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

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

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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.

Boulette: slice on bias, brush with olive oil, top with Italian herbs. Bake at 500° for 8-10 min. Turn. Continue 5-6 minutes more till 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 frying
Confectioner sugar for dusting

Whisk together the eggs, sugar and vanilla
Add ricotta and stir to thoroughly blend
I'm 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

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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 Stiller
Italian Style Pasta

- 4 oz. penne pasta (cooked and drained)
- 6 oz. marinated artichoke hearts (save juice)
- 1 small zucchini (halved and thinly sliced)
- 1 carrot (peeled and shredded)
- 1 cup shredded mozzarella cheese
- 2 Tbsp. grated Parmesan cheese
- 1/4 lb. thinly sliced and chopped ham

Dressing
- 2 Tbsp. red wine vinegar
- 1 Tbsp. minced garlic
- 1 Tbsp. oregano
- 2 Tbsp. white wine vinegar
- 1 Tbsp. Dijon mustard

Pour dressing into bowl and add reserved juice from artichokes.

Coarsely chop artichokes in large bowl. Combine cooked pasta, ham, and other ingredients. Pour dressing over all. Refrigerate for several hours before serving. (4-6 servings)
Pasta with Chicken + Kale

Serves 3-4

2 c. pasta, cooked as directed, reserve water
6-8 kale leaves, remove stems, wilt, shock in cold water
1 med. onion, sliced and sauté til golden
12-16 oz. chicken breast, butterflyed dredged in flour with herby brown
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 little 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 cooks. Put a cup of the pasta
Italian Wedding Soup with Cauliflower Rice

1/10th of recipe (about 1 1/3 cups): 108 calories, 2.5g total fat (1g sat fat), 877mg 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.
30-Minute Hearty Pasta Fagioli

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!
PUMPKIN CHEESECAKE TARTA DI ZUCCA E MASACARPONE

8 servings

WHIPPED CREAM, FOR SERVING

% teaspoon freshly grated nutmeg
% teaspoon ground cinnamon
pound (4oz) cream cheese
2 cups powdered sugar (do not use)
% teaspoon vanilla extract
% cup cold unsalted butter, melted

FOR THE CRUST
% cup sugar
1 cup amaretto cookie crumbs
6 ounces regular cream cheese
FOR THE FILLING
% cup sugar
2 large (10oz) Gauloises, room temperature
1% cup amaretto
% cup mascarpone
1% cup ground cinnamon

HELP DEEP DEPTH & LUMINOUS CHOCOLATE
CHRISTINA NARZI CARROZZA
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.
Veal Marsala

Sue Perkins

Veal Marsala

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

1 pound veal scaloppine
11 ounces all-purpose flour (about ¼ cup), divided
¾ cup beef consommé
1 tablespoon butter
½ cup dry Marsala wine
1 cup presliced mushrooms
¼ teaspoon salt
1 tablespoon chopped fresh parsley

1. Dredge veal in 3 tablespoons flour. Combine 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 ½ 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).

Can add fresh thyme if desired. 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-glace 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
Tortellini in Brodo

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.