

# Ricotta Pie

## Ingredients:

- 1 lb ricotta cheese
- 2-3 eggs (start with 2)
- Maple syrup (to taste)
- Lemon rind, almond or vanilla flavoring depending on



your taste

## Directions:

- 1) Blend ricotta and eggs. If it is too watery add the third egg. If it is still too watery add a couple of teaspoons of flour to thicken.
- 2) Add your flavoring of choice and keep blending until it tastes just right.
- 3) Make or buy a pre-made pastry pie crust and pour the mixture in.
- 4) Bake at 375 for 25-30 minutes.
- 5) Check with a toothpick. It's okay if the toothpick is a little bit wet the pie will settle as it cools.
- 6) Have fun and experiment with different flavors!

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# Oatmeal Raisin Cookies

## Ingredients:

- 1 cup instant oats or gluten free oats



- 3/4 cup whole wheat or gluten free flour
- 1 large egg at room temp
- 1 1/2 tsp baking powder
- 1 1/2 tsp ground cinnamon
- 1/3 tsp salt
- 2 tbsp coconut oil or unsalted butter, melted
- 1 tsp vanilla extract
- 1/2 cup agave, maple syrup or honey
- 1/2 cup fresh raisins

## Directions:

- 1) Whisk together oats, flour, baking powder, cinnamon, and salt in a medium bowl.
- 2) In a separate bowl, whisk together the coconut oil, egg, and vanilla. Stir in the agave. Add in the flour mixture, stirring just until incorporated. Fold in the raisins. Chill the cookie dough for 30 minutes.

3) Scoop the cookie dough into 15 rounded scoops onto the prepared sheet, and flatten slightly. Bake at 325°F for 11-14 minutes. Cool on the pan for 10 minutes before transferring to a wire rack.

4) Enjoy with a cup of your favorite tea or coffee!

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## Gnocchi a la Dr. Patti

In a Sage Butter Sauce



Ingredients:

- 1 pkg Potato gnocchi (gluten free available at Whole Foods)
- 1/2 stick butter
- 8-10 sage leaves
- 1/2 pkg freeze dried assorted mushrooms

Directions:

- 1) Mushrooms need to soak for 30 minutes before adding to butter.
- 2) Boil gnocchi for 3-5 minutes until al dente.
- 3) Heat butter in small frying pan on medium to low heat until it browns. Be careful not to burn the mixture.
- 4) Add sage leaves as soon as the butter is heated and allow them to crisp up as the butter browns.
- 5) Add garlic powder, salt, pepper and mushrooms.
- 6) Drain gnocchi and save some of the water.

7) Put gnocchi into large fry pan and add butter sage mushroom sauce.

8) Cook until the gnocchi soaks in the essence of the sauce (3-5 minutes). Add some of the gnocchi water to keep gnocchi from sticking and to create a thicker more plentiful sauce.

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## Italian Love Wedding Soup

Ingredients:



- 1/2 lb ground beef
- 1 egg slightly beaten
- 2 tbsp breadcrumbs
- 1 tbsp Parmesan cheese
- 1/2 tsp dried basil
- 1/2 tsp onion powder
- 5 3/4 cups chicken broth
- 2 cups chopped spinach
- 1/2 cup orzo (uncooked)
- 1/3 cup finely chopped carrot

Directions:

- 1) In medium bowl combine meat, egg, breadcrumbs, parm cheese, basil & onion powder. Shape into 3/4" balls.
  - 2) In large sauce pan, heat broth to boiling; stir in spinach, orzo, carrot & meatballs.
  - 3) Return to boil; reduce heat to medium.
  - 4) Cook at slow boil for 10 minutes or until orzo is tender.
  - 5) Stir frequently to avoid sticking.
  - 6) Serve in a beautiful bowl with an additional sprinkle of parmesan, if wanted.
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## Caribbean Chicken Soup

Ingredients:



- 2 tsp. olive oil
- 2 onions diced
- 2-3 stalks celery diced
- 1 red or green pepper, diced
- 3 carrots diced
- 8 cups water
- 4 skinless, boneless chicken breasts
- 1/2 cup uncooked rice

- Spices: 1 1/2 tsp salt, 1/2 tsp pepper, 1/2 tsp curry powder, 1/2 tsp chili powder, 1/2 tsp thyme, 1 bay leaf
- Garnish: parsley, scallions

Directions:

- 1) Sauteed the onions, celery, and red or green pepper in olive oil at medium high heat.
  - 2) Bring chicken breasts and water to a boil in large pot. Skim well.
  - 3) Add the sauteed vegetables, rice, carrots, and seasonings bring to a boil then reduce heat to a simmer and cover for 20 minutes until chicken is cooked.
  - 4) Remove chicken breasts, dice them to bite sized pieces, return them to the pot and simmer for 5 more minutes.
  - 5) Dice parsley and scallions and sprinkle on as a garnish.
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## Holiday Apple Cider

Ingredients:

- 1- 2 gallons of apple cider
- 4-5 whole nutmeg
- 4-5 whole cinnamon
- 3 tbsp whole allspice
- 3 tbsp whole cloves
- 1 tsp orange peel

Directions:

- 1) Crush up all the whole spices using a nutcracker.
- 2) Pour the apple cider and spices (to taste) into a big pot.
- 3) Simmer for 15 minutes and let it sit overnight.
- 4) Heat on the stove or in a crock pot before serving.
- 5) Add cranberries to float on the top as a nice decoration!

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# Perfect Pumpkin Pie

## Ingredients:

- 2 cups cooked, pureed pumpkin or squash (canned works



too!)

- 1/3 cup honey or maple syrup
- 2 tbs molasses
- 1/2 tsp ground cloves
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/2 tsp salt
- 1/2 tsp vanilla
- 2 beaten eggs
- 1 cup evaporated milk

## Directions:

- 1) Preheat oven to 375.
- 2) Place pumpkin into a medium sized bowl, add other fillings and mix until smooth.
- 3) Spread into pie crust, bake for 10 minutes. Turn the oven down to 350 and bake for an additional 40 minute, or until the pie is firm in the center when shaken slightly.
- 4) Cool at least to room temperature before serving. This pie is delicious chilled.
- 5) Add whipped cream and ice cream if desired.

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# Chicken & Sweet Potato Salad

## Ingredients:

- 2 1/2 tbsp of olive oil
- 2 tsps Spanish paprika or chipotle chili powder
- Freshly ground pepper



- Zest of 1 lemon
- 1 tbsp lemon juice
- 2 tsps Dijon mustard
- 1 tbsp honey
- 2 boneless, skinless chicken breasts
- 1 bunch arugula or watercress

## Dressing:

- 2 1/2 tbsp lemon juice
- 1 clove garlic minced
- Pinch of Spanish paprika or chipotle chili powder.
- 2 tbsp white wine vinegar
- 5 tbsp extra virgin olive oil

## Directions:

1) Preheat oven to 400F

2) Cut skin-on sweet potatoes in half and each half into 5-6 wedges.

3) Coat potatoes in 2 tsps of olive oil, Spanish paprika or

chipotle chili powder, and salt

4) Place potatoes on a dark sheet pan and place on the lowest rack in the oven for 20-25 minutes, turning them every so often.

5) Put 1/2 tbsp of olive oil, lemon zest, lemon juice, mustard and honey in a bowl and whisk.

6) Coat chicken breasts in the mixture and place in a lightly oiled glass cooking pan. Bake until cooked through.

7) Chop and assemble salad, drizzle dressing over the top.

8) Enjoy!

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# Fresh Mozzarella & Tomato Panini

Ingredients:



- 1 1/2 tsp red-wine vinegar
- 1/2 tsp olive oil
- 1/4 tsp dried oregano
- 1/8 tsp black pepper
- 1/8 tsp salt
- 4 oz Italian bread, cut into 8 (1/2 in) slices

- 2 oz fresh mozzarella cheese, thinly sliced
- 1 plum tomato cut into 8 slices
- 1 cup baby arugula
- 1 garlic clove, peeled cut in half

Directions:

- 1) Combine the vinegar, oil, oregano, salt and pepper in a small bowl. Brush onto one side of each slice of bread.
  - 2) Layer mozzarella, tomato slices, and arugula over 4 slices of bread and top each with the remaining slices, brushed sides down. Spray sandwiches with non-stick spray.
  - 3) Heat skillet over medium-high heat. Put sandwiches on sizzling skillet and cover with a heavy weight.
  - 4) Flip and fry the other side of the panini with a heavy weight. Remove from heat and rub a garlic clove over the outsides of the panini.
  - 5) Cut, serve and enjoy!
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## Secret Red Sauce Recipe

Ingredients:



- 2 cans of Pastene crushed tomatoes

- 8 cloves of garlic
- olive oil
- salt to taste
- pepper to taste
- sprinkle of Italian seasonings to taste

Directions:

- 1) Cover bottom of sauce pan with olive oil (1/4" thick)
- 2) Add fresh garlic (smash, chop up or mince) so it fills the bottom of the pan
- 3) Cook slowly until garlic is slightly browned
- 4) Add tomatoes
- 5) Cook for 1+ hours- the longer the better
- 6) Add more salt & pepper and garlic powder to taste
- 7) Serve over pasta of your choice. Freeze whatever is left over (or share with others)