if necessary.
6. Divide the stew among bowls and top with scallions and Parmesan.

Week 2

Tuesday, October 6th

Skillet Apple Cider Chicken



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

Ingredients:

- 1 teaspoon salt, divided
- 1/2 teaspoon ground coriander
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 teaspoon dried thyme leaves
- 1/4 teaspoon of ground black pepper
- 1 pound (454g) boneless, skinless chicken thighs
- 2 Tablespoons unsalted butter
- 1 Tablespoon light or dark brown sugar
- 2 cups (250g) apple slices (about 1/4-inch-thick slices, no need to peel)
- 1/3 cup (40g) chopped shallots (or yellow onion)
- 1/3 cup (80ml) apple cider (NOT apple cider vinegar)
- optional: fresh thyme and rosemary, for garnish

Kitchen Cookware You Will Need:

- Skillet or Dutch Oven
- Small bowl
- Meat thermometer
- Dinner plate
- Tongs
- Measuring spoons & dry measuring cups
- Cutting board & knife

Instructions:

1. Heat a large 12-inch skillet over medium heat. I usually use a cast iron skillet, but any skillet this size works. You can also use a Dutch oven.
2. In a small bowl, mix together 3/4 teaspoon salt, the coriander, cinnamon, nutmeg, dried thyme, and pepper. Sprinkle the spice mixture over both sides of the chicken thighs.
3. Add a drizzle of oil to the hot skillet, and swirl to coat. Add the chicken thighs to the pan. Cook for 5 minutes, then flip and cook for 5 more minutes or until cooked through (internal temperature should be at least 165°F (74°C)). Transfer chicken to a plate and cover lightly. You'll add it back to the pan in the end of the next step.
4. Add the butter to the pan (no need to wipe it out first), and gently swirl to coat as it melts. Add the brown sugar, apples, and shallots, and sprinkle with the remaining 1/4 teaspoon salt. Cook, stirring occasionally, until apples begin to soften, about 5 minutes. Pour in the apple cider and cook, stirring occasionally, until the cider sauce has slightly thickened, about 5 minutes. Add the chicken back to the pan and cook for 2 minutes.
5. Remove from heat. Spoon the apple mixture over the chicken to serve. Garnish with fresh thyme and rosemary, if desired.
6. Leftovers keep well in the refrigerator for a few days. The butter in the sauce will solidify, but once you reheat, it all comes back together. You can reheat on the stove over medium heat or in the microwave.

Week 3

Tuesday, October 20th

White Lasagna



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

Ingredients:

- 9 lasagna noodles
- 1 pound bulk Italian sausage
- 2 celery ribs, chopped
- 1 medium onion, chopped
- 3 garlic cloves, minced
- 1/2 cup of white wine
- 1 cup half-and-half cream
- 3 ounces cream cheese, cubed
- 1/4 cup minced fresh basil
- 2 teaspoons minced fresh oregano or 1/2 teaspoon dried oregano
- 1 teaspoon pepper
- 3/4 teaspoon salt
- 1 large egg, lightly beaten
- 2 cups of shredded white cheddar cheese
- 1-1/2 cups 2% cottage cheese
- 3/4 pound fresh mozzarella cheese, sliced
- 1-1/2 cups shredded Gouda cheese
- Optional: grated Parmesan cheese and red pepper flakes

Kitchen Cookware You Will Need:

- Stock pot & colander
- Skillet
- Wooden spatula
- Liquid measuring cup
- Cutting board & knife & Chopper
- Measuring cups & spoons
- Small bowl & whisk
- 13 x 9 baking dish
- Spoon
- Foil
- Oven mitts

Instructions:

1. Preheat oven to 375°. Cook noodles according to package directions for al dente. In a large skillet, cook sausage, celery, onion and garlic over medium heat 6-8 minutes or until sausage is no longer pink, breaking up sausage into crumbles; drain.
2. Stir in wine. Bring to a boil; cook 3-4 minutes or until liquid is reduced by half. Add half-and-half, cream cheese, herbs, pepper and salt; stir until cream cheese is melted. Drain noodles.
3. In a small bowl, combine egg, cheddar and cottage cheese.
4. In a greased 13x9-in. baking dish, layer 3 noodles, half the sausage mixture, half the cheddar cheese mixture and half the mozzarella slices. Repeat layers. Top with remaining noodles; sprinkle with Gouda cheese.
5. Bake, covered, until bubbly and cheese is melted, 50-60 minutes; uncover and bake until light golden brown, 10-15 minutes longer. Let stand 15 minutes before serving. If desired, sprinkle with grated Parmesan cheese, red pepper flakes, and additional basil and oregano.

Week 4

Tuesday, November 3rd

Cowboy Soup



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

Ingredients:

- 2 Tablespoons olive oil
- 1 medium yellow onion, diced
- 3 stalks celery, diced
- 4 cloves garlic, minced
- 2 lbs ground beef 85% lean or higher recommended
- 1 lb Yukon Gold potatoes, cut into 1-inch pieces (4 medium potatoes)
- 4 carrots, peeled and sliced into rounds
- 1 can (14.5-ounce) green beans, drained
- 3 Tablespoons tomato paste
- 1 can (14.5-ounce) diced tomatoes with juices
- 1 can (15-ounce) black-eyed peas, drained and rinsed
- 1 can (15-ounce) corn, drained
- 6 cups beef broth
- 2 teaspoons Italian seasoning
- 1 teaspoon smoked paprika
- 2 teaspoons chili powder
- Salt, pepper, and red pepper flakes to taste
- Toppings as desired (e.g., shredded cheddar cheese, green onions, sour cream) See serving suggestions in notes

Kitchen Cookware You Will Need:

- Dutch oven
- Cutting board & knife
- Wooden spoon
- Can opener & colander
- Measuring cups & spoons
- Peeler

Instructions:

1. **Sauté Aromatics** Heat the olive oil in a large Dutch oven over medium-high heat. Add the onion and celery and cook for 2-3 minutes until soft and translucent. Add the garlic and cook for another 1-2 minutes until fragrant.
2. **Brown the Ground Beef:** Add the ground beef and cook until no pink remains, breaking it apart as it cooks. Stir in tomato paste, diced tomatoes, green beans, black-eyed peas, corn, spices, and 4 cups of broth. Add up to 2 cups more broth to reach desired consistency.
3. **Simmer:** Bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 14-16 minutes or until potatoes are fork-tender. Adjust salt, pepper, or red pepper flakes as needed.
4. **Serve and Enjoy:** Serve hot with desired toppings. Refrigerate leftovers in an airtight container for up to 4 days. Reheat on the stovetop or microwave until heated through.

Week 5

Tuesday, November 17th

Unstuffed Pepper Skillet



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

Ingredients:

For the skillet

- 1 lb (450 g) ground beef, 80/20 blend
- 1 tablespoon olive oil
- 1 medium yellow onion, diced
- 2 large bell peppers (red and green), chopped into 1-inch pieces
- 3 cloves garlic, minced

For the sauce and rice

- 1 can (14.5 oz / 410 g) diced tomatoes, fire-roasted preferred
- 1 can (8 oz / 225 g) tomato sauce
- 2 tablespoons tomato paste
- 1 teaspoon Italian seasoning
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1 cup (190 g) long-grain white rice, rinsed
- 1 1/2 cups (360 ml) beef broth

To finish

- 1 cup (110 g) shredded cheddar cheese
- 2 tablespoons fresh parsley, chopped

Kitchen Cookware You Will Need:

- Large Skillet w/lid
- Paper towel
- Wooden Spatula
- Cutting board & knife or Chopper
- Measuring cups & spoons
- Can Opener

Instructions:

1. Heat olive oil in a large deep skillet over medium-high heat. Add ground beef and break it into small crumbles. Cook until no pink remains, about 5 minutes. Spoon off excess fat if needed.
2. Add the diced onion and chopped bell peppers to the same pan. Cook for 4 to 5 minutes, stirring occasionally, until the onions are translucent and the peppers begin to soften.
3. Stir in the garlic, Italian seasoning, salt, and pepper. Cook for 30 seconds until fragrant. Pour in the diced tomatoes, tomato sauce, and tomato paste. Stir well to combine.
4. Add the rinsed rice and beef broth. Bring to a gentle boil, then reduce heat to low and cover. Simmer for 15 to 18 minutes until the rice is tender and most of the liquid is absorbed.
5. Remove the lid and scatter the shredded cheddar over the top. Cover again and let stand for 2 to 3 minutes until the cheese is melted. Garnish with fresh parsley and serve directly from the skillet.

Week 6

Tuesday, December 1st

Creamy Sweet Potato & Steak Bites Tortellini



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

Soften cream cheese before class

Ingredients:

- 1 lb steak (sirloin or ribeye), cut into bite-sized pieces
- 2 medium sweet potatoes, peeled and cubed
- 2 tbsp olive oil
- Salt & pepper, to taste
- 1 tsp garlic powder
- 1 tsp smoked paprika
- 2 tbsp butter
- 3 cloves garlic, minced
- 1 cup heavy cream
- ½ cup beef broth
- 4 oz cream cheese, softened
- 1 cup shredded mozzarella
- ½ cup parmesan cheese
- 1 tsp Italian seasoning
- 20 oz refrigerated cheese tortellini
- 2 tbsp fresh parsley, chopped (for garnish)

Kitchen Cookware You Will Need:

- Sheet pan
- Oven mitts
- Cutting board & knife
- Peeler
- Stock pot & colander
- Skillet & tongs
- Whisk
- Measuring cups & spoons
- 9x13 casserole dish

Instructions:

1. Roast the sweet potatoes: Preheat the oven to 400 F. Toss the cubed sweet potatoes with olive oil, salt, pepper, garlic powder, and paprika. Spread on a baking sheet and roast for 20 minutes, until tender and caramelized.
2. Cook the tortellini: Meanwhile, cook tortellini according to package directions. Drain and set aside.
3. Sear the Steak Bites: Heat a skillet over medium-high. Sear steak bites in butter for 2-3 minutes per side until browned. Remove and keep warm.
4. Make the Creamy Sauce: In the same skillet, add garlic and sauté for 1 minute. Stir in cream and broth. Whisk in cream and broth. Whisk in cream cheese until smooth, then add mozzarella, parmesan, and Italian seasoning. Simmer until creamy.
5. Assemble the Casserole: In a greased 9x13 dish, combine the tortellini, roasted sweet potatoes, and steak bites. Pour sauce over and toss gently to coat.
6. Bake: Top with extra mozzarella and parmesan if desired. Bake at 375 F for 20 minutes, until bubbly and golden on top.
7. Serve: Garnish with fresh parsley and serve warm.

Complete Ingredient List

Week One

- unsalted butter
- 1 large yellow or red onion
- 3 celery stalks
- 8 garlic cloves
- 2 cups chicken stock
- white wine
- 2 to 2 ¼ pounds boneless, skinless chicken thighs
- ½ lemon
- red pepper flakes
- 1 (10-ounce) package frozen cut spinach
- 1 (12-ounce) jar marinated artichoke hearts
- cream cheese
- fresh dill
- 4 to 6 scallions
- Grated Parmesan cheese

Week Five

- 1 lb ground beef, 80/20 blend
- olive oil
- 1 medium yellow onion
- 2 large bell peppers
- 3 cloves garlic
- 14.5 oz can fire-roasted
- 8 oz tomato sauce
- tomato paste
- Italian seasoning
- long-grain white rice
- Beef broth
- shredded cheddar cheese
- fresh parsley

Week Two

- ground coriander
- ground cinnamon
- ground nutmeg
- dried thyme leaves
- ground black pepper
- 1-pound boneless, skinless chicken thighs
- unsalted butter
- light or dark brown sugar
- shallots or yellow onion
- apple cider (NOT apple cider vinegar)
- optional garnish: fresh thyme and rosemary

Week Six

- 2 medium sweet potatoes
- olive oil
- garlic powder
- smoked paprika
- butter
- 3 cloves garlic
- heavy cream
- beef broth
- 4 oz cream cheese
- shredded mozzarella
- parmesan cheese
- Italian seasoning
- 20 oz refrigerated cheese tortellini
- fresh parsley

Week Three

- 9 lasagna noodles
- 1 pound bulk Italian sausage
- 2 celery ribs
- 1 medium onion
- 3 garlic cloves
- white wine
- half-and-half cream
- 3 ounces cream cheese
- fresh basil
- fresh oregano or dried oregano
- 1 large egg
- shredded white cheddar cheese
- 2% cottage cheese
- fresh mozzarella cheese
- shredded Gouda cheese

Week Four

- olive oil
- 1 medium yellow onion
- 3 stalks celery
- 4 cloves garlic
- 2 lbs ground beef 85% lean or higher recommended
- 1 lb Yukon Gold potatoes
- 4 carrots
- 1 can (14.5-ounce) green beans
- Tomato paste
- 14.5-ounce diced tomatoes
- 15-ounce black-eyed peas
- 15-ounce corn
- 6 cups beef broth
- Italian seasoning
- smoked paprika
- chili powder
- Toppings as desired (e.g., shredded cheddar cheese, green onions, sour cream)