

ANTI PASTO SALAD

2 cups romaine lettuce, chopped
1/2 cup chopped cherry tomatoes
2 thinly sliced red onions
8 pitted olives, green or black
3 pepperoncini, sliced
1/2 cup roasted red pepper, sliced
1/3 cup cucumbers, sliced
1/2 cup shredded mozzarella
1/2 oz turkey or ham, sliced thin
4 slices Prosciutto, sliced

VINAIGRETTE

1 TBSP olive oil, red wine vinegar or pepperoncini brine
Fresh black pepper

Place lettuce in a large dish.
Top with meat, vegetables and cheese.
In small bowl, whisk vinegar, or brine & pepper, into oil.
Drizzle over salad and enjoy!

START STRONG

Cold antipasto is typically the first course of Italian meals, consisting of cold meats, cheeses, olives, roasted peppers, and a variety of colorful vegetables pickled in vinegar, such as Giardiniera and pepperoncini which add great flavor to the salad, and a need for less oil or dressing.

Prosciutto is a delicious cold meat, but can be swapped for turkey or ham for leaner options. Go meatless with chickpeas, marinated artichoke hearts and olives. Shredded carrots and sliced mushrooms add color and nutrition.

Try vegetarian: Forget the meat and mozzarella cheese. With all the delicious flavors, you won't miss them!

CAPRESE SALAD

3-4 med ripe beefsteak tomato, sliced 1/4" thick
1 pound fresh mozzarella cheese, sliced 1/4" thick
1/2 cup packed fresh basil leaves
2 TBSP extra-virgin olive oil, 2TBSP balsamic vinegar

Arrange tomatoes and mozzarella in a platter in an alternating pattern.
Top with basil leaves. Sprinkle with pepper.
Drizzle olive oil & balsamic over top.

SAUTÉED BROCCOLI

1 pound broccoli, trimmed
1 clove garlic, minced
5 TBSP extra virgin olive oil
1 TBSP grated Parmesan cheese

Bring large pot of water to a boil. Add broccoli once boiling.
Cook until tender, but firm, (5 min). Drain.
In large skillet, over medium heat, heat olive oil for 1-2 minutes.
Stir in broccoli and sauté 10-15 minutes, or until desired doneness. Dust with parmesan cheese, if desired.

ROASTED BROCCOLI (ALTERNATE OPTION)

Mix ingredients listed.
Arrange broccoli florets in a single layer on a baking sheet rubbed with olive oil or lined with parchment paper.
Roast for 16-20 minutes at 425 degrees until cooked tender and lightly browned.

Buon Appetito! Stile Italiano Enjoy a night in with our Italian-inspired dinner theme.

Italian Cuisine is generally characterized by its simplicity. Focus includes fresh herbs and spices, olive oil and pasta. The quality of the ingredients wins over elaborate preparation.

Ambiance Set the table with linens and place lit candles along the table. **Playlist** Search Frank Sinatra or “Italian restaurant music” for the evening soundtrack.

ITALIAN BAKED ZITI

1 lb whole grain penne noodles (3 cups dry)
1 (24-26 ounce) jar marinara sauce
16 ounces cottage cheese
1/4 cup grated Parmesan cheese divided
1 large egg
1/4 cup fresh chopped basil
1 TBSP dried parsley
1/2 tsp garlic powder
1 teaspoon garlic powder
1/2 teaspoon Italian seasonings

Preheat oven to 350 degrees.
Bring a large pot of water to boiling.
Cook pasta about 5 minutes (it will continue to cook in the oven).

Drain in a colander and set aside.
While pasta is cooking, in a large bowl combine cottage cheese, parmesan cheese, egg whites, basil, parsley, and garlic powder and mix thoroughly. Add ziti and mix well.
Spread 1 cup marinara sauce in bottom of 9”x13” pan coated with extra virgin olive oil.
Spoon ziti and cheese mixture into lasagna pan.
Pour remaining sauce over ziti and cheese.
Cover with aluminum foil and bake 23 minutes.

ADJUST

If you prefer to add meat, brown 1/2 lb turkey burger, 90/10 ground beef, or crumbled Italian sausage. DRAIN. Mix into the marinara sauce before adding into pan.

TIRAMÉCLAIR (DESSERT)

1 box graham crackers
2 small boxes vanilla pudding
3.5 cups milk or milk alternative
1 8 oz container whipped topping
3 cups Vegan Ganache (recipe follows)

Whisk together pudding mix & milk.
Fold in whipped topping.
Create 1 layer of graham crackers on bottom of 9x13 pan.
Spread 1/3 pudding on cracker layer.
Add another layer of crackers.
Add additional layer of pudding mix.

VEGAN GANACHE (TOPPING)
2 cup almond milk
2 cups dark chocolate chips

In a small sauce pot, bring almond milk to a boil. Remove from heat.
Stir in chocolate chips and whisk vigorously until chips melt.
Let cook to room temperature.
Pour ganache into a mixing bowl and whisk with an electric mixer for 3-4 minutes until it becomes lighter and thicker.
Pour over top graham cracker layer.
Refrigerate 2-4 hours before serving.

INSPIRED

This ‘skinny’ tiramisu-éclair mash up is a nod to the rich and elegant desserts, bold in flavors of coffee, liqueur, crème and chocolate.

Creamy, light layers of luxury melt in the mouth making this a perfect crowd-pleasing dessert. The recipe is simple, easy and effortless, while keeping as close to Classic Tiramisu and éclair desserts as possible.