

## Pesto à la Trapanese and Crostini



### Ingredients:

- 3 Cloves Garlic
- ½ Cup Blanched Almonds
- About 2 Cups Basil Leaves (4 Large Bunches)
- 4 Mint Leaves
- ½ Cup Grated Pecorino Cheese
- 1 Cup Canned Fire Roasted Tomatoes (drained)
- 1/4 Cup Extra Virgin Olive Oil
- ½ - 1 Tsp Sea Salt
- Toasted Rustic Bread, Roasted Shrimp or Fresh Veggies to serve

In a food processor, pulse the garlic with almonds until roughly chopped. Add basil, mint, cheese, tomatoes, and olive oil and process to a rough paste. Season to taste with salt.

## Salad Caponata



### Ingredients:

- 2 Small Eggplants, cut in 1" inch squares
- 1 Large Bulb Fennel, chopped
- 1 Large Red Onion, peeled and sliced
- Extra Virgin Olive Oil Spray or about 2 TB of oil
- Sea Salt and Freshly Ground Pepper
- 2 TB Extra Virgin Olive Oil
- 1 Cup Green Olives, (Castelvetrano) pitted and very coarsely chopped
- ¼ Cup Capers
- 1 Pint Grape Tomatoes, Quartered
- Coarsely Chopped Fresh Spinach
- 3 TB Red Wine Vinegar
- 1 TB Honey
- ½ Tsp Red Pepper Flakes
- ½ Tsp Sea Salt
- 1 Pomegranate, halved with the seeds from one half removed
- Chopped Flat-leaf Parsley

### Step One:

Toss, (or spray), the eggplant, fennel and onion in the oil, sea salt and pepper and roast in a preheated 435F oven for about 25 – 30 minutes or until golden brown.

### Step Two:

Sprinkle the spinach over the bottom of a large platter. Add the eggplant, fennel, olives, capers and tomatoes on top. To make the dressing, whisk the vinegar, honey, red pepper flakes and sea salt together in a small bowl. Taste and add additional vinegar or salt. Nestle the halved pomegranate into the side of the platter. Drizzle the salad with the dressing and sprinkle the pomegranate seeds and parsley over all.

## Sicilian Al Forno Pasta with Perfectly Easy Tomato Sauce



2 TB Olive Oil  
2 Cups Chopped Red Onion  
1 TB Italian Seasoning  
2 Grated Garlic Cloves  
1 Cup Dry White Wine OR Veggie Broth  
2 Cans (15 oz) Fire Roasted Tomatoes  
Sea Salt and Freshly Ground Black Pepper

### Step One:

Preheat the oven to 350F. Heat the oil in a sauté pan and cook the onion with the Italian Seasoning over medium heat until soft about 5 minutes. Add the garlic clove and cook and stir until fragrant, about 1 minute. Add the wine and simmer for 5 minutes.

### Step Two:

Add the tomatoes, oregano and a healthy sprinkle of salt and pepper, cook over medium heat for 20 - 30 minutes, or until the sauce thickens.

\*\*\*For more intense flavor, sauté your onions with 6 chopped anchovies.

## Sicilian Al Forno Pasta

2 (15 OZ) Cans of Cannellini (White) Beans, drained and rinsed well  
1/2 Cup Ricotta  
1 Tsp Red Pepper Flakes  
1 Tsp Sea Salt and ½ Tsp Freshly Ground Black Pepper  
2 Cups Grated Caciocavello or Aged Provolone or Smoked Mozzarella  
3/4 Cup Grated Pecorino  
1 Box Whole Wheat Pasta Shape like Penne or Anelletti cooked as the package directs  
1 Recipe Perfectly Easy Tomato Sauce  
1/2 Cup (Whole Wheat if possible) Panko Bread Crumbs  
Olive Oil Spray  
3 TB Chopped Parsley for Garnish

### Step One:

Preheat the oven to 350F. Puree the beans and the ricotta together in a food processor. Add in the cheese and pecorino.

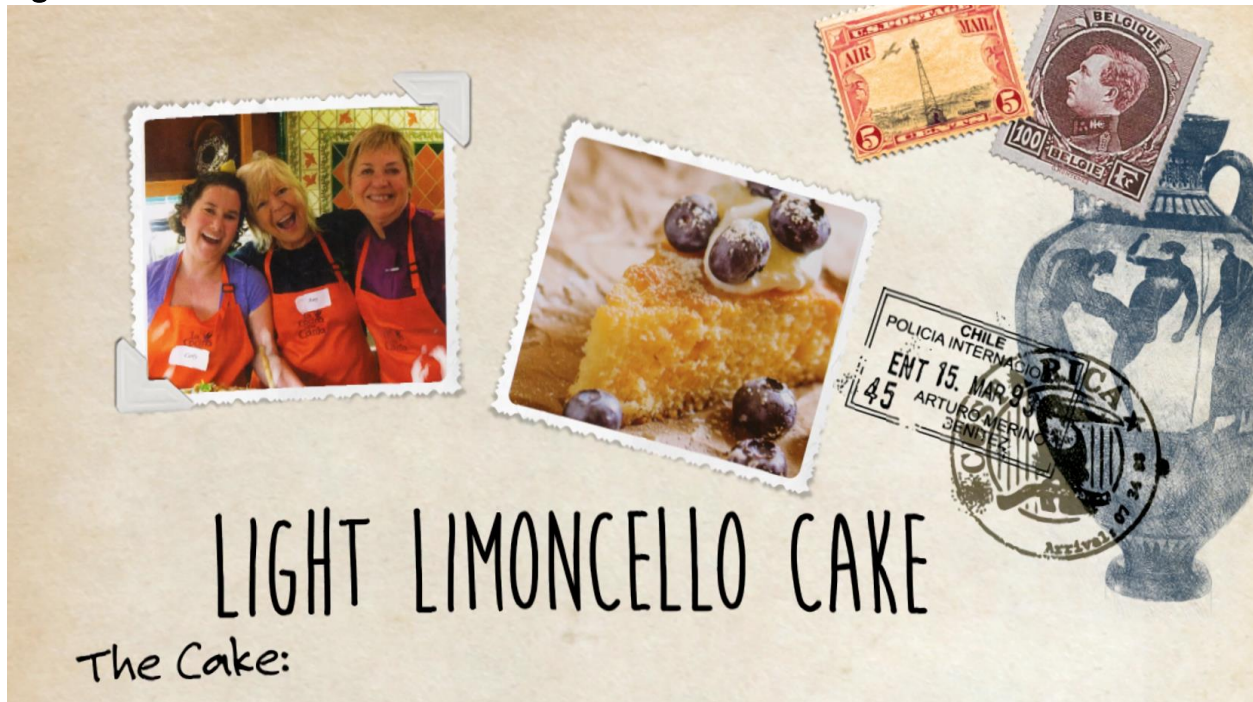
### Step Two:

Mix the tomato sauce and the cooked pasta together. Spoon 1/3 into a casserole dish. Top with the cheese sauce. Layer two more times. Sprinkle the panko over the top of the casserole and spray with the olive oil.

### Step Three:

Bake uncovered for 30 - 45 minutes, until bubbly and browned at the edges. Garnish with chopped parsley and serve.

## Light Limoncello Cake



### The Cake:

- 1 1/2 Cup Whole Wheat Pastry Flour OR Gluten Free Flour
- 2 Tsp Baking Powder
- 2 Tsp Lemon Zest
- 1/2 Cup Nonfat Plain Yogurt
- 1 Cup Raw Sugar
- 2 Large Eggs
- 2 Large Egg Whites
- 1/2 Cup Grapeseed or Avocado Oil

### The Glaze:

- 1/4 Cup Limoncello
- 2 TB Lemon Juice
- 1/4 Cup Powdered Sugar

### Step One

Preheat the oven to 350F. Spray an 8-inch springform pan with nonstick cooking spray and line the bottom of the pan with a parchment round - coat with nonstick spray. (OR double the recipe and use a parchment lined sheet tray) Makes great cupcakes too!

### Step Two sss

Place the flour, baking powder, and zest in a bowl, stir to combine.

### Step Three

In a large bowl; combine the yogurt, sugar, and egg and whites, stirring until well blended. Add the flour mixture to wet mixture. Pour the batter into your prepared pan. Bake for 30-35 minutes, until the cake

feels springy to the touch and a toothpick inserted into the center comes out clean. Cool the cake for 15 minutes.

#### Step Five

Run a knife around the edge of the pan, and remove it from the pan. With a toothpick poke holes on the top. Combine the ingredients for the glaze and pour slowly over the cake. Cool completely before serving topped with fresh berries.