

Pantry Recipes

Easy, nutritional, and delicious recipes using basic items often found in the St. Michaels Community Center's pantry.

Creamy Chicken and Spinach Casserole

Ingredients:

- 4 boneless chicken breasts
- 2 Tbs olive oil
- 1 onion (chopped)
- 2 clove garlic (diced)
- 8-oz cream cheese
- 1 cup parmesan cheese
(can use any shredded cheese of your choice)
- 2 Tbs dried basil
- Salt and pepper to taste
- 2 cans of spinach (fresh can be used too!)



Directions:

1. Preheat oven to 350 degrees.
2. In a skillet over high heat, sear seasoned chicken breast in olive oil for 6-8 minutes each side. Remove from skillet and set aside.
3. In the same, skillet sauté onion and garlic 2-4 min til slightly golden. Reduce heat and add cream cheese and stir until melted and creamy. Turn off the heat. Add parmesan cheese and stir to have it melt in. Add basil, salt, and pepper to taste.
4. In a baking dish add chicken and top with spinach. Bake for 10-12 minutes. Remove from oven and cover with cheese mixture, return to oven for another 15-20 minutes, until chicken is cooked through.

Serve with rice or a fresh green salad. Enjoy!

TIP: Spinach tops the chart as one of the most nutrient dense vegetables! It is delicious raw or wilted in a salad or cooked in a casserole, so many ways to enjoy it!!



Executive Chef Kerri Clear
St. Michaels Community Center



The St. Michaels Community Center's mission is to serve, empower, and connect the community, with year-round programs and activities.

Community Cafe and Pantry hours:

Mondays, 4-6 p.m., Wednesdays and Fridays 1-3 p.m.

St. Michaels Community Center | 410-745-6073 | www.stmichaelscc.org