

# A Taste of Italy

- 09.06.23 -

## **Recipe #1: Chopped Caprese Salad**

**Servings: 4 side servings**

### **Ingredients:**

- 1 (10 oz.) container grape tomatoes, halved or quartered
- 4 ounces fresh mozzarella cheese, cubed
- 1/3 cup fresh basil leaves, (about 10 small leaves), torn
- 2 tablespoons extra virgin olive oil
- 1 tablespoon balsamic vinegar, (or balsamic glaze)
- sea salt, to taste

### **Instructions:**

1. In a medium bowl, toss together the cut up tomatoes, mozzarella, and basil leaves.
2. Add olive oil to bowl, and lightly toss together.
3. Drizzle the balsamic vinegar over the top of salad.
4. Sprinkle salt as desired.

Source: Trial and Eater

## **Recipe #2: Chicken Parmesan with Spaghetti**

**Servings: 6 servings**

### **Ingredients:**

#### **For the marinara sauce:**

- 3 tbsp. extra-virgin olive oil
- 1 small yellow onion, finely chopped
- 6 tsp minced garlic
- 1 (28-oz.) can crushed tomatoes
- 2 large sprigs basil

- Kosher salt
- Freshly ground black pepper

**For the chicken:**

- 1 c. panko bread crumbs
- 1 tsp. garlic powder
- 2 c. finely grated Parmesan, divided
- 3/4 c. all-purpose flour
- 2 large eggs
- 1 pack boneless, skinless chicken breasts cut into halves
- Kosher salt
- Freshly ground black pepper
- 1 c. shredded mozzarella
- 1 c. vegetable or canola oil
- Chopped fresh basil (if there's extra) for serving

**For the pasta:**

- 1 tbsp salt, for pasta water
- 1 box spaghetti
- 2 tbsp olive oil
- ½ cup of shredded parmesan cheese

**Instructions:**

1. Preheat oven to 400°F.

**For the Marinara Sauce:**

1. In a medium pot over medium heat, heat oil for 2 minutes.
2. Add onion and garlic and stir to combine, until onion is translucent and soft.
3. Stir in tomatoes and basil.
4. Bring to a boil, then reduce heat to medium-low and simmer, stirring occasionally, until slightly thickened and flavors have melded
5. Season with salt and pepper. Discard basil.

**For the chicken:**

1. In a shallow bowl, combine panko, garlic powder, and 1 cup Parmesan.
2. Into another shallow bowl, pour flour.
3. In a third shallow bowl, beat eggs with 1 tablespoon water.
4. Pat chicken dry; season with salt and pepper.
5. Dip into flour, shaking off excess, then into egg, then into panko mixture, gently pressing to adhere.
6. Once chicken has been coated, lay onto a baking sheet, and put in oven for 20 minutes, flipping the chicken halfway.

7. While chicken is cooking, in a small bowl mix mozzarella and remaining 1 cup Parmesan.
8. Take the chicken out of the oven, and spoon marinara mixture over the chicken, making sure each piece has an even amount of marinara.
9. Sprinkle the cheese mixture over each piece of chicken.
10. Set your oven on “broil” and carefully watch the chicken as the cheese melts and brown spots form, about 4-5 minutes.
11. Take out the chicken, and check its internal temperature, which should be 165°F or above.
12. Once done, top the chicken with a sprinkle of basil.

**For the pasta:**

1. Cook the pasta according to package directions. Make sure to add the salt to the water before adding in the pasta.
2. When pasta is done, pour in the olive oil and gently toss the pasta to evenly coat it. Add in your parmesan cheese and do the same thing.
3. Serve alongside the remaining marinara and chicken parmesan, and enjoy!

Source delish.com

## **Recipe #3: Baked Mostaccioli**

**Servings: 4 servings**

**Ingredients:**

- 2 tbsp. extra-virgin olive oil
- 1 pack sweet italian sausage, remove from casing
- 2 tsp minced garlic
- 1/8 tsp. crushed red pepper flakes
- 1 (28-oz.) can whole peeled tomatoes, pulsed in a blender
- 1 sprig of fresh basil, plus more chopped for garnish
- Kosher salt
- Freshly ground black pepper
- 8 oz. Penne pasta (or 2 packs 16-oz pasta for 20 servings)
- 1 large egg
- 1 c. ricotta

- 1/2 c. freshly shredded Parmesan, divided
- 1 1/2 c. shredded mozzarella, divided

**Instructions:**

1. Preheat oven to 450°. Also, bring a large pot of water to a boil.
2. In a medium saucepan over medium heat, heat oil. Add sausage and cook, breaking up into small pieces with a wooden spoon, until golden, about 8 minutes.
3. Add garlic and red pepper flakes to sausage and cook, stirring until fragrant, about 30 seconds.
4. Stir in tomatoes and basil and bring to a boil.
5. Reduce to a simmer, and cook, stirring occasionally until sauce is thickened slightly, about 15 minutes.
6. Season with salt and pepper. Remove from heat.
7. In large pot, cook pasta until al dente, about 2 minutes less than package instructions; drain.
8. Meanwhile, in a small bowl, lightly beat egg.
9. Stir in ricotta, 1/2 cup Parmesan, and 1/2 cup mozzarella into the egg.
10. Season with salt and pepper.
11. Spread a thin layer of the tomato sauce in a 2-quart baking dish.
12. Arrange penne on top of tomato sauce in an even layer and dollop with ricotta mixture and remaining sauce.
13. Sprinkle with remaining 1/2 cup Parmesan and remaining 1 cup mozzarella.
14. Bake mostaccioli until top is deeply golden and sauce is bubbling, about 15 minutes. Garnish with basil before serving.

Source: Delish.com

## Recipe #4: Tiramisu

**Servings: 9 Servings**

**Ingredients:**

- 1 1/2 cups heavy whipping cream
- 1 8-ounce container mascarpone cheese, room temperature
- 1/3 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 1/2 cups cold espresso
- 1 package Lady Fingers
- Cocoa powder for dusting the top

**Instructions:**

1. Add whipping cream to a mixing bowl and beat on medium speed with electric mixers (or use a stand mixer). Slowly add sugar and vanilla and continue to beat until stiff peaks.
2. Once the cream, sugar, and vanilla mixture has created stiff peaks, add mascarpone cheese and mix just until combined. Set aside.
3. Add coffee and liqueur to a shallow bowl. Dip the lady fingers in the coffee (don't soak them--just quickly dip them on both sides to get them wet) and lay them in a single layer on the bottom of a pan.
4. Smooth half of the mascarpone mixture over the top. Add another layer of dipped lady fingers. Then, smooth remaining mascarpone cream over the top.
5. Using a fine mesh strainer or a spoon, dust cocoa powder generously over the top. Refrigerate for 25-30 minutes before serving.

Source: [tastesbetterfromscratch.com](http://tastesbetterfromscratch.com)