

## Light and Bright Spring Dinners

Wednesday, April 23, 2025

6:30pm CT

### What to expect in your cooking class:

My classes are a place where curious home chefs and their families can learn new cooking skills and grow confidence in the kitchen. I want to help you become the hero of your mealtime. I will verbally guide you through every step - starting from prepping ingredients, cooking steps until your dishes are complete and plated. I will be cooking alongside you, sharing instructions, tips and tricks throughout class.

*Your class is your time to ask me questions, ask for feedback, learn a little something and most importantly, have fun!*

### How to prepare for your class:

- For class, simply purchase your ingredients & gather your kitchen equipment from the following recipes. For a more relaxed class, prep your ingredients ahead of time (chopping, measuring). This is not required, however, as I will guide you through every step of preparation. Kitchen tools are **bolded** in each recipe.
- Shop for ingredients intuitively. If there are any ingredients featured in this recipe that aren't your favorite or not available in your local market, not to worry! Have the ingredients you enjoy or ingredients you were able to source available for class and let me know what you do have on hand for your dish. I will guide you through the preparation and cooking steps.
- Before your class starts, it's important that you have a solid internet connection, limited background noises and distractions, and are in a brightly-lit kitchen.
- I will want to see your work and cook stations as much as possible. Try to prop your device on a stack of cookbooks or use a tripod to give a good view to me.

## Lemon Herb Chicken & Asparagus Foil Packets

Ingredients:

2 boneless, skinless chicken breasts  
1 bunch asparagus, **trimmed**  
1 lemon, **sliced**  
2 **tbsp** olive oil  
2 cloves garlic, minced  
1 **tsp** Italian seasoning  
½ tsp salt  
¼ tsp black pepper  
2 tbsp grated Parmesan (optional)  
Fresh parsley, chopped (for garnish)

Directions:

Preheat oven to 400°F.

Lay out two large sheets of **aluminum foil**. Place one chicken breast in the center of each. Drizzle with olive oil and sprinkle with garlic, Italian seasoning, salt, and pepper. Arrange asparagus around the chicken and top each with 2–3 lemon slices. Fold foil over the ingredients, sealing the edges tightly.

Bake for 25 minutes until chicken reaches 165°F. Carefully open packets, sprinkle with Parmesan (if using), and garnish with parsley.

## **Skillet Spinach, Basil, and Honey Pizza**

Ingredients:

¼ cup cornmeal for dusting  
1 pkg refrigerated pizza dough  
8 **cups** fresh baby spinach  
3 garlic cloves  
8 oz. mozzarella cheese, divided (2 cups **grated**)  
½ cup part-skim ricotta cheese  
¼ cup loosely packed fresh basil leaves, divided  
2 **tbsp** honey, divided  
½ **tsp** salt

Directions:

Heat a **large nonstick skillet** over medium heat for 3–5 minutes.

Sprinkle cornmeal over a clean surface. **Roll** out the pizza dough and cut or shape it to fit your skillet.

Place the dough into the skillet and cook for 3–5 minutes, or until the bottom develops a deep golden-brown color.

While the dough cooks, place the spinach and **minced** garlic in a **microwave-safe bowl**. Microwave uncovered for 1–2 minutes until the spinach wilts. Press out excess liquid and discard liquid.

Add ricotta, half of the mozzarella, half of the **chopped** basil, half of the honey, and salt to the spinach mixture. Mix well.

**Flip** the crust and reduce the heat to medium-low. **Spread** the spinach mixture evenly over the crust and top with the remaining mozzarella. Cover and cook for 5–7 minutes, or until the cheese is melted and the crust is browned.

Slide out of pan onto a cutting board. Drizzle with the remaining honey and sprinkle the remaining basil on top before serving.

## Easy Strawberry Shortcake

Ingredients:

2 lbs. fresh strawberries, stems removed

½ **cup**, plus 1 **tbsp** sugar, divided

1 **tbsp** cornstarch

½ lemon

2 cups self-rising flour (or 2 cups all-purpose flour, 1 **tbsp** baking powder, and ½ **tsp** salt)

1½ cups heavy whipping cream

½ **tsp** ground cinnamon

Preheat the oven to 400°F.

Place the strawberries, ½ cup of the sugar, cornstarch, and juiced lemon juiced into a **10" cast iron pan or oven safe skillet**. Bring to a simmer over medium heat. Simmer for 10 minutes to reduce, **mashing** the strawberries as they simmer.

Combine the flour and cream in a **large mixing bowl** and **mix** until just combined. Use a **large scoop** to add the dough to the pan with the strawberry mixture.

Combine the remaining sugar and cinnamon in a **small bowl**. Sprinkle the mixture over the biscuits. Bake, uncovered, for 20 minutes, or until the biscuits are lightly browned.

Remove the pan from the oven and let it stand for at least 5 minutes before serving.