



# Tuscan Chicken Alfredo with Fresh Fettuccine

Yield: 4 servings  
Prep Time: 15 minutes  
Cook Time: 20 minutes

## INGREDIENTS

**1 lb fresh fettuccine pasta**  
**2 large boneless, skinless chicken breasts, thinly sliced**  
**1 tablespoon olive oil**  
**1 tablespoon butter**  
**3 garlic cloves, minced**  
**1 cup sun-dried tomatoes (drained and sliced)**  
**2 cups baby spinach**  
**1½ cups heavy cream**  
**¾ cup grated Parmesan cheese (plus more for garnish)**  
**½ teaspoon salt**  
**¼ teaspoon black pepper**  
**½ teaspoon Italian seasoning**  
**Chopped parsley, for garnish**

## DIRECTIONS

1. Heat olive oil and butter in a large skillet over medium-high heat. Season and sear chicken until golden and cooked through, 5–7 minutes. Remove and set aside.
2. In the same skillet, sauté garlic and sun-dried tomatoes for 1–2 minutes.
3. Reduce heat. Add cream and simmer for 2–3 minutes. Stir in Parmesan until melted.
4. Add spinach and cook until just wilted.
5. Return cooked chicken to the skillet and add the fresh fettuccine.
6. Toss to coat. Add reserved pasta water as needed to loosen sauce.
7. Serve with additional Parmesan and chopped parsley.



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Recipe adapted from:  
Chef Floyd



## Crab or Chicken Mini Cucumber Cups with Creamy Herb Filling

### INGREDIENTS

**Mini cucumbers (like Persian or English cucumbers)**

**Crab meat or cooked, shredded chicken (about 1 cup of either, depending on**

**preference)**

**Cream cheese (4 oz, softened)**

**Greek yogurt or mayonnaise (2 tbsp for added creaminess)**

**Fresh herbs (1 tbsp each, finely chopped – parsley, dill, and chives)**

**Lemon juice (1 tbsp, freshly squeezed)**

**Garlic powder (¼ tsp)**

**Salt and pepper (to taste)**

**Optional toppings: Chopped cherry tomatoes, microgreens, or a small dollop of caviar**

### DIRECTIONS

1. Prepare the cucumbers:
2. Wash and slice the mini cucumbers into 1-inch rounds. Use a melon baller or small spoon to scoop out the centers, creating "cups" without going all the way through.
3. Make the filling:
4. Mix softened cream cheese and Greek yogurt (or mayo) until smooth. Stir in lemon juice, garlic powder, chopped herbs (parsley, dill, chives), and season with salt and pepper. Gently fold in crab meat or shredded chicken.
5. Assemble:
6. Fill each cucumber cup with the crab/chicken mixture using a spoon or piping bag. Garnish with a slice of cherry tomato, dill sprig, or caviar if desired.
7. Chill & serve:
8. Refrigerate for 20 minutes, then serve chilled. For presentation, arrange on a platter with fresh herbs or lemon slices..



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# Peanut Butter & Banana Crostini

Yield: Approx 8 Cups

## INGREDIENTS

**Crumbled feta cheese (½ cup)**

**Chopped tomatoes (½ cup, small dice)**

**Chopped cucumber (½ cup, small dice – use the scooped-out cucumber from**

**the cups)**

**Kalamata olives (¼ cup, chopped)**

**Red onion (1 tbsp, finely diced)**

**Olive oil (1 tbsp)**

**Lemon juice (1 tbsp)**

**Dried oregano (½ tsp)**

## DIRECTIONS

1. In a bowl, mix the chopped tomatoes, cucumber, olives, red onion, olive oil,
2. lemon juice, and oregano.
3. Stir in the crumbled feta cheese.
4. Fill each cucumber cup with the Greek salad mixture and garnish with a small
5. olive slice or extra feta crumbles..



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# Avocado and Shrimp Cucumber Cups

Prep Time: 10 minutes  
Cook Time: 35-40  
minutes  
Yield: Approx 6 Cups

## INGREDIENTS

***Cooked shrimp (small, about 1 cup, chopped into bite-sized pieces)***

***Ripe avocado (1, mashed)***

***Lime juice (1 tbsp, freshly squeezed)***

***Cilantro (2 tbsp, chopped)***

***Red onion (1 tbsp, finely chopped)***

***Salt and pepper (to taste)***

## DIRECTIONS

1. Mix the mashed avocado, lime juice, cilantro, and red onion together.
2. Gently fold in the chopped shrimp.
3. Spoon the shrimp and avocado mixture into the cucumber cups and top with
4. extra cilantro for garnish..



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*Chef Floyd*