

Let's Make Dinner!

Recipe Book:



Winter 2026

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

Week 1

Tuesday, February 3rd

Stuffed Shells



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

Ingredients:

- 18 to 20 jumbo pasta shells
- Extra-virgin olive oil, for drizzling
- 5 ounces fresh spinach
- 16 oz. ricotta cheese
- ¼ cup grated pecorino cheese, plus more for sprinkling
- 2 garlic cloves, grated
- 1 teaspoon dried oregano
- 1 teaspoon lemon zest
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt, plus more for the pasta water
- Freshly ground black pepper
- 2 cups Marinara Sauce*, plus more for serving
- Chopped fresh parsley, for serving

Kitchen Cookware You Will Need:

- Steamer basket
- Small pot
- Strainer
- Cutting board & knife
- Large pasta pot
- Medium mixing bowl
- Measuring cups & spoons
- 9x13 baking dish
- Foil
- Spoon
- Oven mitts

Instructions:

1. Preheat 425 degrees F
2. Place the spinach in a steamer basket and set over a pot with 1-inch of water. Bring the water to a simmer, cover, and let steam for 1 minute, until the spinach is wilted. Transfer to a strainer and squeeze out the excess water and chop the spinach.
3. In a large pot of salted boiling water, cook the pasta shells for 10 minutes, until al dente. Drain and drizzle with a little olive oil to keep them from sticking together.
4. In a medium bowl, combine the spinach with the ricotta, pecorino, garlic, oregano, lemon zest, red pepper flakes, salt, and several grinds of pepper.
5. Spread the marinara in the bottom of a 9x13 baking dish. Stuff each shell with the filling and place in the dish. Cover with foil and bake for 20 minutes. Serve with more marinara on the side.

Week 2

Tuesday, February 17th

Garlic Butter Shrimp Rice Bowl



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

Ingredients:

- 1 ¼ cups Long-Grain White Rice
- 2 cups Chicken Broth
- 1 tbsp. Extra Virgin Olive Oil
- 1 ½ tbsp. minced garlic
- ½ tsp. Salt and Black Pepper
- 1 lb. Large Shrimp (peeled and deveined)
- 3 1/2 tbsp. Unsalted Butter
- 2 tablespoons Mayonnaise
- ½ tablespoon Sriracha
- ½ tsp. Paprika
- 1 tbsp. Lemon Juice

FOR TOPPINGS/SERVING:

- 1-2 Green Onions
- Fresh Parsley (finely chopped)
- Dried Seaweed or Furikake

Kitchen Cookware You Will Need:

- Fine mesh sieve
- Strainer
- Pot
- Measuring cups & spoons
- Paper towels
- Skillet
- Small cutting board & knife
- Serving bowls

Instructions:

1. Rinse the rice thoroughly and cook it in chicken broth instead of water for extra flavor until fluffy and tender.
2. Season Shrimp: Pat the shrimp dry and toss them in a bowl with paprika, salt, and black pepper until evenly coated.
3. Sear Shrimp: Heat olive oil in a large skillet over high heat and sear the shrimp for 1-2 minutes per side until they turn pink and opaque.
4. Make Garlic Butter: Reduce heat to medium, add the butter and minced garlic to the pan, and toss with the shrimp for 1 minute until fragrant.
5. Deglaze: Stir in the lemon juice, scraping the bottom of the pan to incorporate all the savory browned bits into the butter sauce.
6. Assemble Bowl: Fill serving bowls with the warm rice and top with a generous portion of the garlic butter shrimp.
7. Garnish: Drizzle with the sriracha-mayo, mixture and sprinkle with sliced green onions and fresh parsley

Week 3

Tuesday, March 3rd

French Onion Chicken Bake



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

Ingredients:

- 1 tablespoon butter
- 1 tablespoon oil
- 5 medium onions thinly sliced
- ½ teaspoon fine sea salt
- 3 garlic cloves minced
- 3 sprigs fresh thyme or 1 teaspoon dried
- ½ cup beef stock
- 1 tablespoon dijon mustard
- 3 cups cauliflower florets
- 4 boneless skinless chicken breasts
- 1 cup shredded mozzarella or gruyere cheese

Kitchen Cookware You Will Need:

- Oven-safe skillet or 9x13 baking dish
- Oven mitts
- Cutting board & knife
- Measuring cups & spoons
- Wooden spatula
- Small bowl

Instructions:

1. Preheat oven to 400°F.
2. Heat butter and oil over medium-high heat in a large oven-safe skillet (12 inches or more). Add onions and cook undisturbed for 5 minutes, until onions start to sweat and have browned in places. Reduce the heat to medium-low, add salt, and cook for an additional 10-15 minutes, stirring occasionally, until the onions have softened. Add garlic and thyme and cook for an additional 2 minutes. Add beef stock and mustard, scraping up any browned bits, and continue cooking until the liquid has reduced by about half, about 2 minutes.
3. Set aside ½ cup of the onion mixture. Add the cauliflower to the skillet and mix with the onions.
4. Season the chicken with salt and pepper, then nestle the chicken in the skillet. Divide the set-aside onions and place them on top of the chicken.
5. Place it in the preheated oven and bake it until the chicken is cooked through, about 20 minutes.
6. Preheat the broiler. Sprinkle the shredded cheese over the chicken and place under the broiler until the cheese is melted, about 1 minute.
7. Remove thyme sprigs and serve.

Week 4

Tuesday, March 31st

Italian Sausage & Pepper Frittata Affogato



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

Ingredients:

- 12 large eggs
- ¼ cup basil, chopped fresh, plus more for serving
- ¼ cup whole milk
- ½ teaspoon of kosher salt
- ¼ teaspoon of freshly ground black pepper
- 2 tablespoons extra-virgin olive oil
- 1 red bell pepper, stemmed, seeded and thinly sliced
- 1 yellow onion, thinly sliced
- ½ pound Italian sausage (spicy or sweet), casings removed if links
- 2 cups marinara sauce
- 1 ½ cups shredded mozzarella cheese

Kitchen Cookware You Will Need:

- Medium bowl
- Whisk
- Measuring spoons & cups
- Cutting board & knife or Chopper
- Herb scissors
- Wooden spatula
- Oven-safe skillet
- Pie dish *if skillet isn't oven safe*

Instructions:

1. Preheat broiler to high. In a medium bowl, whisk eggs, basil, milk, salt, and pepper.
2. In a 10" ovenproof nonstick skillet over medium-high, heat oil. Add bell pepper and onion and cook, stirring occasionally, until just tender, about 3 minutes. Push vegetables to one side of skillet and add sausage to the other side. Using a wooden spoon, break up sausage into small bits, then stir to combine with vegetables and cook, stirring occasionally, until sausage is golden brown and cooked through and vegetables are tender, 4 to 6 minutes.
3. Pour egg mixture into skillet with sausage and vegetables. Cook, slowly stirring with a spatula and scrape bottom and sides of skillet to form large curds, until eggs are almost set, 2 to 3 minutes. Spread into an even layer.
4. Transfer skillet to oven and broil until golden in spots and puffed, about 3 minutes. Remove from oven. Spread marinara over and sprinkle with mozzarella. Continue to broil until sauce is warm and cheese is melted and bubbly, 3 to 5 minutes more. Let cool about 5 minutes before serving. Sprinkle with basil.

Week 5

Tuesday, April 14th

Garlic Parmesan Chicken Meatloaf



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

Ingredients:

- 1½ lbs ground chicken
- ¾ cup seasoned breadcrumbs
- ½ cup grated Parmesan cheese
- 2 large eggs
- 4 cloves garlic, minced
- ½ yellow onion, finely chopped
- ¼ cup milk
- 2 tablespoons fresh parsley, chopped
- 1 teaspoon Italian seasoning
- 1 teaspoon salt
- ½ teaspoon black pepper
- ¼ cup shredded mozzarella cheese (optional for topping)
- 1 tablespoon of olive oil (for brushing)

Kitchen Cookware You Will Need:

- Baking sheet or Loaf pan
- Oven mitts
- Parchment paper **if using baking sheet**
- Large bowl
- Measuring cups & spoons
- Cooking brush

Instructions:

1. Preheat your oven to 375°F. Line a baking sheet with parchment paper or lightly grease a loaf pan.
2. In a large bowl, combine ground chicken, breadcrumbs, Parmesan cheese, eggs, garlic, onion, milk, parsley, Italian seasoning, salt, and pepper. Mix gently until just combined— do not overmix.
3. Shape the mixture into a loaf shape and place it on the prepared baking sheet or into the loaf pan.
4. If desired, sprinkle shredded mozzarella cheese over the top and gently press it into the loaf.
5. Brush the top of the meatloaf with olive oil to help create a golden crust.
6. Bake for 45-50 minutes or until the internal temperature reaches 165°F
7. Let the meatloaf rest for 5-10 minutes before slicing. Serve warm with a side of mashed potatoes, veggies, or a fresh salad.

Week 6

Tuesday, April 21st

Cheesy Beef Pockets



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

Ingredients:

- 1 lb of ground beef, 80/20
- 1 onion, finely diced
- 1 tbsp fresh garlic, minced
- 1 cup bell pepper, chopped
- *1-2 Serrano pepper, chopped (optional)*
- 3 tbsp tomato paste
- Salt to taste
- 1 tsp garlic powder
- 1 tsp smoked paprika powder
- 1/2 tsp chili powder
- 1 tsp red chili flakes
- 1 tsp black pepper
- 1 tsp cumin powder
- 3/4 cup water
- 2 tbsp oil

To assemble:

- 4 large tortillas, cut into half
- 3 tbsp Butter/garlic butter
- 1 cup mozzarella cheese
- 1 cup cheddar cheese

Instructions:

1. In a pan, heat oil on medium heat. Once the oil is hot, add onions and garlic. Sauté them for 1 to 2 minutes until the onions become translucent. Then, add the minced beef and cook it for 3 to 4 minutes until it changes color. Season the mixture with salt, pepper, paprika powder, garlic powder, red chili powder, cumin powder, and red chili flakes.

Kitchen Cookware You Will Need:

- Skillet
- Wooden spatula
- Cutting board & knife
- Measuring cups & spoons
- Serving spoon
- Circular baking dish
- Cooking brush

2. Mix well to combine all the ingredients. Add tomato paste and sauté for 2-3 min. Finally, add water to the pan and cook on medium heat for 8 to 10 minutes, or until the beef is cooked through and the water is almost evaporated.
3. Add the bell peppers and Serrano peppers to the pan and sauté them for 2 to 3 minutes.
4. Then, turn off the heat and set aside.
5. Preheat oven to 400°F.
6. Take the tortilla wraps and cut them in half.
7. Place shredded mozzarella cheese in the center of each half, followed by 2-3 tablespoons of the cooked beef filling. Fold and seal the tortilla to form a triangle, then set it aside. Repeat with the remaining tortillas until all are filled with cheese and beef.
8. Grease a circular baking dish with garlic butter. Arrange the prepared wraps in the dish, folded side down. Brush the tops with more butter, then sprinkle with mozzarella and cheddar cheese.
9. Bake for 15-20 minutes, or until the cheese is fully melted and bubbly

Complete Ingredient List

Week One

- 18 to 20 jumbo pasta shells
- Extra-virgin olive oil
- 5 oz. fresh spinach
- 16 oz. ricotta cheese
- ¼ cup grated pecorino cheese
- 2 garlic cloves
- 1 tsp. dried oregano
- 1 tsp. lemon zest
- ¼ teaspoon red pepper flakes
- ¾ teaspoon sea salt
- Freshly ground black pepper
- 2 cups Marinara sauce
- Fresh parsley

Week Two

- Long grain white rice
- Chicken Broth
- Extra Virgin Olive Oil
- minced garlic
- Salt & Black Pepper
- 1 lb. Large Shrimp (peeled and deveined)
- Unsalted Butter
- Mayonnaise
- Sriracha
- Paprika
- Lemon Juice
- Green Onions
- Fresh Parsley

Week Three

- Butter
- Olive oil
- 5 medium onions
- fine sea salt
- 3 garlic cloves
- 3 sprigs fresh thyme
- ½ cup beef stock
- Dijon mustard
- 3 cups cauliflower florets
- 4 boneless skinless chicken breasts
- 1 cup shredded mozzarella or gruyere cheese

Week Four

- 12 large eggs
- Fresh basil
- Whole milk
- kosher salt
- freshly ground black pepper
- extra-virgin olive oil
- 1 red bell pepper
- 1 yellow onion
- ½ pound Italian sausage
- Marinara sauce
- Shredded mozzarella cheese

Week Five

- 1½ lbs. ground chicken
- seasoned breadcrumbs
- grated Parmesan cheese
- 2 large eggs
- 4 cloves garlic
- ½ yellow onion
- ¼ cup milk
- fresh parsley
- Italian seasoning
- Salt & black pepper
- shredded mozzarella cheese
- olive oil

Week Six

- 1 lb of ground beef
- 1 onion
- Minced garlic
- bell pepper
- 1-2 Serrano pepper
- tomato paste
- Salt to taste
- garlic powder
- smoked paprika powder
- chili powder
- red chili flakes
- black pepper
- cumin powder
- 4 large tortillas
- mozzarella cheese
- cheddar cheese