



Penne with Sausage, Artichokes and Tomatoes

1 tablespoon olive oil
¼ pound mild sausage, casings removed
1 small onion, minced
2 cloves garlic, minced
¼ cup dry white wine
1 cups crushed tomatoes or marinara
¼ cup light cream
½ cup chopped artichokes
2 cups cooked penne
Fresh basil
Grated parmesan
Salt and pepper

- Add oil to a heavy skillet and bring to medium heat.
- Add the sausage and cook, breaking up with a spoon, until nicely browned.
- Add the onion to the pan and cook until translucent; add the garlic and cook 1 minute more.
- Add the white wine, bring to a simmer and cook until reduced by half.
- Add the tomatoes and cream; bring to a simmer and cook until flavors combine.
- Add pasta and artichokes; simmer until heated through.
- Season with basil, salt and pepper. Serve garnished with cheese.

Chicken Scallopini with Peas and a Saffron Cream Sauce

½ cup chicken broth
Pinch of saffron
1 tablespoons olive oil
½ pound chicken cutlets, pounded thin
1 shallot, minced
1 clove garlic, minced
¼ cup white wine
¼ cup heavy cream
¼ cup peas
Fresh chives
Salt and pepper

- Bring the stock to a simmer, turn off the heat and add the saffron. Let stand 10 minutes.
- Bring skillet to medium-high heat and add the oil. Season the chicken with salt and pepper.
- Cook, turning once, until center is just done. Transfer to a serving platter; keep warm.
- Add the shallots and garlic and cook until nicely softened.
- Add the wine and cook until reduced by half.
- Add the stock and the heavy cream; bring to a simmer and cook until reduced to sauce consistency.
- Stir in peas; simmer until heated through. Season with parsley, salt and pepper. Serve with chicken.



Roasted Fennel Salad with Apples, Radicchio and Citrus Dressing

1 head fennel, trimmed and cut lengthwise into eighths
1 tablespoon olive oil
2 teaspoons herb mix

1 tablespoon white wine vinegar
1 tablespoon orange juice
1 teaspoon Worcestershire sauce
1 teaspoon Dijon mustard
1 clove garlic, minced
½ teaspoon garlic powder
½ teaspoon onion powder
1 teaspoon orange zest
1/3 cup blended oil
Sea salt and freshly ground black pepper

1 head romaine, chopped
2 cups arugula
½ cup shredded radicchio
½ apple julienned
2 tablespoons sliced almonds, toasted
¼ small red onion, thinly sliced

- Preheat oven to 375 degrees. Toss fennel with olive oil; season with herb mix.
- Roast fennel until tender and lightly charred. Let cool.
- Add vinegar, juice, Worcestershire, Dijon, garlic, spices and zest to a mixing bowl.
- While whisking, slowly add oil. Season with salt and pepper.
- Add salad ingredients to large mixing bowl; toss with dressing to taste. Adjust seasoning.