



Pasta e Fagioli with Italian Sausage

1 tablespoons olive oil
½ pound bulk Italian Sausage
1 small onion, finely diced
½ red bell pepper, diced
1 stalk celery, finely diced
2 cloves garlic, crushed
1-½ teaspoons oregano
2 cups chicken stock
1 15-ounce can diced tomatoes
½ cup small red beans
½ cup small white beans
8 ounces cooked pasta
Fresh basil
Grated parmesan cheese
Sea salt and freshly ground black pepper

- Bring a saute pan to medium heat and add the oil.
- Cook the sausage, breaking up with a spoon, until nicely browned.
- Add the onions, peppers, celery and garlic; cook until nicely browned.
- Add chicken stock, tomatoes and beans; bring to a simmer and cook 15 to 20 minutes.
- Stir in pasta; heat until cooked through. Season with basil, salt and pepper. Serve topped with cheese.

Pear, Walnut and Romaine Salad with Balsamic Vinaigrette

¼ cup balsamic vinegar
1 egg yolk
½ tablespoon Worcestershire sauce
1 teaspoon Dijon mustard
1 clove garlic, minced
½ teaspoon garlic powder
½ teaspoon onion powder
¾ cup blended oil
Sea salt and freshly ground black pepper

4 cups chopped romaine
1 pear, julienned
¼ cup chopped candied nuts
¼ red onion, thinly sliced
¼ cup crumbled feta

- Add vinegar, egg, Worcestershire, Dijon, garlic and spices to bowl; season with salt and pepper.
- While whisking constantly, slowly add oil.
- Add lettuce, pears, nuts, onions and feta to a large mixing bowl.
- Toss with enough dressing to coat the leaves. Adjust seasoning.



Crispy Polenta with Mushroom Cream Sauce

1 tablespoon olive oil
4 cooked polenta rounds
2 cups mushrooms sliced
1 shallot, finely chopped
1 clove garlic, minced
½ cup crushed tomatoes
½ cup chicken stock
¼ cup heavy cream
Fresh rosemary
Sea salt and freshly ground black pepper

- Bring a heavy sauté pan to medium-high heat. Add just enough oil to coat the bottom of the pan.
- Cook polenta, turning once, until golden brown. Remove from pan.
- Add remaining oil; cook the mushrooms until nicely browned.
- Add shallots and garlic; cook until softened.
- Add the tomatoes stock and heavy cream; bring to a simmer and cook until reduced and flavors combine.
- Season with rosemary, salt and pepper.