



Spinach Artichoke Dip

Yield: 20 servings Time: 35 minutes

INGREDIENTS

- 1 (10 oz.) package frozen chopped spinach , thawed and drained
- 1 (14 oz.) can artichoke hearts (rinsed and drained, dried and chopped)
- 8 oz. cream cheese, softened
- 1 cup sour cream
- 1/2 cup mayonnaise
- 1 (4 oz.) can mild chopped green chilies
- 1 teaspoon each garlic powder, onion powder, dried parsley
- 1/2 teaspoon each paprika, salt, pepper
- pinch-1/8 teaspoon cayenne pepper
- 1/2 cup shredded parmesan cheese
- 2 cups freshly grated mozzarella cheese (reserve 1/2 cup)

DIRECTIONS

1. Preheat oven to 350 degrees F.
2. In a large bowl, combine all ingredients.
3. Lightly grease a shallow oven proof dish (3 qt. round or 8-9" round/square)
4. Place dip into dish and top with 1/2 cup mozzarella cheese.
5. Bake for 25-30 minutes or until completely heated through and edges are starting to turn golden brown.
6. Serve warm with baguette, crackers, tortilla chips or veggies.

Wasatch County Cooking Class, March 2022

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Mediterranean Pasta Salad

Yield: 8-10 servings Time: 30 minutes

INGREDIENTS

- 12 oz. pasta
- 1 cup halved grape tomatoes
- 1 cup sliced and quartered cucumbers
- 1/4 cup thinly sliced red onion
- 2 cups baby spinach
- 1 cup sliced pitted black or green olives or a combination
- 1/2 cup crumbled feta cheese

Greek Salad Dressing

- 1/2 cup olive oil
- 1/2 cup red wine vinegar
- 1 clove minced garlic
- 2 teaspoons dijon mustard
- 2 teaspoons dried oregano
- 2 teaspoons dried thyme
- 1/2 teaspoon salt
- 1/4 teaspoon fresh cracked pepper

DIRECTIONS

1. Cook pasta in a large pot of salted boiling water and cook until al dente.
2. Drain and rinse with cold water.
3. Add pasta, tomatoes, cucumbers, red onion, spinach and olives to a large bowl. Drizzle about 1/2 cup of the salad dressing and toss all ingredients.
4. Add feta cheese and more dressing and salt and pepper if desired. Toss.
5. For the Greek Salad Dressing, add all ingredients to a bowl or a jar with a lid and whisk/shape until blended.

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Creamy Chicken in Spinach Parmesan Sauce

Yield: 20 servings Time: 35 minutes

INGREDIENTS

- 8-10 chicken tenders
- 3 Tablespoons butter, divided
- 1/2 teaspoon oregano
- 1 medium onion, minced
- 4 cloves garlic, minced
- 1 small jar sun-dried tomatoes, drained from oil and chopped
- 1/2 cup chicken broth
- 1/2 cup heavy cream
- 1/3 cup grated parmesan cheese
- 1 cup spinach (more if you like)

DIRECTIONS

1. Season chicken with salt, pepper and oregano.
2. Cook chicken in a large skillet for 4 minutes on each side until browned. Transfer chicken to a plate and set aside.
3. To make cream sauce, add butter to the same pan and cook onion, garlic, and 1/2 teaspoon oregano and sundried tomatoes.
4. Add chicken broth, heavy cream and parmesan cheese. Simmer 2-3 minutes.
5. Add spinach to the mixture and cook until wilted.
6. Add the chicken back to the pan and reheat for 2-3 minutes.

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