



Simple recipes so we can eat well & support local agriculture

Zesty Spinach Stuffed Chicken Breast

YOU'LL NEED

- ½ C sweet onion - chopped
- 3 tsp olive oil - divided
- 6 ½ C fresh spinach - chopped
- 1 garlic clove - minced
- 1 tbs balsamic vinegar
- ¼ C crumbled feta cheese
- ½ tsp grated lemon zest
- ¼ tsp salt
- ¼ tsp pepper
- ¼ tsp paprika
- ¼ tsp garlic powder
- 4 boneless chicken breast - halves about 6oz

ALL YOU HAVE TO DO

- In a large skillet, heat 2 tsp olive oil over med/heat, toss in your onion and sauté until golden brown. Add the spinach, garlic, vinegar & cook until spinach is wilted. Remove from the heat, cool for 5 min. Stir in feta cheese, lemon zest, salt & pepper.
- Flatten the chicken breast to ¼ inch thickness. Spread spinach mixture over the chicken, then roll up & secure with toothpicks.
- Season your chicken. In a large skillet, heat remaining oil over med/high heat & sear chicken breast on each side until nice and browned drop the heat to medium and cook the chicken breast until internal temperature reads 170°F, flipping every 4 min or so.
- Discard the toothpicks and serve over a bed of roasted vegetables.

Roasted Vegetables

YOU'LL NEED

- 2 ½ C potatoes - diced
- 1 onion red or yellow - large dice
- 1-2 carrots - large dice
- 1 C broccoli - break down florets
- 1 ea. small red, green, yellow bell pepper - large dice
- ½ C cauliflower - optional
- 5 garlic cloves - sliced ½ lengthwise
- salt, black pepper, paprika, onion powder & Italian seasoning

ALL YOU HAVE TO DO

- Place chopped chocolate in a microwave safe bowl, microwave in 15 second periods stirring in-between each one. Watch carefully to not burn extract, & salt.
- Blend until very smooth & creamy, scrap down the sides as needed. Taste then add sweetener of your choice if you'd like it a little sweeter. Scoop into a glass & top with toppings of your choice like, strawberries, chia seeds, chocolate shavings, whipped cream, or sliced pecans! Enjoy right away or for a thicker mousse consistency refrigerate until the mixture has set 2 hours or overnight.

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