

## Tortellini Soup

Oil

10 Cups Water

Chicken Bouillon

3 Carrots - Diced

3 Celery Stalks - Diced

1 Onion - Diced

1 Garlic Clove - Chopped

1 pkg Italian Sausage - Skin removed then rolled into balls.

10oz Chopped Spinach - Frozen

1 Large package cheese Tortellini

2 cans Cream of Chicken Soup

Salt & Pepper

In large soup pot add water bouillon, carrots and celery. Bring to boil, add cream soup. Cook until vegetables are tender. Mean while in a frying pan; sauté onions and garlic in oil, add sausage, cook until no longer pink, add frozen spinach, heat until thawed. Add to pot. Add tortellini and simmer.

ITALIAN CAPRESE SALAD

Marge Elden

Garlic Powder  
Tomato  
Fresh Mozzarella  
Fresh Basil  
Olive Oil  
Salt/Pepper

DIRECTIONS: Slice tomatoes. Slice Mozzarella.

Lay cheese on tomato. Place sprig of fresh basil  
on top.

Sprinkle garlic powder, salt, pepper

Drizzle with olive oil !!!

## Clementine & Avocado Salad

### Dressing

- 1 tsp. Dijon mustard
- 1 Tbsp. Mayonnaise
- 1 Tbsp. red wine vinegar
- ¼ tsp. honey
- ¼ tsp. salt
- 2 Tbsp. extra-virgin olive oil

Combine romaine and mixed salad greens. Add 2 peeled clementines and 1 peeled avocado, cut in small pieces. Stir in dressing and sprinkle with ¼ cup pomegranate seeds.

Peggy Fuller

### 2. Honey Bean Spread with Roasted Garlic & Bleu Cheese

15 oz. Northern beans, drained

2-3 roasted garlic cloves

3-4 T. olive oil

3-4 oz. bleu cheese

2-3 sprigs fresh parsley

Puree until smooth and creamy. Crumble in bleu cheese to taste with parsley.

Baguette: slice on bias, brush with olive oil with Italian herbs. Bake 350° 8-10 min.

Turn. Continue 5-6 minutes more til golden.

My recipe:

Joanne + Aubry ARndt

Ricotta zeppole

2 eggs

2 tablespoons sugar

1 tsp vanilla extract

1 cup ricotta

1 cup flour

2 tsp baking powder

1/4 tsp salt

Vegetable oil for trying

Confectioner sugar for dusting

Whisk together the eggs, sugar and vanilla

Add ricotta and stir to thoroughly blend

In a smaller bowl stir flour baking powder and salt

Add to ricotta mixture and stir to blend thoroughly

Heat oil in a small pot (about 3 inches) to 360 degrees. Drop dough by large tablespoon, turn with slotted spoon, they will puff up. Drain on parchment paper and sprinkle with powdered sugar and drizzle with honey

## Penne Garden Salad

1/2 box Penne Pasta - cook as directed, drain & cool

Add approx 1/2 bottle zesty Italian dressing to noodles and refrigerate approx. 6 hours

Add vegetables of choice - I use red onions, yellow peppers, black olives, spinach, tomatoes, cucumbers and feta cheese.

Serve and enjoy!

Linda Stoller

## Italian Style Pasta

marion Talip  
419-867-1912

4oz. vermacelli (cooked + drained)

6oz. marinated artichoke hearts (save juice)

1 small zucchini (halved + thinly sliced)

1 carrot (peeled + shredded)

1 cup shredded mozzarella cheese

2 Tbsp. grated Parm. Cheese

1/4 lb. thinly sliced + chopped ham

### Dressing

2 Tbsp. veg. oil 1 clove minced garlic 1/2 tsp. oregano  
2 Tbsp. white wine vinegar 3/4 tsp. dry mustard 1 tsp. Basil

Pour dressing into bowl + add reserved  
juice  
from artichokes

Coarsely chop artichokes in large bowl -  
Combine cooked pasta + all other ingredients  
+ pour dressing over all.

Refrigerate for several hours + serve

(4-6 servings)

Serves 3-4. Pasta with Chicken + Kale

L. Hoffman

2 c. pasta, cooked as directed, reserve water  
6-8 Kale leaves, remove stems, wilt, shock in cold water  
1 med. onion, sliced and sautéed til golden <sup>chip</sup>  
12-16 oz chicken breast, butterfly <sup>1/2 pound thin</sup> dredge in flour with herbs, brown <sup>2-3 min</sup> <sup>reserve</sup>  
1 med. sweet potato or small butternut squash  
fresh herbs to serve  
olive oil

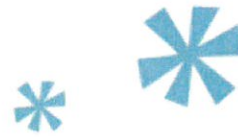
Steam sweet potato wrapped in towel 2-3 minutes til almost tender. Cool enough to peel.

Slice into 3-4 long pieces. Brown lightly. Reserve til end to add.

Cut cooked chicken into thin slices and add to onions when golden. Add drained pasta. Toss with reserved sweet potato cut into cubes. Add reserved pasta water 1/4c. at a time with a drizzle of olive oil until lightly moisten. Stir in kale and fresh herbs. Season to taste.

This is not complicated if you prep while the pasta cook. \* Put a cup by pasta to remember to save it.

Katie Ranck



## Italian Wedding Soup with Cauliflower Rice



1/10th of recipe (about 1 1/3 cups): 108 calories, 2.5g total fat (1g sat fat), 677mg sodium, 8g carbs, 2g fiber, 3.5g sugars, 12.5g protein

**SmartPoints™** value 1\*

**Prep:** 25 minutes    **Cook:** 45 minutes



### Ingredients

#### Soup

10 cups reduced-sodium chicken broth  
2 cups roughly chopped cauliflower (or *HG Alternative*)  
2 cups chopped carrots  
1 cup chopped celery  
1 cup chopped onion  
6 cups chopped spinach leaves

#### Meatballs

1 lb. raw extra-lean ground beef (4% fat or less)  
1/2 cup finely chopped onion  
1/3 cup egg whites (about 3 large eggs' worth)  
1 tsp. dried parsley  
1 tsp. chopped garlic  
1/4 tsp. each salt and black pepper

### Directions

Add 4 cups broth to an extra-large nonstick pot. Bring to a boil.

Meanwhile, in a large bowl, combine all meatball ingredients. Evenly form into 30 meatballs, each about 1 inch in diameter.

Carefully add meatballs to the pot, and return to a boil.

Reduce to a simmer. Cook for 5 minutes, or until meatballs are cooked through.

Meanwhile, pulse cauliflower in a blender until reduced to rice-sized pieces.

Carefully add remaining 6 cups broth to the pot. Add carrots, celery, and onion. Return to a boil.

Reduce heat to low. Add cauliflower rice. Stirring occasionally, cook until cauliflower rice is tender and all other veggies have softened, about 8 minutes.

Add spinach, and stir until wilted.

MAKES 10 SERVINGS

**HG Alternative:** Instead of blending 2 cups of roughly chopped cauliflower into rice-sized pieces, use 1 3/4 cups of premade cauliflower rice or crumbles, like the kinds by Trader Joe's and [Green Giant Fresh](#).

**HG Tip:** Freeze leftovers in single servings! Divide soup into microwave-safe containers. Once cool, cover and freeze. Reheat in the microwave or in a small nonstick pot.

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# Red Cabbage with Hazelnuts and Pancetta

*Franny's Simple Italian*

Serves: 4+

Notes:

Submitted by Carl Ruetz

¼ cup + 1 tsp	Olive oil, extra-virgin, plus more as needed
5 oz	Pancetta, each slice cut into 5 pieces
5 cups	Red cabbage, sliced thin
2/3 cup	Hazelnuts, toasted, peeled, roughly chopped
1 ½ Tbls	Red wine vinegar or more as needed
½ tsp	Kosher salt, or more as needed
¼ tsp	Black pepper, freshly ground, or more as needed
	Balsamic vinegar, aged – for drizzling

1. In a large skillet, heat **1 tsp of olive oil** over medium heat. Working in batches, and adding more oil as necessary, cook the **pancetta** until golden brown and crispy. Transfer to paper towels to drain.

2. In a large bowl, combine the cabbage, **hazelnuts, ¼ cup of olive oil, red wine vinegar, salt and pepper**, toss with your hands to mix, squeezing the cabbage slightly while you toss. Taste and adjust seasoning if necessary, adding more vinegar, salt, and/or pepper.

3. Place the cabbage mixture on a large serving plate. Arrange the pancetta on top, drizzle with the **balsamic**, and serve.

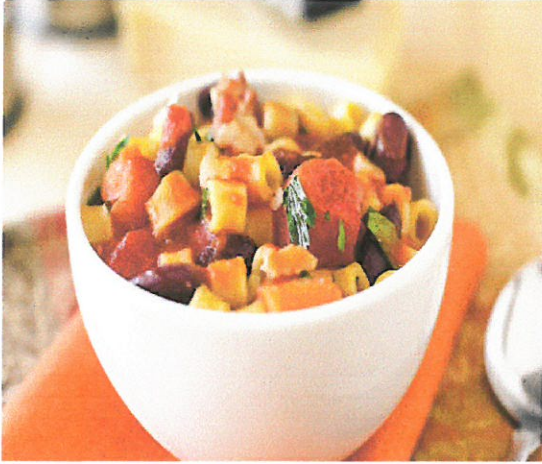


TRICIA  
10/5/2016

## PASTA

# 30-Minute Hearty Pasta Fagioli

By **DONNA ELICK** @Slow Roasted



Pasta Fagioli (pasta and beans) is an incredibly hearty traditional Italian dish that is just perfect for fall. This recipe makes a fagioli so thick **you can stand a spoon up in the pot**, so it's sure to warm you to the bone and fill your tummy. Even better, it goes from prep to plate in half an hour. Loaded with fresh herbs, garlic, onion, tomatoes and beans, this soup has layers of delicious flavor sure to please your entire family. You should know, though, if you'd like to have leftovers, **you may want to double**

**this recipe.** My family loves this dish so much that I have a hard time saving it for later—it's that good!

What a fantastic **30-minute one-pot meal** this is. I can't wait to have another bowl—I'd have this every night if only my family would let me! *With love from our Simple Kitchen to yours!* **SERVES 6** ACTIVE TIME 20 min. TOTAL TIME 30 min.

## INGREDIENTS

- 1) 1 Tbsp unsalted butter    1 Tbsp extra virgin olive oil    2 slices bacon, chopped
- 2) 8-oz baby carrots, chopped    ½ large onion, grated  
5 garlic clove, pressed or grated    1 sprig fresh thyme    1 sprig fresh rosemary    1 dried bay leaf  
2 Tbsp tomato paste    4 cup low sodium chicken broth    1 (14.5-oz) cans diced tomatoes  
2 (15-oz ) cans low sodium red kidney (or cannellini) beans, rinsed  
2 tsp kosher salt    1 tsp fresh ground black pepper
- 3) 16-oz ditalini pasta, cooked

## DIRECTIONS

- 1) Heat butter and oil in an 8 quart stock pot over medium high heat, add bacon and cook until almost crispy. Remove bacon from pan with a slotted spoon.
  - 2) Add onion and carrots to pan and cook until onions are almost translucent; add garlic, thyme sprig, rosemary sprig, and bay leaf. Add tomato paste, chicken broth, tomatoes, beans, salt and pepper. Cover and bring to a boil.
  - 3) Add pasta. Remove from heat, remove herb stems, serve and enjoy!
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# PUMPKIN CHEESECAKE TORTA DI ZUCCA E MASCARPONE

8 servings

CHRISTINA NARISI CARROZZA ✱ The young adults with whom I managed a café helped develop this Italian-accented cheesecake.

## FOR THE CRUST

1½ cups amaretto cookie crumbs  
¼ cup sugar

5 tablespoons unsalted butter, melted  
and cooled, plus butter for the pan

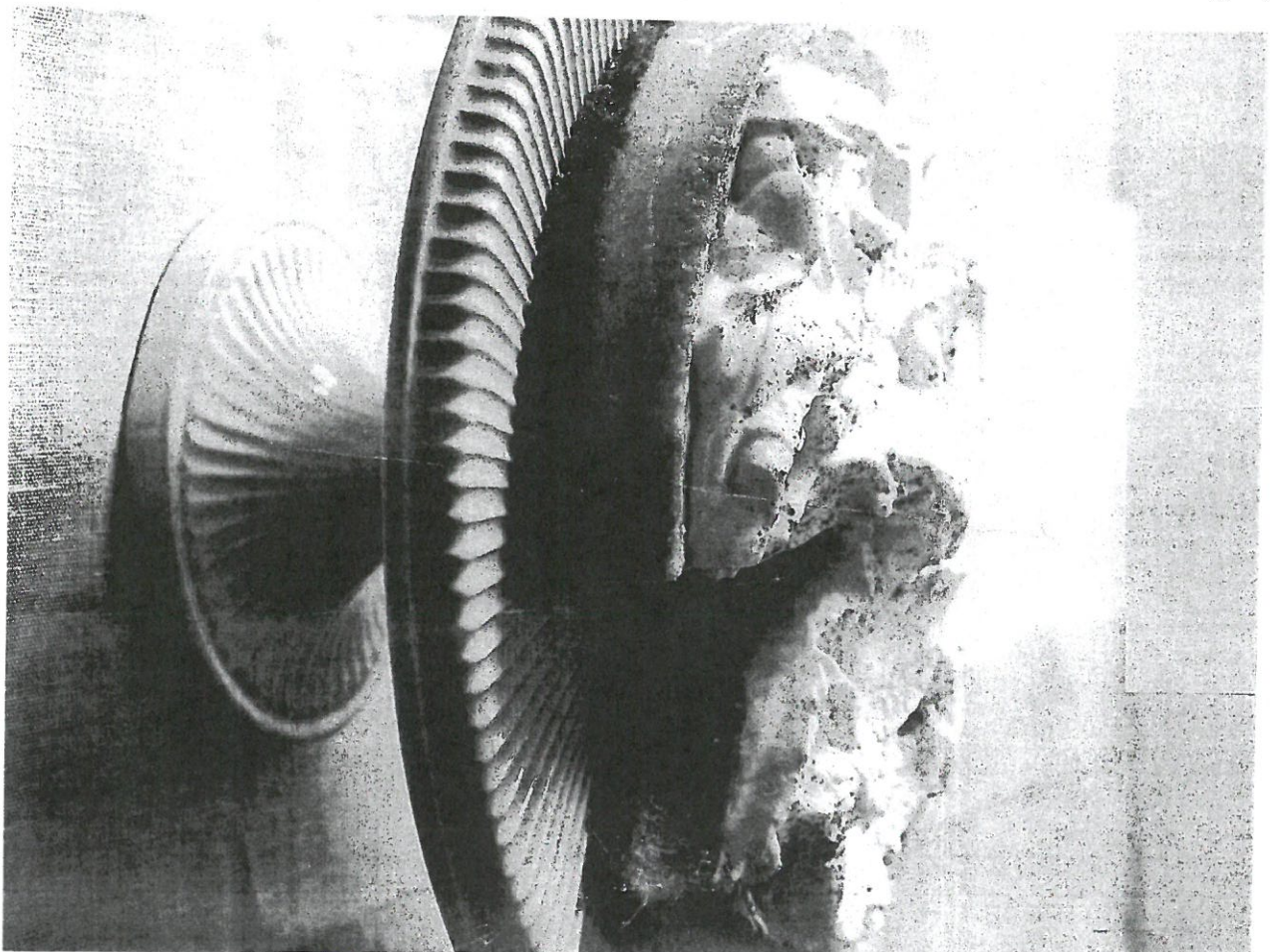
## FOR THE CAKE

8 ounces regular cream cheese  
(about 1 cup)  
1 cup mascarpone  
¾ cup sugar  
2 large eggs, at room temperature

½ teaspoon vanilla extract  
1 cup canned pumpkin puree (do not use  
pumpkin pie filling)  
½ teaspoon ground cinnamon  
⅛ teaspoon freshly grated nutmeg

## Whipped cream, for serving

1. Position the rack in the center of the oven and preheat the oven to 375°F. Generously butter a 9-inch springform pan.
2. To make the crust, combine the cookie crumbs, sugar, and melted butter in a medium bowl until moistened. Pour into the cake pan and press to cover the bottom and go up the sides by 1 inch.
3. To make the cake, beat the cream cheese and mascarpone in a large bowl with a hand-held mixer at medium speed until smooth. Beat in the sugar until light and fluffy. Beat in the eggs one at a time, then the vanilla until smooth. Pour 1 cup batter onto the crust in the cake pan.
4. Beat the pumpkin, cinnamon, and nutmeg into the remaining batter until smooth. Pour and spread gently over the plain batter in the crust.
5. Bake until set with a slight jiggle at the center of the cake when tapped, 40 to 50 minutes. Transfer to a wire rack and let cool for 1 hour. Run a knife around the inside of the cake pan to loosen the cake. Continue to cool to room temperature, about another hour. Cover with plastic wrap and refrigerate for at least 24 hours or up to 3 days. Unlatch the springform ring and remove it. Cover the cake in whipped cream before slicing and serving.



## ITALIAN CASSEROLE-Lauren Kuhr

### Ingredients:

- 1 ½ pounds lean ground beef
- 2 tablespoons butter or margarine
- 3 8-ounce cans tomato sauce
- Salt and pepper to taste
- 1 teaspoon crushed basil
- 1 teaspoon crushed Italian herbs
- 2 teaspoons sugar
- 1 cup cottage cheese
- 1 8-ounce package cream cheese, softened
- ¼ cup sour cream
- ½ cup chopped onion
- 1/3 cup chopped green pepper
- 1 1-pound package thin egg noodles
- 2 tablespoons butter or margarine
- 1 cup grated parmesan or cheddar cheese
- ½ green pepper cut in strips (optional)
- 1 medium tomato, peeled, sliced (optional)

### Instructions:

Brown ground beef in 2 tablespoons butter or margarine. Add tomato sauce, salt and pepper, basil, Italian herbs and sugar. Simmer for 15 minutes, stirring frequently. In bowl, blend cottage cheese, cream cheese, sour cream, onion and chopped green pepper. Grease a 9x13 inch casserole dish and set aside. Cook noodles according to package directions, cutting down on cooking time by 2 minutes. Drain noodles and stir in 2 tablespoons butter or margarine and sprinkle with salt and pepper to taste. Put ½ the noodles in bottom of casserole, making an even layer. Spread cheese over this and follow with rest of noodles. Cover with ground meat and top with grated parmesan or cheddar cheese. Bake at 350 degrees for 30 minutes or until hot and bubbly. \*Optional: Lay strips of green pepper and tomato slices over top layer.

Sewes: 8

From Cooking Light  
Complete meals in Minutes

Sue Perkins

MINUTES

Veal Marsala

*make it a meal* Serve the veal over  
vermicelli, linguine, or egg noodles.

- 1 pound veal scaloppine
- 1.1 ounces all-purpose flour (about 1/4 cup),  
divided
- 2/3 cup beef consommé
- 1 tablespoon butter
- 1/2 cup dry Marsala wine
- 1 cup presliced mushrooms
- 1/4 teaspoon salt
- 1 tablespoon chopped fresh parsley

1. Dredge veal in 3 tablespoons flour. Com-  
bine 1 tablespoon flour and consommé,  
stirring with a whisk; set aside.

2. Melt butter in a large nonstick skillet over  
medium-high heat. Add veal, and cook 1 1/2  
minutes. Turn veal over; cook 1 minute.  
Remove veal from pan.

3. Add wine to pan, scraping pan to loosen  
browned bits. Add consommé mixture,  
mushrooms, and salt; bring to a boil. Reduce  
heat; simmer 3 minutes or until thick.  
Return veal to pan; sprinkle with parsley.

Yield: 4 servings (serving size: 3 ounces veal  
and about 2 tablespoons sauce).

CALORIES 193; FAT 6.1g (sat 3g, mono 1.1g, poly 0.4g); PROTEIN 26g; CARB 7.5g;  
FIBER 0.4g; CHOL 102mg; IRON 1.9mg; SODIUM 481mg; CALC 24mg

Can add Fresh thyme if desired  
when returning the veal to the pan.  
I often serve it over spaetzle. I  
often double the mushrooms and  
the sauce.

## **Italian Lemon Pound Cake    Marty & Dick Oakley**

**3 cups all-purpose flour                  Oven temp 300 degrees**

**1 tsp. baking powder**

**1/2 tsp. salt**

**1 cup soft butter**

**3 eggs-room temperature**

**2 cups sugar**

**1/2 cup buttermilk**

**1/2 cup sour cream**

**4 tbsp. lemon juice**

**2 tbsp. lemon zest**

**1 tsp. vanilla**

- 1. Sift dry ingredients together in a bowl.**
- 2. Cream butter & sugar, beating in eggs-1 at a time, adding in sour cream, vanilla, lemon juice & zest, mixing well.**
- 3. Mix in 1/2 of the dry ingredients, adding in buttermilk & rest Of dry ingredients, mix well.**

**Pour into a well-oiled Bundt pan & bake for 60-70 min, until tester comes out clean. Cool in pan 5 min. & invert on cake plate-glaze while warm with 1/2 the glaze. Let cake cool completely & drizzle rest of glaze on cake.**

**Glaze: 1/4 cup soft butter    3 tbsp. lemon juice (room temp)**

**1 1/2 cup sifted powdered sugar sifted**

Broth: Make 1 to 3 days ahead to strain and remove the solid chunk of fat that will collect at the top when chilled. In a large soup kettle combine 5-8# of marrow soup bones with meat, veal bones, 2-3# chicken parts or just all chicken or beef depending on your tradition, with half pound each celery, carrot, onion roughly chopped, 1 tsp each salt and pepper and dried Italian parsley, small piece bay leaf. bring to a boil and skim then simmer 2-3 hours, strain and refrigerate reserving meat pieces as these are not traditionally served in the clear broth.

Tortellini

Filling: 1 # ground beef or chicken, 4 oz butter, 1/4 tsp nutmeg, 1 egg, scant cup Italian bread crumbs, scant cup grated parmesan cheese, saute meat low and slower not browning while mashing and remove fat then add butter to melt and all ingredients except egg stirring well, remove from heat and stir in beaten egg quickly so not to get scrambled egg, will be sticky looking, refrigerate to cool

Dough: 4 lg eggs, 3-4 half-shells of water, 1/2 tsp salt, 4.5 to 5 c flour plus some for board. Break eggs into bowl and beat by hand with water and salt, mix in flour 1 cup at a time, turn out onto floured board and knead until blisters form and is very elastic and shiny looking and rest it covered about 2 hours

cut fist size piece and roll see through thin and put pinch of filling along edge, roll the edge over and cut to separate from dough, cutting between each, and press air out and twist into shape, repeat until all dough used, laying on cookie sheets not touching to dry a few minutes then freeze and remove from cookie sheet to storage bag or cook fresh

bring clear broth to boil then add tortellini and simmer until tender about 20 min or less, served with Italian bread and butter for dipping, and sprinkle grated parmesan on top

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Sheila B

# Crock Pot Turkey Breast

5-6 lb. Turkey breast

2 Tbsp butter

¼ cup vegetable cream cheese

1 Tbsp soy sauce

1 Tbsp Parsley

½ tsp basil

½ tsp sage

½ tsp thyme

¼ tsp garlic powder

¼ tsp pepper

Make a paste and spread on the breast, cook in the crock pot.... Low 8-10 hours or high 4-6 hours.