

APPETIZER

- ◉ Antipasto is an Italian word that comes from Latin. Ante means “before” and pasto means “pasta” or “dough.” Antipasto is, therefore, what diners eat before the pasta.*



ITALIAN SALAD DRESSING

- ◉ *To serve a lighter antipasto, you may choose to add more vegetables and omit or reduce the amount of meat and cheese. Also try varying the ratios of ingredients in the dressing. For example, to make a refreshing, zingy dressing, use only ¼ c. olive oil and increase the amount of lemon juice to ¼ c.*



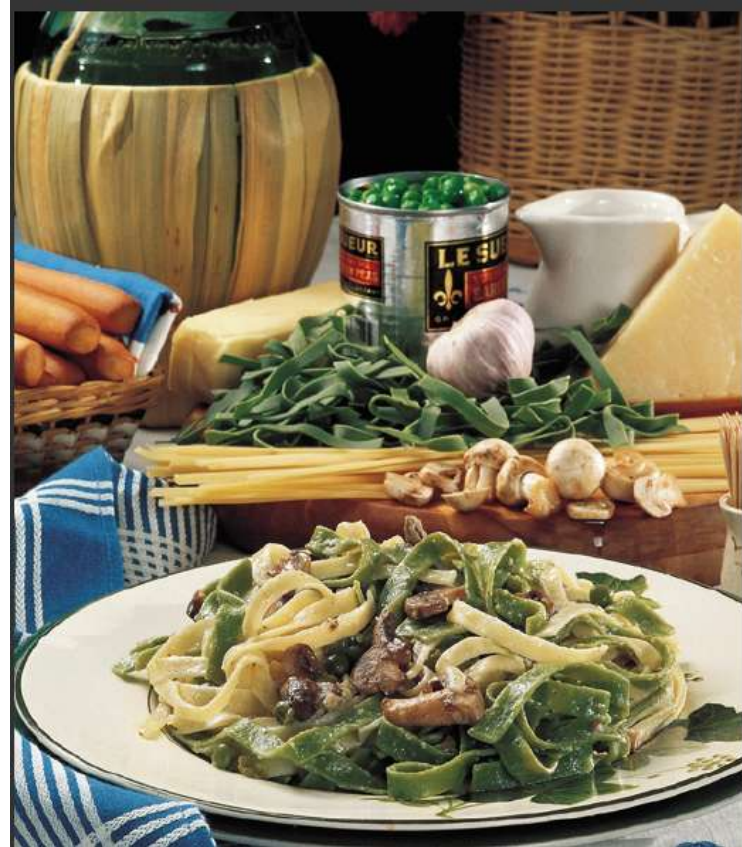
MINESTRONE

- ◉ *Minestrone is a rich, thick vegetable soup. It gets its name from the Latin word minestrare, which means “to serve” or “to dish up.”*



CHINESE PASTA

- ◉ *As with any pasta dish, this one is quite filling and can be eaten as a meal in itself. For Pasta Cinese, you will make a sauce and meatballs that can be used in other dishes or served alone as*
- ◉ *a side dish.*



STRAW AND HAY

- *These creamy noodles originated in the city of Siena, which still has the look of the Middle Ages. The green noodles are the “hay,” and the white noodles are the “straw.” For a tasty variation, sauté 1 c. thinly sliced cooked ham with the peas and mushrooms and serve the finished dish as a main course.*



RISOTTO

- ◉ *Risotto is a creamy delicacy made with white rice. If you like to stir, you're preparing this dish.*



SPAGHETTI WITH MEAT SAUCE

- ◉ Combine tomato sauce, tomato paste, water, onion, garlic, mushrooms with liquid, nutmeg, and sugar in a Dutch oven.



ITALIAN-STYLE PORK CHOPS

- ◉ *Spicy sausage can add a bit of zip to Italian-style pork chops.*



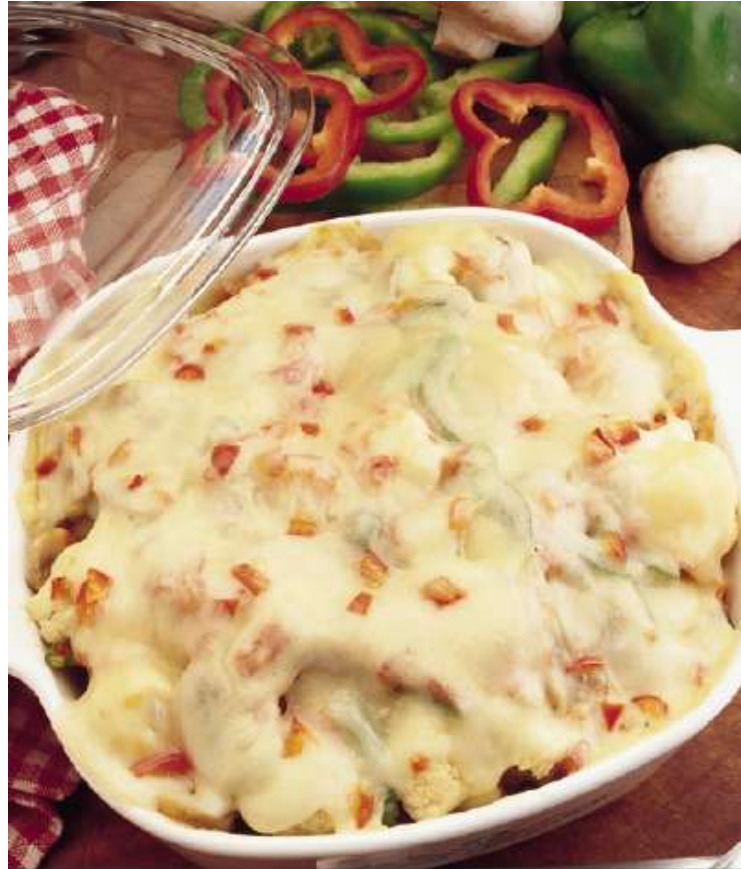
CHICKEN HUNTER'S STYLE/

- ◉ In a large skillet, brown chicken in butter and oil over medium heat until pieces are evenly brown on all sides.



ITALIAN-STYLE CAULIFLOWER

- ◉ ***When choosing fresh cauliflower, look for heads that are firm and very white, with crisp, green leaves. Avoid heads with brown spots or yellowish, wilted leaves. To store cauliflower for a couple of days, just cover the whole head with plastic wrap and put it in the refrigerator.***



PIZZA

- ◉ *Cooks put almost anything on pizza. Pizza Margherita, a popular variety in Italy, was first made in 1889 for Queen Margherita and King Umberto I. It is topped with the colors of the Italian flag: fresh red tomatoes, green basil leaves, and creamy white mozzarella. See page 55 for a few toppings that you might like to try on your pizza. Be creative and add your own favorites to the list.*



BISCUIT TORTONI

- ◉ ****For a lighter version of Biscuit Tortoni, substitute 2softened low-fat or nonfat frozen yogurt for the whipping cream and sugar. Skip step 2 and simply fold the macaroon mixture into the frozen yogurt. Good yogurt flavors to try are vanilla, chocolate, or coffee.***



RICE AND PEA RISOTTO

- Heat 4 tbsp. of the butter in a large saucepan over medium heat. When it is sizzling, stir in onion, reduce heat to low, and cook, stirring constantly, for 5 minutes.



DEAD BONE COOKIES

- ◉ *These crunchy little cookies get their name from their resemblance to bones. On All Souls' Day, many Italian families bake them at home or buy them at shops and markets.*

