

FIRST COURSES

Pasta ‘Carbonara’

Beat eggs well, add grated parmesan cheese, a dash of chopped parsley, and ground pepper. Put a pan of water over heat, and when it boils add a dash of salt. When the water begins to boil again, add pasta (preferably spaghetti) and cook for the time indicated on the box (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), mixing it immediately after added and then occasionally. Drain the pasta and add it to the container with the egg mixture. Toss all ingredients and serve hot.

Pasta with butter and parmesan

Heat a pot of water for pasta over medium heat. When water boils, add a pinch of salt, and when it resumes boiling add dry pasta, stirring often while cooking as long as directions on the package indicate (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta and add it to butter. Toss well and sprinkle with grated parmesan cheese. Serve immediately.

Pasta with garlic, oil, and hot red pepper

Heat a pot of water for pasta over medium heat. When water boils, add a pinch of salt, and when it resumes boiling add dry pasta, stirring often while cooking as long as directions on the package indicate (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Meanwhile, heat olive oil, garlic, and chopped hot pepper in a frying pan over low heat. Drain the pasta and add it to the pan as soon as garlic has browned slightly. Mix together over heat and serve immediately.

Pasta with tomato sauce

Boil water for pasta. Add salt, and when water resumes boiling, add dry pasta. Cook according to indications on package, keeping in mind that pasta should always be cooked ‘al dente’, which literally means ‘to the tooth’, or firm (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Meanwhile, heat chopped garlic in oil in a nonstick frying pan or sauce pan over medium heat. When garlic begins to brown, add canned tomatoes (ground or pureed), salt, pepper, and a few basil leaves broken apart. Let simmer for about 10-15 minutes. When pasta is cooked, drain, and blend with sauce. Sprinkle with parmesan cheese, and garnish with fresh basil.

Pasta with tomato and basil

Heat olive oil and chopped garlic in a pan over a low flame. Once the garlic turns golden, add canned tomatoes (ground, chopped, or pureed) and a cup of water. Cover the pan and let boil, stirring occasionally. After 15 minutes, uncover, salt, and add basil. Continue cooking uncovered until the sauce thickens. Meanwhile, heat a pot of water for pasta over medium heat. When water boils, add a pinch of salt, and when it resumes boiling add dry pasta, stirring often while cooking as long as directions on the package indicate (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta, mix with sauce, and sprinkle with parmesan cheese. Serve immediately.

Pasta with tuna sauce

Heat olive oil and finely chopped garlic over low heat. Once garlic begins to brown, add tomatoes, drained tuna, and a cup of water. Cover the pan and let boil, stirring occasionally. After about 15 minutes, uncover and salt. Continue cooking until sauce thickens. Meanwhile, heat a pot of water for pasta over medium heat. When water boils, add a pinch of salt, and when it resumes boiling add dry pasta, stirring often while cooking as long as directions on the package indicate (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta and mix with sauce. Serve immediately.

Pasta with pesto

Combine basil leaves and a pinch of salt and crush in a mortar. Begin with a few leaves, and gradually add the rest. Toast the pine nuts in a dry pan over medium heat for a few minutes, then add them to the mortar along with a small peeled clove of garlic. Continue to beat the mixture. When ingredients have reached the consistency of a homogenous pesto, add the olive oil slowly, and then the grated parmesan cheese.

Cook the pasta 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain and blend with pesto and a drop of the hot water used in boiling the pasta if it seems lacking in moisture.

(blending pesto in a food processor or blender is a way to achieve a similar dish while saving time, although traditional pesto is made using the old fashioned mortar technique. Use the same order described above.)

Pasta with tomato and mozzarella

Chop mozzarella and ripe tomatoes into cubes, dress with olive oil and salt, and add any other spices desired. Meanwhile, heat a pot of water for pasta over medium heat. When water boils, add a pinch of salt, and when it resumes boiling add dry pasta, stirring often while cooking as long as directions on the package indicate (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain the pasta, combine it with the tomato and mozzarella mixture, and serve.

Pasta with tomato, green olives, and basil

Heat a pan with olive oil and finely chopped garlic. When the garlic browns, add capers. After one minute, add canned tomatoes and pitted green olive halves. Cover the pan and let the sauce simmer, stirring occasionally. After about 15 minutes, uncover, add salt, and let simmer until the sauce has thickened. Meanwhile, heat water in a pot for pasta. When the water boils, put the dry pasta into the water (after salting) and cook until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta, blend with sauce, and serve hot with a few basil leaves.

Pasta with artichokes and tomato

Squeeze lemon juice over thawed artichoke hearts. Heat a nonstick pan and let chopped onion and garlic brown. Add artichokes, and let cook for about 5 minutes. Add chopped tomato and salt to taste. Continue cooking over medium heat. Boil water for pasta. Add salt to water, immerse dry pasta, and remove from heat when pasta is cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Add drained pasta to artichokes, remove from heat, and serve.

Pasta with zucchini

Wash and chop off ends of zucchini. Slice them into thin rounds. Heat a nonstick pan with olive oil and add zucchini, salt, and pepper once hot. Boil water in a pot for pasta. When water boils, add salt, and when it resumes boiling add dry pasta. Drain pasta when cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Add pasta to sautéed zucchini, sprinkle with parmesan cheese, and serve.

Pasta with bell peppers

Boil water in a pot for pasta. Meanwhile, begin preparing sauce. Peel garlic, and place into a heated pan with olive oil. Let garlic cloves cook until golden, then crush with a fork and remove them. Cut peppers in half, removing seeds and stem. Cut into short slices, add to hot oil and let cook for about 5 minutes, mixing constantly. Let this sauce cook over medium heat for about 15 minutes. Meanwhile add pasta to boiling water and cook it until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). When the sauce is done, put it into the blender and blend into a dense and creamy sauce. Pour back into the pan and add chopped parsley. Add the pasta and cook a moment together.

Pasta with artichokes

Remove outer leaves from artichokes and chop off sharp edges. Quarter and boil the artichoke hearts in water for a few minutes, then remove from heat. Heat a nonstick pan with olive oil and add artichokes, salt, and pepper. In the meantime, boil pasta in water

until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), and once drained, add it to the artichokes. Let cook an additional minute or two over medium heat, sprinkle with parmesan cheese, and serve.

Pasta "Boscaiola"

Heat a pot with water for pasta. Wash and peel eggplant, then chop into small cubes. Slice mushrooms and tomatoes. Heat olive oil in a pan and add garlic, tomatoes, and basil leaves. Slowly add mushrooms and eggplant, and cook for about 15-20 minutes. Once water boils, cook pasta until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), mix together with sauce and serve.

Pasta alla Norma with tofu

Slice eggplant lengthwise into 1/3 inch thick slices, salt them, and let them sit in a strainer for about an hour to release excess liquid. Rinse with water, dry them, and then fry them in olive oil with chopped onion and tofu. When eggplant is golden, add tomatoes and let simmer for an additional ten minutes. Meanwhile, heat a pan of water for pasta. When water boils and salt has been added, add dry pasta and cook until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta and mix with eggplant sauce and fresh basil leaves. Serve immediately.

Spaghetti with tofu tomato sauce

Heat a nonstick pan with olive oil and finely chopped onion. When the onion has turned golden, add small cubes of tofu and sauté until tofu has browned. Add the tomatoes, chopped carrots and celery and cook over low heat for about 30 minutes. Meanwhile, heat a pan of water for pasta. When water boils and salt has been added, add dry pasta and cook until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Drain pasta and mix with tofu sauce. Serve immediately.

Spaghetti with clams

Put fresh clams in a bowl with water and vinegar for at least an hour. Then transfer the clams into a pan with half a cup of water, cover, and let simmer. When the clams have opened, remove them from the pan, conserve the liquid, and rinse clams well in a strainer to remove any remaining sand, separating the clams from the shells. Throw out any clams whose shells have not opened. (If using frozen clams, follow recipe from here.) Boil water with a dash of salt for spaghetti. Meanwhile, heat olive oil in a pan with peeled and crushed garlic. When the garlic has browned, remove it. Add clams. After about 2 minutes, add a little of the remaining liquid from the clams. When the spaghetti is cooked al dente (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting

every minute or so), add it to the clam sauce, and cook for a minute or so to let the pasta absorb the sauce, and add chopped parsley.

Fusilli with tofu and hot red pepper flakes

Finely chop basil and parsley and combine with oregano. Let the three ingredients sizzle for a few moments in olive oil, then add a touch of vegetable broth (instant bouillon will work fine), crushed garlic, and hot red pepper flakes and cook for an additional few minutes. In the meantime fill a pot with water for pasta and bring to a boil. When the water boils, add salt, and when it resumes boiling add the dry fusilli (or any kind of pasta). Cook for the amount of time indicated on the box (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), stirring often. Drain the pasta and combine with the sauce and finely chopped tofu in a serving bowl. Mix well and serve hot.

Fettuccine with zucchini

Heat a nonstick pan with olive oil and finely chopped garlic. Wash zucchini and chop into cubes. When the garlic is golden add zucchini and a half-cup of water, letting simmer for about five minutes. Add salt and turn off heat. Meanwhile, heat a pot of water for pasta. When water boils, add salt, and when it resumes boiling add dry pasta. Stir occasionally, and when pasta is cooked 'al dente' turn off heat, drain, and mix together with zucchini and basil leaves. Serve immediately.

Fettuccine with saffron

Heat water in a pot for pasta. Meanwhile, heat a pan with olive oil. Add chopped onion and cook until golden. Add saffron, white wine, and a little water from the cooking pasta if necessary. Drain pasta when cooked (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), mix with saffron sauce and sprinkle with fresh chopped parsley. Serve hot.

Linguine with lemon

Juice lemons and pour liquid into a bowl. Add olive oil, chopped hot red pepper, "hand chopped" parsley and basil, and a pinch of salt. Stir together with a fork.

Boil linguine in plenty of salted water until 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), drain, and mix in a bowl together with lemon sauce. Serve immediately.

Baked macaroni in olive sauce

Remove seeds and cut olives into small pieces. Heat a nonstick pan over medium heat with wine and begin cooking olives, coarsely chopped garlic, pepper, salt, and chopped parsley. When the wine thickens and has almost evaporated, turn off the flame. Preheat oven to 350 degrees. Meanwhile, heat a pot of water for pasta. When the water boils, add salt. When it resumes boiling, add the pasta. Stir frequently, cooking for 2 minutes less than indications on the box suggest (if no indications are printed on the package, cook for approximately 8-10 minutes, until pasta is still firm, or 'al dente'). Drain pasta and transfer it to a casserole dish. Cover pasta with olive sauce and sliced tomatoes, then sprinkle parmesan cheese and breadcrumbs over the top. Let bake in the oven for about 15 minutes.

Vegetable minestrone with pasta

Wash, drain, and chop vegetables. Heat a pot with olive oil and let chopped garlic and onion cook until golden. Add chopped tomatoes and vegetables (including potatoes). Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for about an hour. Add dry pasta and remove from heat when pasta is cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Serve minestrone with a sprinkle of parmesan cheese.

Vegetable minestrone

Wash, drain, and chop vegetables. Heat a pot with olive oil and let chopped garlic and onion cook until golden. Add chopped tomatoes and vegetables (including potatoes). Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for about an hour. Blend the soup in a food processor or blender to obtain a creamy consistency. Serve minestrone with a sprinkle of parmesan cheese.

Minestrone with pasta

Soak beans (ex. cannellini, kidney, or pinto) in water for at least 12 hours. Rinse, drain, and cook over a low flame in water for about an hour. Add salt, and continue cooking until beans are soft but still intact. Turn off heat and let beans cool. (If you are using canned beans, follow recipe from here) Wash, drain, and chop vegetables. Heat a pot with olive oil and let chopped garlic and onion cook until golden. Add chopped tomatoes and vegetables (including beans and potatoes). Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for approximately one hour. Add dry pasta and remove from heat when pasta is cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so). Serve minestrone with a sprinkle of parmesan cheese.

Vegetable minestrone with beans

Soak beans (ex. cannellini, kidney, or pinto) in water for at least 12 hours. Rinse, drain, and cook over a low flame in water for about an hour. Add salt, and continue cooking until beans are soft but still intact. Turn off heat and let beans cool. (If you are using canned

beans, follow recipe from here) Wash, drain, and chop vegetables. Heat a pot with olive oil and let chopped garlic and onion cook until golden. Add chopped tomatoes and vegetables (including beans and potatoes). Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for about approximately one hour. Blend soup in food processor or blender to obtain a creamy soup. Serve minestrone with a sprinkle of parmesan cheese.

Pasta with lentils

Wash lentils and soak in water overnight. (If you are using canned lentils, follow recipe from here). Finely chop onion, carrot, and celery and let brown in a heated pan with olive oil and a little water. When these have integrated well into a creamy mixture, add chopped tomatoes, salt to taste, ground pepper, and chopped hot red pepper. Let cook an additional 5 minutes. Add the drained lentils to this mixture, stir, add about 6 cups of water and cook over moderate heat for about an hour and a half. When cooked, lentils should be tender. Collect about half the mixture and blend it in the food processor or blender, then return the puree to the pot. When it begins to boil again, add the pasta to the lentil sauce. When the pasta is cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), turn off heat and serve.

Pasta with beans

Soak beans overnight (ex. cannellini, kidney, or pinto) then rinse them and boil them for an hour or so over low heat with a little chopped onion and a bay leaf. (If using canned beans, begin following recipe here) Heat a pot with olive oil, chopped onion, carrot, and celery. When these ingredients have browned, add beans and chopped ripe or canned ground tomatoes. Let cook for a few minutes, then add vegetable broth (instant bouillon will work fine). Simmer for about 40 minutes, letting broth evaporate until a thick consistency is reached. Add pasta at the end and cook for a few minutes so pasta will remain al dente. Pasta such as elbows, ditalini or other kinds of small bite sized pasta are ideal for this recipe. Serve hot with a sprinkle of chopped parsley.

Pasta with potatoes

Peel potatoes and chop into cubes. In a medium sized pan heat olive oil and let chopped garlic cook until golden. Add chopped tomatoes and potatoes. Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for an hour. When the potatoes have softened considerably, add salt to taste and dry pasta. When the pasta is cooked 'al dente' (if no indications are printed on the package, cook for approximately 8-12 minutes, tasting every minute or so), turn off heat and serve with a sprinkle of parmesan cheese.

Potato and artichoke soup

Wash artichokes, remove the hard outer leaves, and cut the artichokes in half. Remove the fuzzy innermost fiber and then slice remaining section lengthwise. Let slices soak in the

juice of one lemon diluted in water. Peel potatoes and chop them into small cubes. Finely chop onion and tomatoes, then combine all the vegetables in a pot with olive oil, a pinch of oregano, salt, and a liter of water. Cover and let cook for an hour or until the soup becomes as thick as desired.

Garbanzo bean soup

Heat olive oil and garlic in a pot. When the garlic turns golden, add the garbanzo beans, rosemary, and finely chopped tomatoes. Let mixture cook for a few minutes, then add a few cups of vegetable broth (instant bouillon will work fine). Simmer for about an hour while letting broth evaporate to obtain a creamy texture. Put about half the mixture through the blender or food processor and then blend with remaining intact beans in the pot. Serve hot.

Rice with clams

Put fresh clams in a bowl with water and vinegar for at least an hour. Then transfer the clams into a pan with half a cup of water, cover, and let simmer. When the clams have opened, remove them from the pan, conserve the liquid, and rinse clams well in a strainer to remove any remaining sand. Separate the clams from the shells, and be sure to throw out any clams whose shells have not opened. (If using frozen clams, follow recipe from here.) Heat olive oil in a pan with peeled and crushed garlic. When the garlic has browned, remove it. Add clams. After about 2 minutes, add chopped parsley. Add dry rice to clams, and little by little pour in the liquid broth used to cook the clams. When rice is cooked 'al dente' add salt, pepper, stir, and remove from heat.

Rice with tomatoes

Heat a nonstick pan with olive oil. Let chopped garlic cook until golden, then add finely chopped tomatoes. Add a little hot vegetable broth (instant bouillon will work fine) and the dry rice, mixing together with a wooden spoon. Add salt, pepper, stir, and let cook slowly for about 20 minutes or less depending on the type of rice. Add additional vegetable broth as needed when pan becomes dry.

Vegetable minestrone with rice

Soak beans (ex. cannellini, kidney, or pinto) in water for at least 12 hours. Rinse, drain, and cook over a low flame in water for about an hour. Add salt, and continue cooking until beans are soft but still intact. Turn off heat and let beans cool. (If you are using canned beans, follow recipe from here) Wash, drain, and chop vegetables. Heat a pot with olive oil and let chopped garlic and onion cook until golden. Add chopped tomatoes and vegetables (including beans and potatoes). Add about 6 cups of vegetable broth (instant bouillon will work fine) and let cook for approximately one hour. Add dry rice, and remove from heat when rice is cooked 'al dente'. Serve minestrone with a sprinkle of parmesan cheese.

Rice with lemon

Prepare about two cups of vegetable broth (instant bouillon will work fine). Slice onion, garlic, and parsley very finely. Wash lemon well, dry, and grate and conserve the yellow rind. Cut the lemon in two, squeezing and conserving the juice from one half. Heat olive oil in a pan, then add onion and garlic. When these turn golden, add rice. Let the rice cook for a minute, then add a splash of broth. Raise heat and continue adding broth as needed, stirring constantly with a wooden spoon. Add the grated lemon rind, and continue to add broth a little at a time as it absorbs. When the rice is cooked 'al dente' or still firm, remove from flame and add lemon juice and parsley. Serve hot.

Rice with spinach

Prepare a few cups of vegetable broth (instant bouillon will work fine). Wash spinach and chop finely. Heat a sauce pan with olive oil. Add chopped onion and let it turn golden in the oil. Add spinach, then rice, and raise the heat. Stir ingredients and add broth a little at a time. When rice is cooked 'al dente', sprinkle with parmesan cheese and serve.

Rice with artichokes

If using fresh artichokes, remove outer leaves from artichokes and chop off sharp edges, quarter artichokes, and soak in water with lemon juice. Heat broth.

Chop a handful of parsley and put half of it into a sauce pan. Add olive oil and drained (or frozen) artichokes; mix and cook over low heat, adding a little broth. After about ten minutes, add rice. Let it brown slightly for a few minutes and then add hot broth every few minutes as needed. Stir occasionally. After about 15 minutes (or less depending on type of rice), taste rice to see if it is cooked. No salt should be necessary as broth generally contains plenty. Serve topped with parmesan cheese and parsley.

Rice with peas

Heat oven to 450 degrees. Put olive oil and sliced onion in a casserole dish. Heat broth until it boils. Add cooked rice (preferably pilaf) to the casserole dish and mix for a few minutes. Then, add drained cooked peas, cover, and cook in oven for about 12 minutes. Sprinkle with parmesan cheese and serve.

Risotto with radicchio

Cut off the stems of the radicchio, then wash leaves with water. Drain and dry them with a kitchen towel or paper towels. Bring a pot of salted water to a boil for rice. Peel the onion, cut in half, then slice it into very thin strips. Heat olive oil in a pan and add the onion. Once the onion is cooked and slightly browned, add the radicchio and raise the heat. Cook

together for a few minutes, and when rice is ready (follow guidelines on packaging), stir together with onion and radicchio. Serve hot.

Risotto with zucchini

Wash zucchini and grate or chop coarsely. Heat olive oil over low heat, add zucchini and the juice of one half lemon. Add salt, pepper, and cook over medium heat for 3-4 minutes. Turn off and add chopped mint if desired. Boil rice according to indications on package, drain and blend with zucchini. Serve hot.

SECOND COURSES

Veal Scaloppine

Lightly tenderize the slices of veal so they are no more than ¼ inch thick. Season them with salt and pepper. Put some flour on a plate and dip the slices in it on both sides so that the flour sticks. Shake off any excess flour*.

Heat a medium sized frying pan over medium-high heat. Add oil, and when the oil is hot lay the fillets side by side in the pan. Cook the veal for about 4 minutes per side. Add lemon and cook an additional minute.

*Veal should be floured just before cooking.

Grilled veal

Heat grill. When heated to a moderate temperature, add veal steak and let cook approximately 5 minutes per side or to desired temperature of cooking. Squeeze lemon on steak and serve immediately.

Sliced veal with lemon

Heat a skillet, add oil, and when oil is hot line slices of veal in a row and cook over medium-high heat for about 4 minutes per side. Squeeze lemon over turkey and cook one more minute.

Diced beef with artichokes

Heat olive oil and garlic in a pan. Add diced beef and brown, adding salt and pepper. In another pan, cook thawed artichokes in olive oil, fresh chopped garlic, and a pinch of mint (if desired). Add to beef and let any excess water evaporate.

Roast turkey breast

Remove any cartilage that unites two sides of breast, and cut them apart lengthwise. Heat a pan with olive oil and sage, and once the sage begins to sizzle add turkey breasts, browning them on both sides. Add salt, cover, and lower heat. After about ten minutes, turn the breasts and cook ten more minutes.

Lemon turkey breast

Heat a skillet, add oil, and when oil is hot line turkey breasts in a row and cook over medium-high heat for about 5 minutes per side. Squeeze lemon over turkey and cook one more minute.

Rabbit with peppers

Flour pieces of rabbit. Heat a pan with olive oil and a clove of garlic. Add rabbit pieces to pan and let brown over high heat. Remove garlic, and pour in a tablespoon of vinegar diluted in a cup of water. Lower flame, cover and cook another 20-30 minutes. Meanwhile, cut peppers in half lengthwise and broil or grill until roasted. Remove the skin, cut peppers into pieces and add to pan with rabbit along with ripe chopped tomatoes. Add salt and pepper and then cook for 20 additional minutes. Serve hot.

Chicken or rabbit alla “Cacciatora”

Chicken. Rinse and dry pieces of chicken. Heat coarsely chopped garlic and oil in a large pan. When the garlic has begun to brown, add chicken, salt, and rosemary. Raise heat and when contents begin to simmer, add a tablespoon of vinegar. Cover and let cook for about an hour, stirring and turning chicken often with a wooden spoon. When the chicken begins to separate from the bones, turn off heat. If while cooking the pan becomes dry, add a little warm water as needed.

Rabbit. Rinse and dry pieces of rabbit. Heat coarsely chopped garlic and oil in a large pan. When the garlic has begun to brown, add rabbit. Let the meat brown, and then add a tablespoon of vinegar and a dash of rosemary, salt, and pepper. Cover and let cook for about 30 minutes, stirring and turning rabbit often with a wooden spoon. If while cooking the pan becomes dry, add a little warm water as needed.

Roasted chicken with potatoes

Heat oven to 375 degrees. Coat roasting pan with olive oil, rosemary, and any other spices desired. Rinse chicken, let it dry, and place it in the pan with sliced potatoes. Cook for about 45 minutes without rotating or stirring. Salt and stir potatoes just before turning oven off.

Roast chicken

Heat oven to 375 degrees. Coat roasting pan with olive oil, rosemary, and any other spices desired. Rinse chicken, let it dry, and place it in the pan. Cook for about 45 minutes without rotating or stirring.

Lemon chicken breast

Peel lemons, also eliminating internal white rind, and cut into thin slices. In a deep dish or bowl, combine chicken breasts, lemon slices, salt, and pepper, and bake at 400 degrees for 25 minutes. If preferred, chicken can also be prepared in a pan over medium heat. Chicken should cook approximately 10 minutes per side.

Sautéed shrimp

Peel and wash shrimp. Heat olive oil in a nonstick pan and then add shrimp, salt, and ground pepper. Let cook over moderate heat stirring occasionally until shrimp loses its transparent color. In the meantime, wash parsley leaves and chop finely along with garlic. Sprinkle shrimp with parsley and garlic and cook for two more minutes. Remove from heat and serve immediately.

Steamed sole

Steam cleaned sole fillets in a steamer for 6 minutes. To add flavor, incorporate a little chopped carrot, celery, lemon, peppercorns, and any desired herbs to the boiling water. Remove fillets from steamer, transfer to a plate, and squeeze lemon on sole. Sprinkle with chopped parsley and serve.

Haddock with capers

Heat oven to 400 degrees. Coat a casserole dish with olive oil. Add chopped onion and arrange floured haddock fillets in one layer in the pan. Add salt, pepper, and capers. Pour vinegar into pan (not directly over fish). Cover with aluminum and bake for about 10 minutes.

Baked stuffed trout

Heat oven to 475 degrees. Clean trout fillets. Roll fillets with some herbs and spices, salt, and pepper in the middle. Line up in an oven pan coated with olive oil. Sprinkle with salt, pepper, and squeeze lemon over fish. Cover rolls with a few slices of lemon and bake for about 15 minutes.

Cod with tomato and potatoes

Peel and cut potatoes into medium sized cubes. Coarsely chop onions and add to potatoes in a deep nonstick pan over medium heat. Add sage, rosemary, olive oil, and a cup of water and cook for 15 minutes, stirring often. Add chopped tomatoes and a pinch of salt and fresh pepper and let cook for an additional 20 minutes. Add cod fillets to the sauce and let simmer for 10 minutes, turning the cod two or three times to maximize absorption of the sauce. Turn off heat, sprinkle with parsley, and serve.

Cod with tomato

Heat olive oil and finely chopped garlic over moderate heat until the garlic turns slightly golden. Add cod fillets and chopped tomato, cover, and cook for about 15 minutes (turning fillets from time to time). Add salt, and cook 5 more minutes uncovered.

Cod with lemon

Wash cod fillets and cut into thick chunks. Pour oil into a casserole dish and add cod. Cut lemon into thin slices, removing all seeds and cover fish with lemon, a layer of sliced onion, and continue to layer with remainder of lemon and onion. Sprinkle herbs and chopped parsley over the top. Add salt, pepper, and bake at 400° for about 30 minutes.

Grilled swordfish

Clean swordfish and remove skin. Mix the juice of two lemons with a dash of tabasco sauce and some chopped parsley. Pour the sauce into a pan, layer swordfish on top, and let it marinate for about 15 minutes, turning it over halfway through. Heat grill, and cook swordfish approximately 4 minutes per side.

Fried egg

Heat olive oil in a small nonstick pan. Break the egg into the center of the pan, sprinkle salt and pepper over the yolk, and let cook for 2-3 minutes until the whites have thickened. Transfer to a dish and serve.

Ham omelet

Beat the eggs along with two tablespoons of water, salt, and pepper. Heat a small pan with olive oil over medium heat and add chopped ham. Pour the egg mixture in with ham, and as soon as the omelet has thickened, flip it by sliding it onto a dish and then placing it back into the pan on the opposite side.

Cheese omelet

Beat the eggs along with salt and chopped parsley. Heat a small pan with olive oil over medium heat. Pour the egg mixture in, add chopped mozzarella, and as soon as the omelet has thickened, flip it by sliding it onto a dish and then placing it back into the pan on the opposite side.

Onion omelet

Heat a nonstick pan with olive oil. Coarsely chop onion and cook until golden. Beat eggs, adding grated parmesan cheese, salt, and pepper, and pour into the pan with onions. Cook covered until omelet has become firm, then flip by sliding onto a dish and turning omelet back into pan to cook an additional few minutes on the other side.

Artichoke omelet

Heat a nonstick pan with olive oil and finely chopped garlic. When the garlic has browned slightly, add thawed artichokes chopped finely and let cook until artichoke leaves are tender. Add chopped parsley. In a small bowl, beat eggs together with milk. Pour into pan with artichokes and cook for a few minutes on each side until frittata has thickened.

Spinach and saffron frittata

Wash spinach leaves delicately in tepid water. Let them sit in the water for a few minutes, then remove and let leaves dry. Squeeze out any excess water. Heat a nonstick pan with olive oil, add chopped spinach leaves, saffron, parmesan cheese, chopped celery, and pepper. Cook until spinach dries completely. In a bowl, beat eggs and milk. Add spinach mixture and pour all ingredients back into the pan with olive oil. Cook on both sides for a few minutes until frittata has thickened. Serve hot.

Zucchini frittata

Rinse and chop off ends of small zucchini. Chop into nickel sized slices. In a nonstick pan, heat olive oil over medium heat and let chopped garlic cook until golden. Add zucchini and let cook covered for about 15 minutes. Beat eggs and combine with cheese, salt and fresh ground pepper. Add to zucchini and cook for a few minutes until it thickens, then slide it onto a dish and flip it over to cook an additional minute or two on the other side.

Potato frittata

Boil whole potatoes with the peel in salted water for about 15 minutes. Let potatoes cool, remove skin, and slice potatoes thinly. In a bowl, beat eggs and add a dash of salt and pepper to them. Mix together with potatoes and pour contents into a nonstick pan heated with olive oil. Cook over a medium flame for 5 minutes, then flip by sliding frittata into a dish and placing it carefully back in the pan on the other side. Cook an additional two minutes and remove from heat.

Artichokes with tofu

Wash artichokes, remove the hard outer leaves, and cut the artichokes in half. Remove the fuzzy innermost fiber and then slice the remaining section lengthwise. Toss slices with olive oil and salt, then cook the tofu squares with chopped basil, parsley, garlic, and breadcrumbs. Add artichokes and serve hot.

Sautéed tofu and vegetables

Wash all vegetables. Chop tofu into large cubes. Heat a nonstick pan with olive oil and add all ingredients together. Let cook over moderate heat for about 30 minutes (less if crunchy vegetables are preferred) stirring often. Serve hot.

Tofu “steak” Marsala

Pour a thin layer of flour in a dish. Coat both sides of tofu with flour by pressing them onto flour to let flour adhere. Shake off any excess flour and layer tofu in a skillet heated with olive oil. Cook for about 4 minutes on each side, then add marsala wine (port wine may be substituted) and cook until the sauce thickens.

*Note: flour tofu immediately before cooking.

Vegetarian meatballs

Boil potatoes with skin. When cooked, remove skins. Boil carrots and zucchini. Combine and mix all vegetables together in a bowl. Add some bread crumbs to the mixture along with some chopped parsley, salt, and pepper, and mix well. Work mixture into round balls, then flatten them and coat with flour. Heat a nonstick pan with olive oil and chopped onion and place the vegetable patties in the pan. Let cook for about 5 minutes, turn, and cook 5 more minutes on the other side.

VEGETABLES SIDE DISHES

Artichokes alla “Romana”

Preheat oven to 375 degrees. Clean artichokes, leaving a small bit of the stem. Trim sharp points and remove outer leaves, then smash downwards on a wooden cooking board or other solid surface in order to open leaves. Fill with chopped parsley, mint, and very finely chopped garlic. Line up with the bottoms facing upwards in a casserole dish with olive oil. Add water until artichokes are almost covered. Cook for about one hour, and serve hot.

Stuffed artichokes

Heat oven to 450 degrees. In a small bowl prepare a stuffing with olive oil, garlic, chopped parsley, parmesan cheese, breadcrumbs, salt, and pepper. Remove outer leaves from artichokes and chop off sharp edges. Boil the artichokes in water for a few minutes, then remove them, fill them with the stuffing, and line them up in a casserole dish. Drizzle with olive oil, add salt, pepper, and partially cover them with broth. Bake for about 20 minutes.

Asparagus with butter and cheese

Chop off and discard bottom inch or so of asparagus stalks. Wash asparagus well and stand them up in a tall pot with one inch of water at the bottom. Let cook covered for 10-15 minutes. Let asparagus cool while heating a nonstick pan over medium heat with butter. Add asparagus to pan and let sauté for about 5 minutes, turning often. Add parmesan cheese and cook an additional minute. Serve hot.

*Note: asparagus can also be steamed.

Baked onions

Heat oven to 425 degrees. Peel and wash onions and then cut them in half. Dampen the onion halves with olive oil and place them into a casserole pan. Sprinkle with bread crumbs, oregano, salt and pepper to taste, cover with aluminum and bake for 15 minutes. Remove aluminum and let bake 15 minutes more or until a golden crust has formed over the onions. Serve hot.

Baked mushrooms and potatoes

Heat oven to 375 degrees. Peel potatoes and slice into round thin slices. Clean and slice mushrooms. Arrange mushrooms and potatoes in a casserole dish with garlic. Drizzle with

olive oil and white wine. Bake for about 30 minutes, then add fresh chopped parsley and remove from oven.

Boiled spinach

Wash and drain spinach. Meanwhile, bring a pot of water to a boil. Add spinach and let boil for about 15-20 minutes. Drain all excess water and place in a serving bowl. Dress with olive oil, salt, and a generous amount of lemon.

Broccoli gratin

Heat oven to 400 degrees. Wash broccoli and let steam or boil for 10 minutes. Meanwhile, heat a nonstick pan with olive oil and hot red pepper flakes. Drain water and let broccoli brown in the pan with olive oil for about 15 minutes. Arrange broccoli in a casserole dish and sprinkle with breadcrumbs. Bake in the oven for about 10 minutes or until a golden crust has formed on top.

Sautéed broccoli rabe

Wash and drain broccoli rabe (or a similar leafy green seasonal vegetable). Meanwhile, fill a pot with water and bring it to a boil. Add broccoli rabe and let boil slowly for about 15-20 minutes. Drain and squeeze excess water out. Heat olive oil, garlic, and hot pepper if desired in a nonstick pan over low heat. When the garlic begins to brown, add the broccoli and cook about 5-7 minutes, turning often. Salt and turn off.

Cabbage with white wine and onion

Clean cabbage leaves and boil in water for about 15 minutes with chopped onion and wine. Drain water and combine with olive oil and vinegar in a bowl. Serve tepid.

Carrots with parsley

Wash and peel carrots. Chop carrots into small round slices. Heat a nonstick pan with olive oil and sauté carrots for about 15 minutes. Add chopped parsley and pepper, turn off heat, and serve hot.

Stewed carrots with olive oil

Peel and wash carrots. Meanwhile, bring a pot of water to a boil. Add carrots and let boil approximately 35-40 minutes. Drain carrots, chop them into pennies, and dress them with olive oil, salt, lemon juice, and a spoonful of chopped parsley. (note: carrots can be steamed in place of boiling).

Cauliflower with lemon

Cut cauliflower into individual size portions and let soak in water for about 30 minutes. Fill a pot with water and bring to a boil. When water boils, add cauliflower and salt, and let boil slowly for about 15-20 minutes. Drain water and put cauliflower into a serving bowl with olive oil, salt, pepper, and lemon juice.

Corn and bell peppers

Wash bell peppers and slice them into little strips while removing seeds and inner fibers. Heat a nonstick pan with olive oil and add sliced bell peppers and fresh, canned, or frozen corn kernels and let cook over moderate heat until peppers have softened and browned but water at the bottom of the pan has evaporated.

Eggplant ‘caponata’

Peel and chop eggplant into cubes. Generously sprinkle salt over pieces and let them sit in a strainer for an hour to rid them of excess liquid. In a nonstick pan, heat olive oil, chopped onions, celery, capers, and vinegar. Add the seedless black olives and chopped tomatoes. Rinse the eggplant and add to pan, cooking over a low flame for about 20 minutes.

Eggplant alla parmigiana

Wash and slice eggplant. Grill, broil or steam the slices. Meanwhile, add a pinch of oregano to ground tomatoes. Heat oven to 300 degrees.

Rub olive oil over the sides and bottom of a casserole dish. Layer ingredients over the bottom in the following order: eggplant, tomato sauce, parmesan cheese, eggplant, tomato, parmesan cheese, etc. Finish with a layer of eggplant covered with tomato. Sprinkle parmesan cheese over the top and bake in oven for about 20 minutes.

Eggplant with tomato

Slice eggplant lengthwise and then into cubes. Salt eggplant well and leave in strainer for one hour to release excess liquid. Rinse them quickly and then squeeze gently with hands to rid them of water. Heat a nonstick pan with olive oil and hot red pepper flakes and let eggplant cubes cook for about 15 minutes over medium heat, stirring often. Add tomatoes and cook 15 more minutes. Serve hot.

Sautéed eggplant

Wash, dry, and cut the eggplant into slices. Salt slices and leave them in a strainer for at least an hour, pressing them on occasion to release excess liquid. Heat a nonstick pan with olive oil and garlic over low heat. When the garlic has browned, add the eggplant, cover the pan and cook about 20-25 minutes, turning occasionally. Add salt and finely chopped parsley a few minutes before turning off heat.

Boiled fennel

Wash fennel and cut into thumb-sized pieces. Meanwhile, fill a pot with water and bring to a boil. Boil fennel for about 25-30 minutes, drain, and dress with olive oil and salt.

Fennel gratin

Heat oven to 425 degrees. Wash fennel well and cut it into small pieces. Boil water, add salt, and immerse fennel for about 10 minutes. Remove from heat and drain fennel. Once tepid, slice fennel into thin slices and place in buttered casserole dish. Sprinkle with grated parmesan cheese. Bake for about 15 minutes or until a light golden crust has formed on top.

Green beans

Clean and wash beans. Meanwhile, bring a pot of water to a boil. Add green beans and let boil for about 15-20 minutes. Drain all excess water and put in a serving bowl. Dress with olive oil, salt, and a generous amount of lemon.

Green bean quiche

Preheat oven to 400 degrees. Boil green beans and potatoes for about 15 minutes. Cut them into medium sized pieces and combine with beaten eggs, parmesan cheese, salt, and pepper. Rub olive oil over a casserole dish and egg mixture, sprinkling breadcrumbs over the top. Bake in the oven for about 40 minutes.

Grilled eggplant and tomatoes

Wash and dry the eggplant and tomatoes. Cut the eggplant into round slices. Salt the eggplant and leave slices in a strainer for at least an hour, pressing them on occasion to release excess liquid. Run water over the eggplant to rid them of excess salt. Turn grill to medium-high heat. When the grill is hot, add vegetables. Turn vegetables over when they

have sufficiently browned. When removed from grill, dress vegetables with olive oil, salt, and finely chopped parsley.

Grilled vegetables

Wash, dry, and cut the peppers and eggplant. Salt the eggplant and leave it in a strainer for at least an hour, pressing them on occasion to release excess liquid. Run water over the eggplant to rid them of excess salt. Turn grill to medium-high heat. When the grill is hot, add vegetables. Turn vegetables over when they have sufficiently browned. When removed from grill, dress vegetables with olive oil, salt, and finely chopped parsley.

Lemon potatoes

Peel and rinse potatoes. Boil them in a pot of water for at least 40 minutes. Remove the potatoes from water and cut them into large pieces. Dress with salt, rosemary, basil, olive oil, and lemon juice.

Potatoes With Parsley

Peel and rinse potatoes. Put the whole potatoes in a pot over medium heat and when the water begins to boil, allow them to cook for an additional 40 minutes. Remove from water and let them cool slightly before cutting them into thick pieces and dressing with olive oil, salt, and chopped parsley.

Rosemary Potato Gratin

Heat oven to 375 degrees. Peel potatoes and cut them into thin round slices. Arrange them in a casserole pan with garlic. Drizzle with olive oil and sprinkle with parmesan cheese and rosemary.

Bake for about 30 minutes or until a golden crust forms on top.

Lentils

Wash lentils and soak in water overnight. Fill a pot with about 4 cups of water for every 3.5 ounces of dry lentils and bring to a boil over medium heat. In another pan, heat olive oil, chopped garlic, onion, celery, carrots, and tomatoes. When the mixture begins to sizzle, add the drained and rinsed lentils along with the boiling water and let cook covered for about an hour, stirring occasionally. When the water has evaporated, lentils are cooked.

Peas with onion and ham

Heat olive oil, finely chopped onion, and chopped ham in an anti-stick pan over low heat. When the onion begins to brown, add peas, cover the pan, and cook for about 20 minutes. Stir every few minutes to avoid sticking. Salt just before turning off.

Peperonata

Wash peppers and cut in half lengthwise. Discard seeds and stem, then chop peppers into slices. Heat a nonstick pan over medium heat with olive oil, onions, and chopped garlic. Add a chopped bay leaf, and when the mixture has browned well, add peppers. Add salt, pepper, and cook for about 15 minutes. Add ground tomato and cook an additional 10 minutes.

Sautéed beans

Soak beans of choice over night. Rinse and drain beans, then boil in water for about an hour over low heat. If you are using canned beans, follow recipe from here: heat garlic, sage, and finely chopped tomatoes in a pan over medium heat. Add drained beans and let simmer for about 20 minutes.

Sautéed Italian dandelion

Wash and drain dandelion greens (Italian dandelion or a similar leafy green seasonal vegetable). Meanwhile, fill a pot with water and bring it to a boil. Add greens and let boil slowly for about 15-20 minutes. Drain and squeeze excess water out. Heat olive oil, garlic, and hot pepper if desired in a nonstick pan over low heat. When the garlic begins to brown, add the greens and cook about 5-7 minutes, turning often. Salt and turn off.

Sautéed mushrooms

Wash mushrooms well. Slice them lengthwise and drop into a nonstick pan heated with olive oil and browned chopped garlic. Add a teaspoon of lemon juice, salt, and pepper, and let cook over medium heat for about 10 minutes stirring occasionally. Add chopped parsley and let cook five more minutes.

Sautéed peas

Heat olive oil and finely chopped onion in a nonstick pan over low heat. When the onion begins to brown add peas, cover, and cook for about 20 minutes, stirring occasionally. Salt, turn off, and serve.

Sautéed radicchio

Clean radicchio leaves, drain, and chop lengthwise. Drizzle olive oil over leaves, add salt and pepper, and cook over medium high heat for about 5 minutes, stirring occasionally.

Sautéed Swiss chard

Clean and wash swiss chard or another leafy green seasonal vegetable. Meanwhile, fill a pot with water and bring it to a boil. Add swiss chard and let boil slowly for about 15-20 minutes. Drain and squeeze excess water out. Heat olive oil, garlic, and hot pepper if desired in a nonstick pan over low heat. When the garlic begins to brown, add the swiss chard and cook about 5-7 minutes, turning often. Salt and turn off.

Spinach with pine nuts

Carefully wash spinach in tepid water. Place damp spinach in a nonstick pot and heat it so that the damp leaves cook for about two minutes. Squeeze out excess water from leaves. Heat a pan with olive oil, then add spinach leaves, pine nuts, and ground nutmeg. Cook until spinach is dry.

Swiss chard

Wash and drain swiss chard. Meanwhile, bring a pot of water to a boil. Add swiss chard and let boil for about 15-20 minutes. Drain all excess water and put in a serving bowl. Dress with olive oil, salt, and a generous amount of lemon.

Swiss chard with tomato

Wash swiss chard well in tepid water. Put damp leaves in a pot over medium heat and let cook for a few minutes. Let leaves cool, then squeeze out any excess water. Heat a nonstick pan with olive oil and then add swiss chard leaves and tomatoes. Cook until all sauce evaporates.

Zucchini in bell pepper sauce

Preheat oven to 400 degrees. Clean bell peppers and chop them into cubes. Slice onion and put aside in a bowl with some sage leaves and chopped peppers. Wash and chop zucchini into medium sized pieces, then combine with pepper mixture in a casserole dish. Dress with salt and pepper and bake for 30 minutes. When cooked, remove zucchini and keep them warm. Blend the remaining ingredients with half a cup of hot water and a few leaves of parsley. Pour the sauce over zucchini and serve hot.

Zucchini parmesan

Heat oven to 350 degrees. Wash, dry, and cut the zucchini lengthwise. Grill the zucchini on a stovetop, electric, or outdoor grill. Wash and chop tomatoes and prepare a sauce together with finely chopped carrot, celery, and onion. Coat a casserole dish with olive oil, and add ingredients in this order: grilled zucchini, tomato sauce, parmesan cheese, etc. finishing with a layer of zucchini topped with tomato and grated parmesan cheese. Bake for about 20 minutes.

Vegetable stuffed zucchini

Heat oven to 400 degrees. Remove zucchini tips and then wash and hollow out insides. Mix the zucchini flesh with chopped garlic, onion, tofu, parmesan cheese, and eggs. Cook the stuffing separately in a small pan for about 10 minutes. Add wine and stir. Stuff zucchini with the mixture, line up in a casserole dish and bake for about 40 minutes.

Stuffed zucchini

Heat oven to 400 degrees. Remove tips from zucchini, wash, and hollow out insides. Mix the zucchini flesh with chopped garlic, breadcrumbs, parmesan cheese, parsley, and pepper. Cook the stuffing separately in a small pan for about 10 minutes. Stuff zucchini with the mixture, line up in a casserole dish and bake for about 40 minutes.

Grilled zucchini

Wash, dry, and slice zucchini lengthwise. Turn grill to medium-high heat. When the grill is hot, add zucchini. Turn vegetables over when they have sufficiently browned. When removed from grill, dress with olive oil, salt, and lemon.

Sautéed zucchini

Wash, dry, and chop the zucchini. Heat a nonstick pan with olive oil and garlic over low heat. When the garlic has browned, add the zucchini, cover the pan and cook about 15-20 minutes, turning occasionally. Add salt and finely chopped parsley a few minutes before turning off heat.

SALADS

Artichoke salad

If using fresh artichokes, remove outer leaves from artichokes and chop off sharp edges and cut in half. Remove and discard fuzzy internal components, slice artichoke into bite

size pieces and soak in water with the juice of one lemon for about 30 minutes. Drain artichokes, let dry, and dress with olive oil, lemon juice, salt, and pepper.

Asparagus salad

Chop off and discard bottom inch or so of asparagus stalks. Wash asparagus well and stand them up in a tall pot with one inch of water at the bottom. Let cook covered for 10-15 minutes. Let cool and dress in a salad bowl with olive oil.

*Note: asparagus can also be steamed.

Bean salad

Soak beans of choice in water for at least 12 hours. Rinse and drain them and then pour them into a pan and cook in abundant water for about an hour. Add salt, and when beans are soft but still intact, turn off heat and let beans cool. (if using canned beans follow recipe from here) Slice onion into very thin ringlets and add to beans in a serving bowl. Dress with olive oil, salt, and fresh ground pepper.

Bean and onion salad

Soak beans of choice in water for at least 12 hours. Drain and cook in a covered pot with water for about one hour, then add salt. When beans have become soft but remain intact, remove from heat and let cool. (if using canned beans, follow directions from here) Slice garlic and onion into very thin rings and place in a serving bowl with beans, olive oil, and some fresh ground pepper.

Bean and tuna salad

Soak beans of choice for at least 12 hours. Drain and cook them in a pot with water for about an hour. Add salt and cook until beans are soft but still intact. Remove from heat and let beans cool. (if using canned beans, follow recipe from this point) Slice onion into very thin pieces and combine with beans and drained tuna in a serving bowl. Add olive oil, salt, and fresh ground pepper.

Caprese salad

Cut tomatoes and mozzarella into slices. Alternate slices of tomato and mozzarella on a serving dish. Prepare a dressing by mixing olive oil, salt, and oregano. Pour dressing over slices, garnish with a leaf of basil, and serve.

Citrus salad

Wash and dry lettuce, cutting leaves into large pieces. In a large salad bowl dress with olive oil and salt, then add sliced oranges and other citrus fruits. Mix together and serve.

Fennel salad

Remove external fennel leaves. Wash remaining part well with running water and divide into sections. Chop into small slices and lay in a salad bowl. Dress fennel with a spoonful of olive oil, a few drops of balsamic vinegar, salt, pepper, and serve.

Green bean and cheese salad

Wash green beans, cut off and discard tips. Boil in water for about 35 minutes, adding salt toward the end. Drain beans and transfer them to a salad bowl. Chop swiss cheese into cubes and mix with green beans. Dress with olive oil, salt, pepper, and a few drops of balsamic vinegar if desired.

Green bean and tuna salad

Clean green beans, remove tips, and cut beans in half. Boil them in water for about 35 minutes, adding a teaspoon of salt during the last few minutes of cooking. Drain the beans and place them in a salad bowl. Add drained tuna, olive oil, salt to taste, fresh pepper, and a few drops of balsamic vinegar if desired.

Green salad

Wash and drain lettuce. Dry completely and cut leaves as desired. Dress with olive oil, salt, and vinegar of choice (or lemon juice).

Green salad with hard boiled egg

Immerse eggs in boiling water for 10 minutes. Wash and dry lettuce completely and cut leaves as desired. Cool eggs by running cold water over them, then remove shells and cut egg into about 4 pieces. Add eggs to salad, and dress with olive oil, salt, and vinegar of choice (or lemon juice).

Lean roast beef, parmesan cheese, and arugula

Arrange sliced roast beef on a plate and cover it with thin slices of parmesan cheese and arugula leaves. Dress with olive oil, ground pepper, and lemon juice.

Mixed salad

Wash and drain lettuce and vegetables. Dry completely and cut leaves as desired. Dress with olive oil, salt, and vinegar of choice (or lemon juice).

Mixed salad with hard boiled egg

Immerse eggs in boiling water for 10 minutes. Wash and dry lettuce and vegetables completely and cut leaves as desired. Cool eggs by running cold water over them, then remove shells, and cut egg into about 4 pieces. Add eggs to salad, and dress with olive oil, salt, and vinegar of choice (or lemon juice).

Mixed salad with hard boiled egg and tuna

Immerse eggs in boiling water for 10 minutes. Wash and dry lettuce completely and cut leaves as desired. Cool eggs by running cold water over them, then remove shells, and cut egg into about 4 pieces. Add eggs and drained tuna to lettuce and vegetables in a serving bowl and dress with olive oil, salt, and vinegar of choice (or lemon juice).

Mixed salad with tuna

Wash and drain lettuce and vegetables. Dry completely and cut leaves as desired. Place vegetables and drained tuna in a serving bowl. Dress with olive oil, salt, and vinegar of choice (or lemon juice).

Mushroom and parmesan salad

Heat a nonstick pan with olive oil. Add finely chopped mushrooms and cook for a few minutes. Once mushrooms are golden, turn off flame and let cool. In a large salad bowl, combine mushrooms, lettuce, sliced parmesan cheese and the remaining olive oil.

Onion and fennel salad

Wash fennel and cut it into thin slices. Chop onion finely and combine both ingredients in a salad bowl. Dress with olive oil and pepper.

Pear and walnut salad

Wash and dry lettuce, chopping leaves into wide pieces. Combine in a serving bowl with sliced pears and walnuts and dress with olive oil, salt, and lemon juice.

Pineapple salad

Wash endive. Chop pineapple and celery. In a small bowl, mix oil with salt and pepper. Toss all ingredients together, mix well, and serve.

Potato and green bean salad

Clean green beans, remove tips, and cut in half. Wash and peel carrots and medium sized potatoes. Boil all together in water for 35-40 minutes. Add a pinch of salt and turn off heat. Drain the vegetables and transfer to a large serving bowl, cutting potatoes and carrots into bite-sized pieces. Add olive oil, salt, pepper, a pinch of parsley, and a few drops of balsamic vinegar if desired.

Potato and onion salad

Peel and rinse potatoes. Cover them with water in a pot and let them boil for 40 minutes (begin timing when water starts to boil). Remove from water and let potatoes cool down, then cut them into large pieces. Finely chop onions, and unite in a large salad bowl with potatoes. Dress with olive oil and salt.

Rice salad

Clean green beans, remove and discard tips and chop beans in half. Boil in water for about 35 minutes, adding a dash of salt in the last few moments. Cook rice in boiling salted water until 'al dente'. Drain and run cold water over rice in a strainer to stop it from further cooking. Let baby shrimp boil for an instant, then drain and add all cooked ingredients to a serving bowl along with drained tuna. Dress with olive oil.

Vegetarian rice salad

Heat a pot of water using two parts water to one part rice. When water boils and salt has been added, add rice and cook until 'al dente,' stirring often. Drain rice in a strainer and run cold water over it to stop cooking. Dress with olive oil, tofu, peas (previously sautéed in a pan) and carrots. Serve cold.

Tomato salad

Wash tomatoes. Cut them into bite size pieces and dress with oil, salt, and fresh basil or dried oregano.

SANDWICHES

Ham omelet sandwich

Beat the eggs along with salt, pepper, and two tablespoons of water. Heat a small pan with olive oil over medium heat and add chopped ham. Pour the egg mixture in with ham and as soon as the omelet has thickened, flip it by sliding it onto a dish and then placing it back into the pan on the opposite side. Place omelet between slices of bread and serve.

Spinach omelet sandwich

Immerse spinach leaves in boiling water and leave until water resumes boiling. Remove spinach, run under cold water, and dry spinach with a clean kitchen towel. Beat the eggs along with two tablespoons of water. Heat a small pan with olive oil over medium heat and add the eggs. As soon as the frittata begins to thicken, cover with spinach leaves and cook another minute. Flip by sliding frittata into a dish and then placing it back into the pan on the opposite side. Cut open bread or roll and insert frittata (can be prepared in advance).

Did you know? Spinach contains protein, mineral salts (iron, potassium, and calcium), and vitamins A, B1, B2, and C. The anemia-preventing agent in spinach comes from folic acid, a vitamin that stimulates the production of hemoglobin. Fresh spinach should have dark green stiff leaves, without discoloration. The leafy vegetable grows best in humid climates. Frozen spinach can also be used in place of fresh: in order to avoid nutrient loss, spinach should be immersed in a small amount of already boiling water.

Zucchini frittata sandwich

Rinse and chop off ends of small zucchini. Chop into nickel sized slices. In a nonstick pan, heat olive oil over medium heat and let chopped garlic cook until golden. Add zucchini and let cook covered for about 15 minutes. Beat eggs and combine with cheese, salt and fresh ground pepper. Add to zucchini and cook for a few minutes until it thickens, then slide it onto a dish and flip it over to cook an additional minute or two on the other side. Place frittata between slices of bread and serve.

Vegetable focaccia

Heat nonstick pan with olive oil and ham chopped into cubes. Once the ham has browned, add the boiled and drained dandelion greens and cook for about 10 minutes. Cut the focaccia (may be substituted with a roll) in half (as though it were a roll) and fill with greens and ham.

