

Teens in the Kitchen with Chef David Miller

March Theme: "Buon Appetito"

Chicken & Broccoli Lasagna w/ Alfredo

Prep Time: 15 minutes
Cook Time: 40 minutes
Total Time: 55 minutes
Serves: 9 People

Ingredients

Approx. 9 pieces of Lasagna Pasta
1 lb Chopped Broccoli Florets
2 Tbsp unsalted butter
1 medium shallot, chopped
1 lb Natural Boneless Thin Sliced Chicken Breasts
1 Tsp black pepper
1 cup heavy cream
1 cup(s) Parmesan cheese, grated
1 1/2 Tsp Italian seasoning
1 1/3 cup(s) whole milk ricotta
2 cup(s) shredded mozzarella cheese, divided use
1 large egg



Instructions

1. Prepare pasta according to package directions and strain noodles but reserve water. Cook broccoli 1 to 2 minutes then strain and place in a large bowl. Set aside.
2. In a large sauté pan over medium-high heat, add butter and shallot and brown 2 minutes.
3. While shallots brown, season chicken with pepper.
4. Add chicken to pan and cook about 2 to 3 minutes on both sides or until browned and cooked through. Add butter or oil as needed. Remove chicken from pan and set aside.
5. Add wine to pan and cook 5 minutes or until about 2 tablespoons remain. Add cream and bring to a low simmer then reduce heat and stir in Parmesan.
6. Chop chicken and add to bowl with broccoli
7. Once sauce is thick enough to coat the back of a spoon it is ready. Pour 1/2 cup of sauce on the bottom of the baking dish and remaining sauce over broccoli and chicken. Cool slightly.
8. In a medium bowl, combine Italian seasoning, ricotta cheese, 1 cup of mozzarella and egg. Combine well. Combine with chicken and broccoli.
9. To layer lasagna place 3 noodles on sauce, then top with an even layer of broccoli filling, another layer of pasta and repeat ending with pasta sheets and topping with remaining mozzarella cheese.
10. Bake 30 minutes covered in foil and additional 5 minutes uncovered.
11. Serve with Italian bread or a side salad.

Teens in the Kitchen with Chef David Miller

Classic Wedge Salad

Ingredients

- 1 Blue Cheese Dressing
- 1 small head iceberg lettuce
- 1 cup cherry tomatoes, quartered (or 4 sundried tomatoes, chopped)
- 2 chives, thinly sliced
- 3 tablespoons blue cheese crumbles
- Smoky breadcrumbs, for the garnish (1 handful crushed potato chips or crumbled bacon)

Instructions

1. Make the Blue Cheese Dressing.
2. Make the smoky breadcrumbs, if using: Heat the olive oil in a small skillet over medium heat. In a small bowl, mix the panko with the smoked paprika, onion powder, garlic powder and kosher salt. Add them to the skillet and toast, stirring frequently, until golden and crisp, about 2 to 3 minutes. Remove to a bowl.
3. Remove the outer leaves of the iceberg head, then slice it into wedges (4 for a small head, 6 for a large head). Prep the chives and tomatoes.
4. To serve. place a wedge on a plate. Top with dressing, tomatoes, chives, blue cheese crumbles, and smoky breadcrumbs. Serve immediately.



Notes

**Not a blue cheese lover? Make our Ranch Dressing and add ½ teaspoon smoked paprika for a smoky flair. Then top with crumbled feta cheese.*

Teens in the Kitchen with Chef David Miller

Garlic Bread

Ingredients

- 4 cloves garlic, minced
- 1/2 c. (1 stick) butter, softened
- 1 baguette or French bread, cut lengthwise
- 1/2 tsp. kosher salt
- 2 tbsp. freshly chopped parsley
- 1/4 c. grated Parmesan



Instructions

1. Preheat oven to 425° and line a large baking sheet with foil. Make garlic compound butter: In a small bowl, mix softened butter with garlic, salt, and parsley until well combined.
2. Spread cut sides of bread liberally with garlic butter. Sprinkle with Parmesan.
3. Bake until bread is toasty and golden at the edges, about 10 minutes.