



### **Sauteed Shrimp and Fettuccini and Seafood Sauce**

½ tablespoon olive oil  
¼ pound shrimp, peeled and deveined  
¼ red bell pepper, diced  
1 small shallot, minced  
1 clove garlic, minced  
1 teaspoon Italian seasoning  
¼ cup vegetable or fish stock  
½ cup marinara  
¼ pound spaghetti, cooked  
Fresh basil  
Sea salt and freshly ground black pepper

- Bring a saute pan to medium heat and add the oil.
- Season shrimp with salt and pepper.
- Cook shrimp, turning once, until translucent. Remove from pan.
- Add the peppers and shallots; cook until translucent. Add the garlic; cook 1 minute more.
- Add the stock and marinara; simmer until thickened.
- Stir in the pasta; simmer until heated through.
- Stir in shrimp and basil. Adjust seasoning.

### **Romaine Salad with Parmesan Vinaigrette**

1 tablespoons white wine vinegar  
½ small shallot, minced  
1 clove garlic, mashed  
1 teaspoon Dijon mustard  
½ teaspoon anchovy paste  
1 teaspoon Worcestershire sauce  
½ teaspoon each onion and garlic powder  
3 tablespoons olive oil  
1 tablespoon grated parmesan cheese  
Sea salt and freshly ground black pepper

3 to 4 cups chopped romaine  
1 cup shredded spinach  
1 small tomato, diced  
1 small piece cucumber, sliced  
¼ small onion, thinly sliced  
Croutons

- Add vinegar, shallot, garlic, mustard, and zest, anchovy paste, Worcestershire and spices to mixing bowl.
- Slowly whisk in the olive oil. Stir in cheese. Season with salt and pepper.
- Add lettuce, spinach, tomato, cucumber, onions and croutons to a mixing bowl.
- Toss with dressing (reserve remaining); adjust seasoning.



### **Cannoli with Ricotta Filling, Pistachio and Local Honey**

6 ounces ricotta cheese, strained  
2 ounces cream cheese  
2 tablespoons confectioners' sugar  
1 tablespoon honey  
¼ teaspoon vanilla extract or paste  
Zest of ½ an orange  
4 to 5 cannoli shells  
2 tablespoons chopped pistachios

- In a mixing bowl, mix ricotta, cream cheese, sugar, honey, vanilla and orange zest with a wooden spoon to lighten, about 2 to 3 minutes
- Switch to a whisk and mix for an additional 3 to 4 minutes.
- Add filling to a pastry bag, and pipe into both sides of the cannoli shell.
- Dip each end in the pistachios and serve