

Volume 16

Issue 1

Food for Life

Internationally Inspired Meal Plans



Naples

Presented by: VitaBellaMagazine.com

Introduction

Meal planning is different for every person.

Different lifestyles. Different cooking experience. Different food preferences.
Different schedules. Different health goals.

What you want to accomplish by preparing meals at home and how you do it may be different from someone else. That's totally okay!

Your goals may change along the way as you discover more about food and how you can cook meals you and your family will enjoy. That's okay too!

Got more than one person in your family? Discover the joy of gathering in the kitchen and working as a team with a common purpose: Eating great food! Even the littlest of hand can contribute. As the saying goes, many hands make lighter work (or something like that!)

Oh...and let the giggles, mishaps, and memories unfold naturally.

This meal plan is a guide.

Following the recipes will result in several meals your family will come to love and ask for over and over again while others may be one-hit wonders. You will alter recipes to suit your own tastes and style, scribbling notes in the corner, leaving your culinary ah-hah moments for another generation to discover.

That's cooking! Explore, experiment, and have fun.



The Shopping Guide...

The shopping guide is based on ingredients needed for one recipe for each meal included in this plan. Generally, these recipes serve 4-6 people. If you will be serving more people be sure to double up the amounts listed when shopping.

The Prepping Guide...

The prepping guide is included so you can do as much or as little as you'd like in advance. Many people choose to devote one day to pre-make several meals. This helps when you have a busy week and/or work outside of the home yet still desire some home-cooked goodness. You'll notice many recipes can be made ahead and frozen. For your favorites, consider making more than the recipe calls for and storing the second serving for a later date. Eventually, you'll have several dishes ready so planning becomes faster and eating at home gets easier.

Grocery Shopping Goals...

Do you love grocery shopping?

If you're like many people, it's a love-hate relationship. You love it, you hate it, or you love to hate it.

Now, imagine that every time you wanted to whip something up in the kitchen, all you had to do was pull out your recipe card and go to your pantry, fridge, and freezer and everything you needed was there, waiting for you and your culinary genius.

It's like you have your very own specialty market in your kitchen.

Wouldn't that be great!?! Well, it can happen...



Once you start preparing more meals at home, you'll begin to notice there are foods you use often. These will become your "pantry" staples. I put that in quotations because for me, the pantry includes the fridge and freezer.

Ideally, you'll get to a point where your stock is so efficient your weekly grocery runs will consist mostly of produce and perishables such as dairy and meat. These items can be filled at local farmers markets and local health stores where you can often get better prices, better quality, and fresher items than the bigger chains.

Plus, you'll save a ton of time and money because when you know what you're likely to use, you can stock up when the prices are at their lowest.

I'm not talking about clipping coupons and buying a bunch of processed foods. While that is a strategy for saving money, the type of food products manufacturer's prepare coupons for are not always the best for your long term health. Don't be lured to unhealthy food by the seduction of saving \$0.25...even on double and triple coupon days.

Plus, no bones about it, extreme coupon clipping eats up your time. Time is precious and non-renewable.

How do I know? Been there, done that (over-stuffed coupon binder and all), and have now moved on to greener (and healthier) pastures. Moderation is the key!

Stock up on your staples at their best price and store them properly to stay fresh for the desired time.

It's so easy when you do it a little at a time, with purpose and with planning.

I hope you'll come to discover how easy and fun it is to cook without all the unnecessary chemicals, sugars, sodium, and hydrogenated fats. As they say, you either pay the grocer today; or pay the doctor tomorrow.

So, let's get on with it...

The Goal: Help you to get in and out of the Grocery Store with a Plan!

The Benefit: An opportunity to feed your family meals that are easy, healthy, and will help you keep the ends of your food budget tied by planning and cooking ahead.


The Process: Every person will be at a different level when it comes to cooking and planning your meals. That's part of the fun! Don't think you are competing with anybody because you're not. If you want to control your food costs and eat as healthy as possible in the time you have, then these blueprints will help.

These are simple guides, blueprints, which you can adjust based on what your family loves. Each week, you will be learning more about cooking, nutrition, food prep and storage. And when you follow the blueprint, you will have several meals ready for your family so you can sit down, catch up on the day, and put some real goodness into your body!

I'll give you some options so you can decide how much or how little you use each week based on your own schedule and needs. I'll do my best to give you tips and information to help you make great choices at the store (nutritionally and financially). Armed with that knowledge – you can set your family on a better path.

Some who use the guides in our Food4Life series will get to the point where they shop just once per month. Others may choose to continue shopping and cooking once per week. Either way – have fun!





Meals are meant to be a time for celebration and thanksgiving. Not just on special occasions, but every day.

When you add Passion into your cooking, you bring that energy to the table and the food somehow tastes better. Add life to your food and add the most important ingredient...Love.

Gather your family, break bread, turn off the TV, put away the gadgets, and...Celebrate!

Eat Well, Be Healthy, Live Fully!

**What's On
The
Menu?**

**The
Shopping
List**

**Meal
Prep
Tips**

**The
Recipes**

What's On
the Menu?



Salmon and Marinara



Eggplant & Mozzarella



Roasted Veggies & Beans



Sausage & Peppers



Salmon Salad



Napoli Pizza



Stuffed Bell Peppers



Minestrone Soup & Salad



Vermicelli & Clams



Rustic Chicken with
Rosemary Red Potatoes



Grilled Chicken & Pesto Sandwich



Caprese Salad Stacks



Tomato Cucumber Salad



Napoli Tuna Boats



Pancakes



Chocolate Almond Torte



Grandma's Doughnuts



Tiramisu



Continental Breakfast with
Blueberry Muffins

Internationally Inspired Meal Plans -Naples- Shopping Guide



Qty.	Item	Category	Have It	Need It
1-2 pkg	Ladyfingers	Baked Goods		
on the side	Pita Bread or Crackers	Baked Goods		
1	Baguette, whole wheat	Baked Goods		
9 tsp OR 4 pkg	Active Dry Yeast	Baking		
4 tsp	Baking Powder	Baking		
1 1/2 tsp	Baking Soda	Baking		
1/2 cup	Brown Sugar, packed	Baking		
1 cup	Cocoa Powder, unsweetened	Baking		
13 1/2 cups	Flour, All purpose, unbleached	Baking		
3 1/4 cups	Flour, Bread Flour	Baking		
4 cups	Sugar, natural and raw	Baking		
3/4 cup	Sugar, powdered	Baking		
1-15 1/2oz can	Beans (white, black or red)	Beans		
3-15oz cans	Beans, Cannellini Beans OR 2 cups dried	Beans		
1 1/2 lbs	Clams, fresh, small sized *best choice (or 15-30 oz canned clams in clam juice)	Canned or fresh*		
1 can	Mandarin Oranges	Canned		
1/4 cup	Roasted Red Peppers (from the jar)	Canned		
1 to 2-5oz cans	Tuna, Albacore in water	Canned		
1-2 balls	Buffalo Mozzarella cheese	Cheese		
4oz-8oz	Feta Cheese, crumbled	Cheese		
1 lb	Mascarpone Cheese	Cheese		
4 1/2 cups	Mozzarella Cheese, shredded	Cheese		
4 cups	Parmesan Cheese, grated	Cheese		
8 slices	Provolone Cheese	Cheese		
4 cups	Coffee, freshly brewed (or instant)	Coffee/Tea		
1 tsp	Capers, from the jar	Condiments		
2 Tbsp	Dijon Mustard	Condiments		

Qty.	Item	Category	Have It	Need It
2 cups=4 sticks	Butter	Dairy		
13	Eggs	Dairy		
5	Eggs, MUST be fresh (eating raw)	Dairy		
1/2 cup	Greek Yogurt	Dairy		
Half Gallon	Milk, 1%	Dairy		
2 cups	Whipping cream (alt. for raw eggs, optional)	Dairy		
1 cup	Honey-Mustard Dressing	Dressing/Sauces		
13	Dates, dried, pits removed	Dried Fruit		
10oz pkg	Spinach, chopped, frozen	Frozen		
4 cups	Barley, cooked per pkg directions	Grains		
2 cups	Rice/Red Quinoa Mix	Grains		
1 bunch	Basil, fresh	Herbs		
2 tsp	Dill, dried or fresh	Herbs		
1 bunch	Mint, fresh	Herbs		
2 bunches	Parsley, fresh	Herbs		
10 sprigs	Rosemary, fresh	Herbs		
2 1/2 lb	Chicken Breast	Meat		
1 lb	Ground Turkey	Meat		
6 links	Italian Sausage	Meat		
3 lb	Salmon	Meat		
2 Tbsp	Honey	Misc.		
2-4 cups	Panko Bread Crumbs	Misc.		
1/4 cup	Pesto, Basil - prepared	Misc.		
10	Sun-dried tomatoes, cut into strips	Misc.		
1 Tbsp.	Vinegar, white wine	Misc.		
1/2 cup	White Wine, dry	Misc.		
pancakes	Maple Syrup	Misc		
3 cups	Almonds, raw, ground to flour	Nuts		
1 cup	Cashews, raw	Nuts		
1 tsp.	Chili Flakes	Spice		
1 Tbsp	Cinnamon, ground	Spice		
1 tsp	Orange Extract	Spice		
2 Tbsp.	Oregano, dried	Spice		
To Taste	Sea Salt & Ground Pepper	Spice		
2 tsp	Vanilla Extract	Spice		

Qty.	Item	Category	Have It	Need It
1/4 cup	Oil, Canola Oil	Oil		
8 cups	Oil, Canola or Sunflower for frying	Oil		
32 oz	Olive Oil, Extra Virgin	Oil		
1 cup	Pasta, dried (macaroni or shells)	Pasta		
1 1/2 lb	Pasta, vermicelli	Pasta		
1-2	Apples, cubed	Produce		
3	Avocados	Produce		
1/2 cup	Baby Spinach, fresh	Produce		
1	Bell Pepper, Green, cut into strips	Produce		
1	Bell Pepper, Red, cut into strips	Produce		
6	Bell Peppers (color of your choice)	Produce		
4 cups	Blueberries, fresh	Produce		
1	Cantaloupe, cubed	Produce		
4 Stalks	Celery	Produce		
5 pints	Cherry Tomatoes, fresh	Produce		
2	Cucumber	Produce		
4	Eggplant, size of small footballs	Produce		
1	Fennel Bulb	Produce		
2 bulbs	Garlic	Produce		
1 cup	Grapes	Produce		
15 sprigs	Italian Parsley, fresh,	Produce		
2 lbs	Kale, Escarole, or Spinach, fresh	Produce		
6	Lemons	Produce		
1 cup	Lettuce Greens (like red lettuce, arugula)	Produce		
8 cups	Lettuce, chopped	Produce		
2 Leaves	Lettuce, for garnish and eating	Produce		
4-6 cups	Lettuce, your choice for salad	Produce		
2	Onions	Produce		
6	Oranges, Fresh	Produce		
3	Red Onions	Produce		
8	Red Potatoes, small (2-3 per person)	Produce		
3	Squash, yellow summer, cut into chunks	Produce		
5	Tomatoes, Heirloom	Produce		
4	Tomatoes, Roma, fresh, cubed	Produce		
4 cups	Vegetables, fresh, your choice for salads	Produce		
1 cup	Watermelon, cubed	Produce		
2	Zucchini, cut into chunks	Produce		
4 cups	Marinara Sauce	Sauce		
1/3 cup	Pizza Sauce	Sauce		
1 cup	Salad Dressing, your choice	Sauce		



Meal Prep Tips

Work Like A Professional

Have you ever worked in, or watched, a professional kitchen or caterer at work?

What you'll notice is a system that moves like a tango (or conga line) through the stages of Prep to Cook to Plate or Store.

You may be dancing in the kitchen by yourself, or with helping hands. Either way, gathering the ingredients; slicing, dicing and chopping; then cooking or storing in a way that economizes your movements and energy, you'll leave the best part for the end.

Four Levels of Prep Work

1-Have all ingredients on hand for what you'll eat throughout the week. Prep ingredients and cook meals on the day you plan to eat them.

2-Prep items, measure out, and group together so on the day you cook the meal, half the work is done.

3-Once a week or once a month cooking where the full meal is prepared then stored in fridge or freezer to be re-heated or assembled on the day you eat.

4-Any combination above.

General Meal Preparation Tips:

The more often you meal prep, the easier it becomes. Do as much or as little as you like and remember to have fun. Here are a few things I do to stay organized and keep things flowing nice and smooth in the kitchen...sort of...

After Shopping: Be sure to store all produce, meats and dairy items properly so they stay fresh and beautiful (and safe) until you're ready to use them.

On Prep Day: Empty dishwasher and fill sink with warm soapy water. As you cook wash dishes and rack them (in the dishwasher) to dry without taking up counter space. This avoids a huge pile of dirty dishes and helps things stay sanitary.

Plan: Read through the recipes you're working on. Some steps take longer than others (ie. time for bread to rise), some steps can be grouped together (ie. 3 recipes need chopped onions, chop everything at the same time)

Produce: Soak produce in cold water for 30 minutes before cooking and/or storing it. This removes dirt, pesticides, and bacteria picked up during growing, harvesting, transport or storage. Then, rinse in running water. Removing these elements means cleaner food (obviously) and may allow food to keep longer because spoil-encouraging bacteria is removed.

Soup: It's so easy to prepare a homemade pot of chicken soup or stock every time you have a meal prepping session. Here's how: Purchase a whole chicken when you shop. Then, as you're chopping and dicing all your veggies, set a bowl on the counter to throw in all the veggie parts you don't use in the recipes. Finally, simmer a pot of water, add the whole chicken and unused veggies in the bowl to create a base for your favorite soup/broth recipe.

Space: Have a nice flat surface to work on. If you lack counter space, consider a folding table or even a set of horse-saws and a piece of plywood.

Storage: Have freezer bags and storage containers on hand.

Comfort: Wear shoes with cushion.

Relax: Put on some music, pour a glass of wine, and take it one step at a time!



Tips For the Naples Meal Plan

Storing Fresh Mint & Parsley

- 1) Soak herbs in cold water for 30 minutes.
- 2) Rinse under cool, clean water.
- 3) Shake off and dry in a salad spinner or by laying on a clean towel.
- 4) Gather by the stems like you would a bunch of flowers. Place in jars of water (like mason jars).
- 5) Cover the jars either with a Ziploc bag or the lid of the jar.
- 6) Store in the fridge. (I put them on the door).



Storing Dill, Rosemary & Basil: These are hardy herbs. Roll in moist paper towel and place in plastic bag in the fridge.

Barley: Time needed: 45 minutes. Cook the barley and store in the fridge or freezer until you prepare the salad.

Rice/Quinoa: Time needed: 20 minutes. Cook the grains and store in fridge or freezer until ready.

Marinade: Prepare the chicken marinade for the Chicken Pesto Sandwiches. Place chicken and marinade in a bag or bowl and place in fridge until ready.

Now that you have 5 general prep tips for your Naples Meal Plan...let's get down to specifics!

On the next pages, we'll give you meal prep tips for each recipe with some visual cues. This helps when you have many hands helping you in the kitchen (or even just your own)

The Key

Best Made Fresh – fast and easy and best made fresh

Prep Work – simple things you can do in advance

Pre-Cooking – you can partially cook the meal and store for later

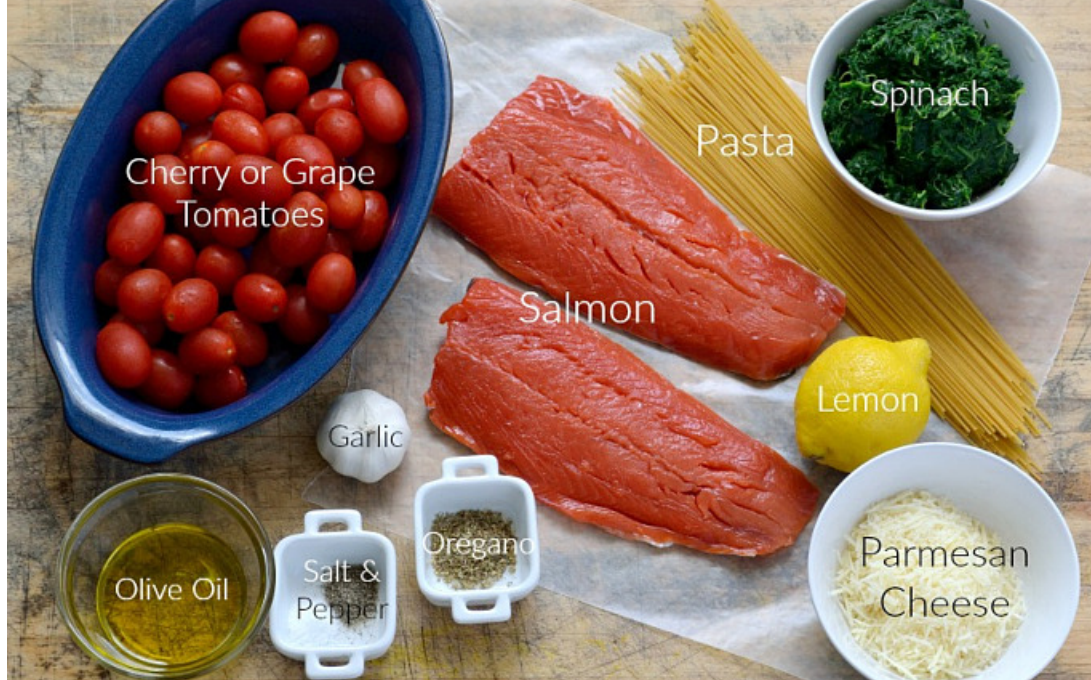
Freeze

– meal can be made in advance and frozen for later

Salmon & Marinara:

- **Best Made Fresh:** The marinara is easy to make! For fresh salmon, cook within 2 days. If purchasing flash-frozen salmon, defrost in the refrigerator overnight.

- If desired, you can grill the fish and make the marinara sauce over the stove.



Salmon Salad with Orange & Basil:

- **Pre-Cooking:** Salmon can be served cold or hot over the salad. You can bake salmon with the dish above and store in refrigerator to serve within the week.

Roasted Veggies with Barley and Beans:

- **Prep Work:** Cut up all vegetables
- **Pre-Cooking:** Cook barley (takes 45 minutes)
- **Pre-Cooking:** You can pre-roast the veggies and freeze for later.
- **Freeze:** Freeze the roasted veggies and barley in a single layer. To serve, roast veggies at 400°F for 10-15 minutes before chopping in the fresh herbs and mixing the salad as directed. Freeze up to 3 months.



Eggplant Parmesan:

- **Pre-Cooking:** Bread and fry the sliced eggplant.
- **Freeze:** You can freeze cooked eggplant rounds. Lay flat on a cookie sheet and freeze. Store between layers of waxed paper. Or, prepare the whole dish and freeze before you bake. To serve: Defrost casserole in fridge then bake as directed (Note that baking time may be longer when you cook from a very cold or frozen state. Enjoy within 3 months.



Cheese Bread&Peppers & Sausage:

- **Prep Work:** Bread needs 2 hrs “resting” time.
- **Prep Work:** Cut peppers and onion in strips and store for later.
- **Pre-Cook:** Bake bread, wrap tightly, enjoy w/in a couple days.
- **Freeze:** Pre-cook the sausage and peppers. Freeze flat.
- **Freeze:** OK to freeze bread. Thaw in fridge overnight (this allows bread to thaw slowly and help retain texture). Freeze up to 1 month.

Stuffed Bell Peppers:

- **Prep Work:** Chop onions; Cook rice/quinoa and store for later.
- **Pre-Cooking:** Cook the filling as directed then store until ready to fill peppers.
- **Freeze:** Prepare the stuffed peppers as directed, wrap individually in waxed paper, then place in freezer container until ready to bake. Freeze up to 3 months.



Napoli Pizza:

- **Prep Work**

: Make pizza dough (1 hr. for dough to rise)

- **Pre-Cooking**

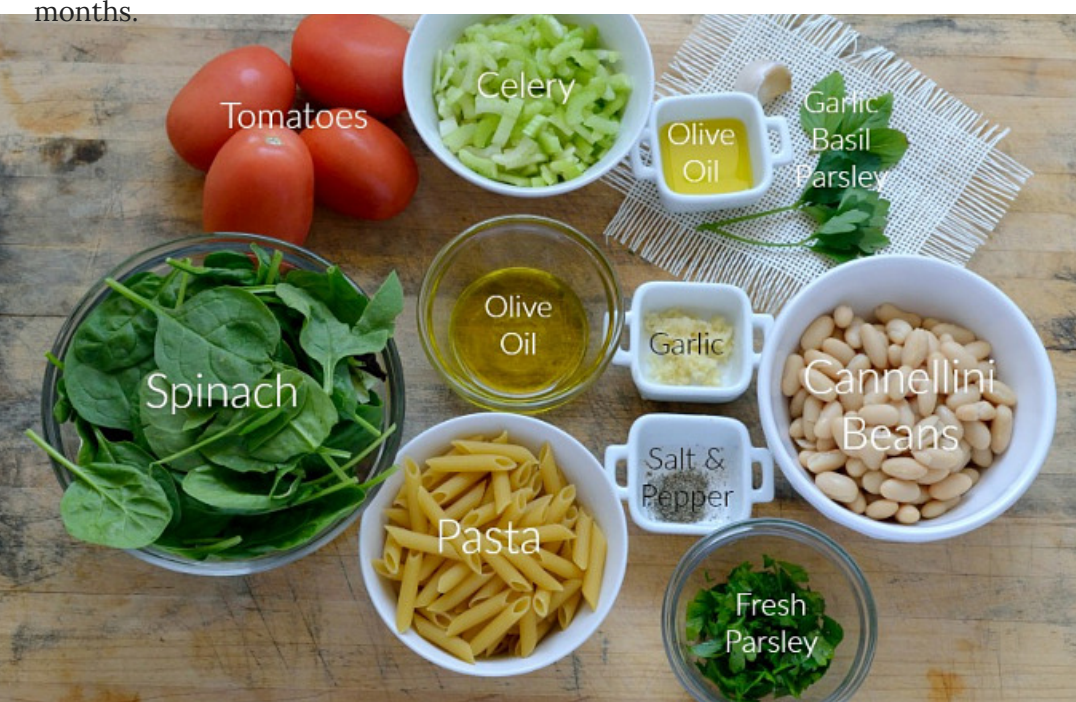
: Prepare and store dough-fridge up to 3 days.

- **Freeze:**

Freeze pizza dough after it has risen. Punch dough, form balls, wrap in plastic wrap and freeze in proper container. Thaw overnight in fridge before using.

- **Freeze**

: Freeze full pizzas. Fast freeze flat, wrap in waxed paper, foil, then freezer container. Good up to 3 months.



Minestrone Soup & Salad:

- **Freeze:** To freeze soup, prepare as directed except reduce cooking time once pasta is added so it's not quite al dente. Cool soup before placing in container and freezing. Can be frozen up to 3 months.

Rustic Chicken with

Rosemary Roasted Potatoes:

- **Prep Work:** Cut up potatoes and begin cooking them first. That way chicken and potatoes will be done at the same time.

- **Pre-Cooking:** Prepare chicken as directed, then store for later. (I still recommend making the potatoes fresh).

- **Freeze:** Prepare chicken and freeze flat. Enjoy within 3 months



Vermicelli and Clams:

• **Best Made Fresh:** This is true for most seafood dishes. Luckily, this dish is simple to put together when you have the few ingredients on hand. Clams are in season most of the year; however, winter will give you the best quality. As the clammers say – the colder the water; the better the clams!

• **Prep Work:** Cook pasta



Napoli Tuna Boats:

- **Pre-Cooking:** Tuna filling can be prepared and stored in fridge.
- **Pre-Cooking:** Bake the puffed rolls.
- **Freeze:** Puffed rolls can be frozen. Defrost in fridge overnight. Enjoy within 2 months

Tomato Cucumber Salad: Best Made Fresh

- **Prep Work:** Chop vegetables
- **Pre-Cooking:** Prepare dressing. Store in fridge and use within week.



Caprese Tomato Stacks:

*Best Made Fresh



Grilled Chicken & Pesto Sandwich:

- **Prep Work:** Marinate chicken at least 30 minutes
- **Pre-Cooking:** Grill chicken, wrap well, and store in fridge. Use within the week.

Pancakes with Fruit Topping:

- **Prep Work:** Prepare the batter, store in fridge, and use within the week.
- **Pre-Cooking:** Cook pancakes as directed, store in fridge and heat as needed.
- **Freeze:** Cook pancakes. Freeze flat and store between sheets of waxed paper.



Grandma's Doughnuts:

- **Prep Work:** Prepare dough and let rise 2 hours
- **Freeze:** Cook as directed, freeze flat, then store in freezer proof container. To serve, defrost in fridge overnight for best texture (or pop in the microwave for 5-10 seconds). Enjoy within 3 months.



Apple Smoothies:

- **Best Made Fresh:** It takes only a few minutes, so when you can, make it fresh.
- **Freeze:** You can prepare the smoothie then freeze in mason jars (leave some room at the top because it will expand as it freezes) or freeze in silicone ice cube trays. To serve, thaw and shake OR add cubes to blender and blend (you may need to add a little bit of liquid like water, milk, or non-dairy milk to get it started).

Continental Breakfast with Blueberry Muffins:

- **Prep Work:** Cube fruit and mix (eat throughout week)
- **Pre-Cooking:** Bake muffins, store for later in week.
- **Freeze:** Bake muffins, freeze and enjoy within 2 months.



Almond Chocolate Torte:

• **Freeze:** You can bake the cake, wrap in waxed paper then place in freezer-friendly container. When you freeze without the glaze, it's good for 3-4 months: With the glaze, it's best enjoyed within a couple of months. OR prepare and bake in 1 cup mason jars for individual servings, then freeze.



Tiramisu:

• **Best Made Fresh:** Fast and easy and best made fresh

• **Freeze:** Prepare dessert and store in freezer. Enjoy within 3 months.

The Recipes

- Salmon in Marinara Sauce
- Salmon Salad with Orange & Basil
- Roasted Veggies, Barley & Beans
- Eggplant Parmesan
- Cheese Bread with Sausage & Peppers
- Stuffed Bell Peppers
- Napoli Pizza
- Minestrone Soup
- Rustic Chicken w/ Rosemary Potatoes
- Vermicelli in Clam Sauce

- Napoli Tuna Boats
- Tomato, Cucumber Salad
- Caprese Tomato Stacks
- Grilled Chicken & Pesto Sandwich
- Pancakes w/Fruit Topping
- Grandma's Doughnuts
- Apple Power Smoothies
- Fruit Salad & Blueberry Muffins
- Almond Chocolate Torte
- Tiramisu

Ingredients

Serves 4

- 1 1/2 lbs. Salmon
- 3/4 lb. Cherry or Grape Tomatoes
- 1 Lemon, cut in half
- 1/4 cup Olive Oil, Extra Virgin
- Salt & Pepper, to taste
- 2 cloves Garlic, chopped
- 1 Tbsp. Oregano, dried
- 10 oz. Spinach, frozen
- 1/2 lb. Pasta, vermicelli
- Garnish-Basil, fresh
- 1 cup Parmesan Cheese, shredded – to sprinkle over top



Salmon in Marinara Sauce

This is a colorful and delicious way to prepare salmon! You can also grill the salmon and prepare the marinara sauce in a skillet over the stove

Directions

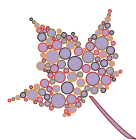
Preheat oven 400° F

- 1) Cook pasta according to package directions. Drain, reserving the water. Add a little bit of olive oil (about 1 tsp) to pasta so it doesn't stick together, then set aside.
- 2) Add frozen spinach to the hot water.
- 3) Drain the fish, rinse, and pat dry.
- 4) Pour 2 Tbsp. Olive oil in baking dish. Place fish in baking dish, arrange tomatoes around the fish, and sprinkle with salt, pepper, garlic cloves, and crushed oregano.
- 5) Drizzle remaining oil over the top.
- 6) Bake for 15 minutes. Salmon should be opaque in middle, but not flaky.
- 7) Remove the salmon from the baking dish, cover and set aside.
- 8) To create the marinara sauce, run the tomatoes and juice through a ricer or pulse in a food processor.
- 9) To serve, run hot water over pasta, if needed. Drain spinach and toss with the pasta. Divide vermicelli/spinach onto plates, top with marinara sauce and then one portion of salmon per serving. Garnish with fresh basil, shredded parmesan, and fresh ground pepper.

Cooking Tips:

Prep: Dissolve 1 tsp sea salt in a bowl. Add the juice of 1 lemon and soak the salmon for 30 minutes.

To make marinara in skillet: heat oil, add garlic, then add tomatoes, oregano, S&P. Cook over low-medium heat then process in ricer



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Ingredients

Serves 4

- 1 1/2 lbs. Salmon, cooked
- 8 cups Lettuce, chopped
- 1 cup Cherry Tomatoes
- 2 cups Vegetables, fresh, chopped - your choice for salad
- 1 cup Cashews, raw
- 1/2 cup Basil, fresh, torn (plus some for garnish)
- 1 can Mandarin Oranges, drained
- 2 Avocados, cubed
- 4oz. Feta cheese, crumbled
- 1 cup Honey-Mustard Dressing (bottle or homemade)



Salmon Salad with Mandarin Orange and Basil

Did you know you can easily prepare a salad in advance? Take your favorite dry vegetables and toss them in a bowl. Cover and store in the fridge and use the perfect portion when you're ready for it. The trick is to leave out anything that adds moisture – such as cut tomatoes. For this reason, I use cherry tomatoes. Enjoy!

Cooking Tip:

This salad has a lot going on and is a great main dish. It's light, yet filling. If you've never added fresh basil to your salad then you're in for a real treat!

Directions

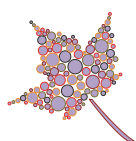
- 1) In a large bowl, toss lettuce, cherry tomatoes, chopped vegetables, nuts, basil and oranges. Toss with 1/2 cup- 1 cup of the dressing, according to your tastes.
- 2) To serve, divide the salad mixture equally into 4 bowls.
- 3) Top with a portion of the cooked salmon, avocado, feta cheese, and a garnish of fresh basil.

Did you Know?

You can make your own Honey-Mustard Dressing in a jiffy with just 3 simple ingredients?

Simply whisk together equal parts of:

- Olive Oil
- Dijon Mustard
- Honey



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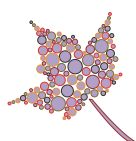
Ingredients

Serves 8

- 4 cups Barley (or other grain), cooked
- 1-15 1/2oz can Beans (white, black, or red), drained
- 3 Yellow Summer Squash, cut into chunks
- 2 Zucchini, cut into chunks
- 1 Fennel bulb, trimmed, sliced thick (aka Anise)
- 1 Red Onion, peeled, cut into wedges
- 2 Bell Peppers (color of choice), seeds removed, cut into chunks
- 2 small Eggplant, cut into chunks
- 4 Garlic Cloves, peeled
- ¼ cup Olive Oil, extra virgin
- 1 Tbsp. White Wine Vinegar
- Mint, fresh, small bunch
- Parsley, fresh, small bunch
- Salt & Pepper, to taste
- 1 Lemon

Cooking Tip:

Serve with yogurt/dill sauce and a side of sliced cucumber. To make the sauce, combine ½ cup Greek yogurt (or sour cream), 1 Tbsp. Lemon Juice, 2 tsp. Dill. Chill until ready to serve.



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Roasted Veggies, Barley & Beans

This vegetarian salad is great for lunches too! Make a large batch and set aside a bit for tomorrow. Love your meat? Simply add chunks of chicken, steak, or lamb to this dish to make any caveman (or cavewoman) happy

Prep: (45 minutes)

- Cook grain according to package directions. (takes 45 minutes!)
- Drain and rinse beans.

Directions

Preheat oven 400°F

- 1) Roast vegetables. Place all chopped vegetables into a large bowl. Pour olive oil over top and season with salt and pepper. Mix until well covered with the olive oil.
- 2) Spread single layer of vegetables onto a roasting pan, covered in foil. Roast 30-40 minutes, turning occasionally, until veggies are cooked and slightly crisp around the edges.
- 3) Remove from oven, drizzle with a little bit of white wine vinegar and allow to cool.
- 4) Pour veggies onto a cutting board. Add fresh herbs to the vegetables and then chop into smaller chunks (1/4" – 1/2").
- 5) Mix chopped vegetables, grain, and beans in a large bowl. Drizzle with olive oil and splash with the juice of one lemon. Serve with dill sauce on the side and some sliced cucumbers

Ingredients

Serves 6-8

- 2 Eggplants, about the size of a small football – sliced into ½ inch thick (you don't have to peel unless you want to)
- 1-2 cups Flour
- 1-2 cup Milk
- 2-4 cups Panko Bread Crumbs
- 1 cup Parmesan Cheese, grated
- 4 cups Canola or Sunflower oil
- 2-3 cups Mozzarella Cheese, shredded
- 4 cups Marinara Sauce



Eggplant Parmesan

Eggplant Parmesan is delicious! Gather the family so everyone can help with breading the eggplant. Many hands make light work...

Directions

- 1) Working one slice at a time, dip eggplant in flour, dip in milk, then roll in Panko mix. Place the breaded eggplant on waxed paper. Continue until all are breaded
- 2) Heat oil in a deep skillet or wok.
- 3) Working with 2-3 eggplant at a time, carefully slide them into the hot oil. Allow to cook to a golden brown, about 2 minutes per side. Use a slotted spoon to lift from hot oil and place on the paper towel to drain.
- 4) Continue until all eggplant are cooked.
- 5) In a 13" x 9" casserole dish, layer the eggplant, cheese and sauce. You should get 3-4 layers, depending on the size of your dish. Start with ¼ cup of the sauce, spread on the bottom. Add a layer of eggplant, sprinkle with cheese, then sauce. Repeat.
- 6) Bake in 350°F oven until heated through and cheese is melted, 30-45 minutes.

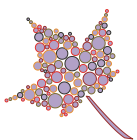
Set up the assembly line to bread the eggplant:

- 1 plate with flour
- 1 bowl with milk
- 1 plate with parmesan cheese / bread crumb mixture
- Line the counter with waxed paper to hold uncooked, breaded eggplant
- Line a cookie sheet with several layers of paper towel, for cooked eggplant

NOTE: Using hot oil (350° - 375°) reduces how much grease that's absorbed into the food. Use caution when cooking with hot oil. Turn the pan handle away from you and stand back so you are not in the "line of fire" for grease splatters.

Cooking Tip:

Make extra because you are going to love the fried eggplant! The whole casserole "ages" nicely in the fridge, tasting better the second day...even cold. But you may fall in love with a snack of fried eggplant dipped in your favorite marinara sauce.



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Ingredients

Serves 6-8

Sponge:

- 1 cup + 1 Tbsp Flour
- 2 envelopes Active Dry Yeast
- ¾ cup Water, lukewarm
- Pinch of salt

Dough:

- 4 Tbsp. Butter, unsalted
- 3 Eggs
- 2 cups Flour
- ½ cup Milk
- Salt & Pepper, to taste
- 1/3 cup Parmesan Cheese
- 1 slice Provolone Cheese

Filling:

- 3-4 Italian Sausage, cut into 1-inch pieces
- 1 Red Bell Pepper, cut into strips
- 1 Green Bell Pepper, cut into strips
- 1 Small Onion, cut into strips
- Olive oil

Cooking Tip:

Allow 3 hours to prepare the Cheese Bread because of rising time. Make this bread days ahead and cover. You can heat it up in the oven for a few minutes before serving.

To cook sausage: Pour oil in skillet, add peppers and onion then sausage and cook thoroughly.

To serve: Place cheese bread on a platter and fill with sausage mixture.

NOTE: If you don't have time to make your own cheese bread, purchase small rolls and serve the sausage in the rolls.



Cheese Bread w/ Sausage & Peppers

This recipe dates back to Robin Hood...or something like that! It's a pre-cursor to sandwiches where the bread was used to hold the meat or veggies.

Directions

Prepare the sponge:

- 1) Dissolve yeast in warm water per package directions.
- 2) Place 1 cup flour in a medium bowl. Make a well in the middle. Pour the yeast mixture in well, add the salt, and gradually mix the flour to get a spongy batter.
- 3) Sprinkle 1 Tbsp. Flour over top, cover bowl with a clean towel, and let rest in warm place 1 hour.

Prepare the dough:

*The dough has a taffy-like consistency

- 4) Pour melted butter into electric mixer with paddle attachment. Mix in eggs, one at a time then the sponge.

- 5) Add remaining flour and milk, alternating until combined. Mix until dough is smooth and shiny.
- 6) Cover and let rest 1 hour
- 7) Next, add cheeses, S&P and mix with a spoon
- 8) Prepare 4-qt ring mold with non-stick spray. Pour batter into mold.
- 9) Bake bread in 375°F oven for 25 minutes, until golden and spongy. Remove, let rest 15 minutes before removing bread from mold.

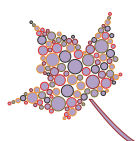
Ingredients

Serves 4

- 4 Bell Peppers (color of your choice)
- 1 Tbsp Olive Oil
- 1 cup Onions, chopped
- 2 cloves Garlic Cloves, diced
- 1 lb Ground Turkey
- 2 Mild Italian Sausage, casings removed
- 1 tsp Rosemary, fresh, chopped
- 1/2 cup Parmesan Cheese, shredded
- 2 cups Rice/Red Quinoa Mix, cooked

Cooking Tip:

**You can pre-make the filling and store it in the refrigerator or freezer until you're ready to use.*



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Stuffed Bell Peppers

You can make these fresh, or make them ahead for a filling dinner on any night of the week. Enjoy the antioxidant benefits of the peppers, mixed with the spice of your favorite sausage.

Directions

Preheat oven 425° F

- 1) Wash peppers, cut off tops, remove seeds and membranes. Set aside.
- 2) Cook your rice and/or quinoa according to package directions. You will use 2 cups of cooked mix (about ½ cup per pepper) for this recipe
- 3) Heat olive oil in a skillet. Add onions and garlic and cook, stirring frequently, for 1-2 minutes.
- 4) Add ground turkey and sausage to the skillet and cook until meat is no longer pink.
- 5) In a bowl, combine meat mixture, rice/quinoa, fresh rosemary and parmesan cheese.
- 6) Stuff each pepper with the mixture.
- 7) Place stuffed peppers on a baking sheet or shallow casserole dish. Bake for 15 minutes or until heated through.

Did you Know?

You can freeze stuffed peppers before you bake them.

To Freeze:

The skin may lose its firmness and texture because of the freezing process (it breaks down the cell walls).

To eliminate or reduce this possibility, wrap each pepper individually in waxed paper before placing in the freezer. I secured each wrapped pepper with a rubber band, froze individually, and then placed all four of them in a zippy type bag once frozen. The texture of the pepper when reheated was perfect.

Ingredients

For dough:

Makes four 12-inch pizzas

- 1 cup warm water
- 2 tsp. Active Dry Yeast
- 1 ¼ tsp. Sugar
- 1 ½ Tbsp. Olive Oil,
- 3 cups + 1 Tbsp. Bread Flour
- 1 ¼ tsp. Salt
- Additional Flour for dusting

Classic Toppings:

Margherita:

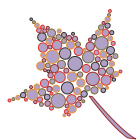
- Olive oil
- 1 cup Mozzarella Cheese
- Fresh Basil
- 1 Heirloom Tomato, fresh and sliced

Sun-dried, Spinach & Feta

- 1/3 cup Pizza Sauce
- ½ cup Baby Spinach, fresh,
- ¼ cup Feta Cheese, crumbled
- ½ cup Mozzarella, shredded
- 1 tsp. Chili Flakes
- 10 Sun-dried Tomatoes, cut into strips

Cooking Tip:

This recipe makes dough for four 12-oz pizzas. Divide into four balls, and freeze what you don't use for up to 3 months. When ready to use, thaw the dough in fridge overnight. Bring dough onto countertop for about 30 minutes before stretching out the pizza.



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Classic Napoli Pizza

You'll be surprised to learn Italians don't drown their pizza with 1 inch of cheese (a la delivery style). With just a sprinkling cheese, even sliced buffalo mozzarella, "pizza" takes on a whole new meaning.

Directions

- 1) For dough: Combine water, sugar, and yeast in a small bowl. Set in warm place for 5 minutes until frothy (so you know yeast is active) then add the olive oil.
- 2) Pour the flour in a mound on your counter or cutting board. Make a well in the middle. Pour the yeast mixture and salt in the center. Using a wooden spoon stir the mixture, starting in the center and then slowly adding flour from the sides incorporating until a dough forms.
- 3) Then switch to using the heels of your hands to add the remaining flour. Work dough for about 5 minutes.
- 4) Transfer dough to greased bowl, cover and let rise until double, about 1 hour.

Note: if freezing the dough: Rise, Punch down, form balls and freeze.

- 5) **Preheat oven to 450°F** with pizza stone inside. When hot, slide pizza onto stone using a wooden paddle It only takes 5-10 minutes to bake.
- 6) Working with one ball at a time, roll dough out on a floured surface.
- 7) Add your desired toppings. Start with the sauce and/or oil. add vegetables, cheese. and finish with a drizzle of olive oil
- 8) Pizza is done when bottom is dry and cheese is melted.

Ingredients

Serves 6-8

- 3-15oz cans Cannellini Beans, drained and rinsed
- 1 clove Garlic
- 2 Leaves Basil, fresh
- 3 sprigs Italian Parsley, fresh,
- 2 Tbsp Olive Oil, Extra Virgin
- 3 ½ qts Water or Stock

Soup

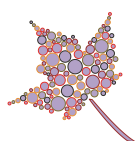
- 2 lbs Kale, or Spinach, fresh
- 3 Stalks Celery, chopped
- 10 sprigs Italian Parsley, fresh, chopped
- 2 cloves Garlic, chopped
- 4 Roma Tomatoes, cubed
- 1 cup dried pasta (shell)
- 1/4 cup Olive Oil, Extra Virgin
- Black Pepper, ground

Serve with Side Salad

- 4-6 cups Lettuce
- 2 cups Vegetables, fresh, chopped - your choice 1 cup
- Salad Dressing, your choice

Cooking Tip:

Soaking vegetables before using them removes dirt, pesticides, and bacteria. You can clean all your vegetables this way. Just be sure to soak them whole because fewer cut surfaces mean less water-soluble vitamin loss. Then, rinse off before using.



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Minestrone Soup

Soup is a wonderful way to load up on nutrients while giving you an instant feel of real, down home cooking. If you love this recipe, consider making more and freezing for later.

Directions

1) Wrap the garlic clove, 2 basil leaves and 3 sprigs parsley in a piece of cheesecloth, tie the ends to create a sachet.

2) Place beans in a medium sized stock pot. Add water, olive oil, and herb sachet. Simmer for 20 minutes.

3) Soak the greens in cold water for 30 minutes. This allows for thorough cleaning of dirt, pesticides, and bacteria that may have been picked up during growing or harvesting. After soaking and before chopping, run under water. This allows any chemicals that are in the soaking water to be removed.

4) Remove greens from water, rinse, and chop.

5) Remove sachet from beans. Add greens, celery, parsley, garlic, tomatoes, pasta (macaroni) and oil. Simmer for 20 minutes.

6) Remove from heat, season with salt and pepper to taste.

To Freeze:

Heat until pasta is not quite al-dente, this way the noodles won't be mushy when you reheat.

Serve with Side Salad

Ingredients

For Chicken:

- (Serves 4-6)
- 1 ½ lb Chicken (can use whole chicken, cut up)
- ¼ cup Olive Oil, extra virgin
- 2 Tbsp Butter, unsalted
- 1 Red Onion, peeled and cut into chunks
- 1 clove Garlic, whole
- 2 sprigs, Rosemary, fresh
- 2 pints Cherry Tomatoes, sliced in half
- Salt and Pepper to taste

For Potatoes:

- 6-8 Red Potatoes (2 per person)
- 2 sprigs Rosemary, fresh, chopped with stem removed
- ¼ Olive Oil
- Sea Salt and Ground Pepper (to taste)

Cooking Tip:

Prepare potatoes first and put them in the oven while you cook the chicken. Everything will be done at about the same time for a hot, fresh, ready for the table meal!



Rustic Chicken with Rosemary Roasted Potatoes

This hearty meal is much easier to prepare than you can imagine. In fact, you can have this delicious homemade meal on the table faster than pizza delivery!

Directions

- 1) In a large skillet heat the olive oil and butter. When butter is melted, add the onion, garlic and one sprig of rosemary. Cook over medium heat for a minute or two to lightly saute' the onion.
- 2) Place the chicken pieces over the onion mixture and cook on high for 10 minutes, turning chicken several times as it browns.
- 3) Remove the whole garlic and then add the tomatoes. Mix with the chicken, turn the heat down to medium and cover the pan. Continue to cook, turning chicken occasionally, for about 20 minutes.
- 4) Uncover pan. Add the second sprig of rosemary. Continue to cook over a high heat until the sauce thickens up.

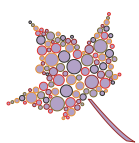
To Prepare the Potatoes:

Heat oven to 425°

- 1) Wash potatoes and cut into bite-sized cubes
- 2) Place in a bowl.
- 3) Add olive oil, chopped rosemary and sea salt
- 4) Mix
- 5) Place in a baking pan. Place in 425° oven for 20 minutes

Note: Be sure to stir once or twice during cooking

Place everything on a platter and enjoy!



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Ingredients

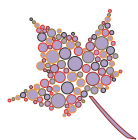
Serves 6-8

- 1 ½ lbs small clams
OR 2-15oz cans clams with clam juice
- Sea Salt, coarsely ground
- 1 Lemon
- ¾ cup Olive Oil, extra virgin
- 3 cloves Garlic, chopped
- ½ cup White Wine, dry
- 1 lb Pasta, Vermicelli
- Salt & Pepper, to taste
- 20 sprigs Parsley, fresh, stems removed, chopped
- ½ tsp. Oregano, dried and crushed.
- Grated Parmesan (optional)

Cooking Tip:

No fresh clams? Choose the canned variety. You'll need 2 to 4 7-oz jars in clam juice. Use the liquid in the cans for your sauce.

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Vermicelli in Clam Sauce

If clams are not your favorite shellfish, try using shrimp and/or fish fillets of your choice instead. If you decide to substitute, you need to add liquid (such as the pasta water or a light broth) because you won't have the benefit or flavor of the clam juice.

Directions

- 1) Soak clams in cold water which contains 1 Tbsp. Sea salt and the juice of the lemon. While they are soaking, cook the pasta.
- 2) Cook pasta in a pot of salted water according to package directions. When cooked al dente, strain, reserving the liquid, add a little bit of olive oil (about 1 Tbsp.) and set aside.
- 3) Rinse the clams under cold running water.
- 4) In a large skillet, heat the olive oil. Add garlic and cook just until fragrant. Add the wine. Raise the temperature to high, add the clams, and cover. Cook for 2 minutes being sure to shake the skillet often.
- 5) Season the clams with salt, pepper, parsley, and oregano. All the clams should be opened at this point. Throw out any clams that are still closed.
- 6) Cover skillet and simmer for 4 minutes, stirring often.
- 7) Add pasta to the skillet, mix well to coat pasta with the liquid. If needed, add additional pasta water to reach the consistency you prefer.
- 8) To serve: Pour pasta into a serving bowl, garnish with parsley and top with shredded parmesan (optional)

Ingredients

The Roll:

(Makes 6-8 large sized rolls)

- ½ cup Butter, non-salted
- 1 cup water
- 1 cup Flour
- 4 Eggs, large

**You can freeze the rolls you don't use*

Tuna Filling:

(Filling for 2 sandwiches)

Note: increase recipe based on how many you are feeding)

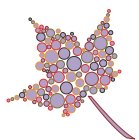
- 1-5oz can Tuna
- 1 stalk Celery, finely chopped
- Juice from ½ Lemon
- 1 tsp Capers
- 2-3 Tbsp. Olive Oil
- 1 Egg, hard boiled, peeled, and coarsely chopped
- 2 Tbsp. Red Onion, chopped
- Black Pepper to taste

Garnish:

- Tomato Slices
- Avocado
- Lettuce leaves

Cooking Tip:

**To boil egg, put whole egg in a saucepan and cover with water. Set to medium heat. Once it starts to boil, remove from heat add ½ tsp Baking Soda and set timer to 9 minutes. When time is complete, rinse with cool water, crack and remove shell.*



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Napoli Tuna Boats

These little sandwiches are perfect for a light lunch or al fresco dining. Inspired by the sea of Napoli (Naples) and the Mediterranean sunshine, a puff pastry is used as a delicious little "boat" to hold your fish. As a shortcut, you can use any small roll; however, these puffs are light, simple to make, and bake into a natural no-fuss shell. "Wow" your friends with your culinary genius!

Puffed Rolls (The "Boats")

*Preheat oven to 400°F

In a saucepan, combine the water and butter. Cook on medium heat until the butter is melted.

Add the flour and stir quickly until a ball is formed (about 1 minute).

Remove pan from stove and add the eggs, one at a time, combining thoroughly with a spoon.

Drop the dough by spoonfuls onto an ungreased cookie sheet, or a cookie sheet covered with parchment paper. Bake in oven for 45-50 minutes for large sized rolls; 30 minutes for smaller-sized rolls.

Once golden brown, remove from oven and let cool. Cut off tops and remove the bread filling (there won't be much to remove) and then stuff with your tuna filling.

Tuna Filling

This is easy!

Combine the juice from ½ lemon and the capers in a small bowl. This helps to draw the salt from the capers.

Next, combine all the remaining ingredients in a larger bowl. Add the capers and lemon and mix thoroughly. Season with pepper to taste.

Although this is delicious as-is, feel free to add additional vegetables, spices or lemon juice to this mix so it tastes perfect for you!

Stuff the rolls with the filling.

Place on a platter and garnish with the lettuce leaves, sliced tomatoes, and avocado.

Ingredients

(Makes 4 cups)

- 1 Cucumber, washed and cut into chunks
- 1 pint Cherry Tomatoes, sliced in half
- ½ Red Onion, thinly sliced
- 4 oz Feta Cheese, crumbled
- 2 Tbsp Olive Oil
- 2 Tbsp Dijon Mustard
- 2 Tbsp Honey
- Black Pepper, freshly ground
- Pita Bread or Wheat Crackers on the side



Tomato Cucumber Salad w/ Feta and Honey Mustard Dressing

Serve this solo with a piece of pita bread or your favorite wheat crackers for a light lunch. Or, serve it as a delicious side to your favorite white meat such as chicken or fish.

Cooking Tip:

I don't peel or seed the cucumber because every part of it has something good for you! Cut lengthwise to create 2 long sections. Then cut each of these sections lengthwise so you have 4 long strips. Next, cross-cut horizontally into bite sized chunks.

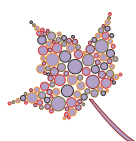
Directions

- 1) Put all vegetables into a large bowl. Set aside and make the dressing.
- 2) In a small bowl, mix the olive oil, mustard and honey until creamy to create your dressing.
- 3) Pour over the vegetables.
- 4) Add the feta cheese and toss to combine.
- 5) Divide onto 4 plates or bowls and top with ground black pepper
- 6) Serve the bread on the side

Did you Know?

Studies (and good ole' common sense) say 6 easy steps increase the quality of your years on this big, beautiful earth. In addition to quality sleep and managing stress...do this:

- Cook (and eat) healthy food. What's "healthy?" ...well, it's *not* over-processed or loaded with bad fat, salt, and sugar. Choose lean meats, fruits & veggies, seeds & nuts, dairy your body loves, and whole grains.
- Shake it! That is...exercise a little every day.
- Live Passionately! Find something you love to do and *do it!*
- Surround yourself with great people.



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Ingredients (for2)

- 2 Ripe Tomatoes
- 1 Ball Buffalo Mozzarella
- Fresh Basil
- 2-4 Tbsp Olive oil
- Freshly Ground Pepper

Note: If you're serving this as an appetizer before a larger meal, each tomato stack can be cut into half and serve 2 people

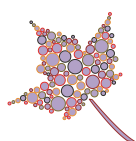


Caprese Tomato Stacks

You can really have a lot of fun with this simple combination of colorful flavors. Use fresh ingredients and keep it simple, allowing the aroma and taste of each food to blend and satisfy your taste buds. I held this together with a couple of toothpicks. As you can see, the presentation is wonderful.

Cooking Tip:

What a fun way to present an Italian favorite! You can serve this as a salad before the main course, or as the main course for a light lunch or dinner. Add a glass of red wine and you're golden!



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Directions

- 1) Wash and slice tomatoes with a serrated knife
- 2) Cut off thin sections of top and bottom (so you have a flat bottom, then slice the rest of the tomato into thick slices. I prefer thick slices because it adds some "heft" to the dish.
- 3) Layer: Tomato, cheese, basil
- 4) Hold together with a couple of toothpicks
- 5) You can cover and place in refrigerator until ready to serve
- 6) To serve, drizzle with olive oil and top with freshly ground pepper

Did you Know?

Studies link benefits of tomatoes to:

- Lower total cholesterol,
- Lower LDL cholesterol
- Lower triglycerides
- Protection of bones
- Healthy liver function
- Healthy kidneys
- Regulation of fats in the bloodstream
- Antioxidant support
- Bone health
- Beautiful skin
- And more!

See the article: [A Tomato a Day Keeps the Doctor Away](#) for more details...

Ingredients

(Serves 4-6)

For marinade, combine:

- 1/4 cup Olive Oil, Extra Virgin
- 2 Tbsp Lemon Juice, fresh
- 1 clove Garlic, minced
- 1/2 tsp Black Pepper, ground
- *note – reserve marinade

Other ingredients:

- 1 lb Chicken Breast
- 1 Baguette, whole wheat
- 1/4 cup Pesto, Basil – prepared or homemade
- 1 Tomato, sliced
- 4 slices Provolone Cheese
- 1/4 cup Roasted Red Peppers (from the jar)
- 1 cup Greens (like red lettuce, arugula or similar lettuce)
- *toothpicks



Grilled Chicken, Pesto & Red Pepper Sandwich

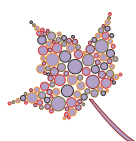
What a great sandwich for parties or just a regular lunch. Wrap in wax paper and place in refrigerator until ready to serve. Tip: "butterfly" the chicken breasts so they are thin. Use a sharp knife to carefully slice each breast in two pieces (top and bottom) so it opens like a book. This allows the chicken to cook faster and also makes it easier to keep the sandwich together.

Directions

1. Marinade the Chicken as follows:
2. Place the chicken in a zippy type bag, add marinade and place in refrigerator for at least 30 minutes.
3. Remove chicken from bag and reserve marinade.
4. Heat your grill to med-high. Place the chicken on the grill and cook for about 2-3 minutes per side (internal temperature to reach 165°F (74°C).
5. Remove chicken from grill and set aside. Cut into slices so the chicken is the same width as your bread.
6. Cut baguette, so you have a top and a bottom.
7. Spread pesto on each side of the baguette.
8. Layer the bottom of the baguette with: chicken, tomato, provolone, roasted red peppers, and greens.
9. Place top of baguette on top of the sandwich. Secure with toothpicks.
10. Brush the outside of the bread, top and bottom, with the reserved marinade (don't worry, you are putting this on the grill so it will be heated)
11. Place on grill, reduce heat to medium and grill for 2-3 minutes per side so you get nice looking grill marks on the bread.
12. Remove from heat and serve.

Cooking Tip

You can cut baguette to create 4 sandwiches of equal size, or slice in 1' to 2' widths to create a great bit-sized sandwich



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Ingredients

Makes about 1 dozen pancakes

- 1 cup Almonds, ground to flour
- 1 to 1 1/2 cups Flour
- 2 Tbsp .Sugar, raw
- 2 tsp Baking Powder
- 1/2 tsp Salt
- 1 cup Milk, 1%
- 6 Dates, dried, pits removed
- 2Tbsp Butter, unsalted, melted
- 1 Egg

Toppings:

- Fresh Blueberries
- Fresh Oranges
- Maple Syrup
- Powdered sugar



Pancakes with Fresh Fruit Topping

After you make your own pancake batter with almonds and dates, you'll never go back to the bland store-boxed varieties. This is so simple to make and you can store the batter in the refrigerator until you're ready to use it. Enjoy a healthy, taste-filled breakfast whipped up in minutes!

Cooking Tip:

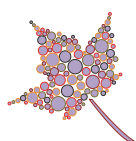
Dates and milk whipped together...yum! You're going to have all kinds of ideas about how to add this fiber-rich sweetener to your everyday healthy lifestyle.

Prep:

Soak dates in the milk at least 5 minutes.

Directions:

- 1) Whisk all dry ingredients together in a bowl.
- 2) Cook's note: Because the oil in the almonds will release when grinding in food processor or blender, you may add the flour at the same time to avoid caking. Start with 1 cup of flour.
- 3) Blend milk and dates together until smooth
- 4) Add the milk mixture, butter and egg to dry ingredients and stir until smooth and the consistency you desire, adding more flour as needed.
- 5) Heat griddle or skillet with oil or non-stick spray (not butter). Butter tends to burn.
- 6) Scoop out 1/4 cup to 1/3 cup of batter onto the hot griddle. When the edges are dry and the center is bubbly, it's time to turn.



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Ingredients

- 3 ½ to 4 cups Flour (all-purpose, unbleached)
- ½ cup Sugar (try all-natural, raw)
- 1 tsp Salt
- 2 tsp Active Dry Yeast
- 1 ¼ cup Milk, warm (1% fat)
- ½ cup Butter, unsalted, melted
- Light oil for frying (try a mix of canola and/or sunflower)

For the Topping

- Sugar for dusting (about ½ cup)
- Cinnamon for dusting (about 1 Tbsp)

Grandma's Doughnuts



Standing at the bar with a cup of espresso and something sweet...

Instructions: (makes about 24 3-inch doughnuts)

- 1) Mix all dry ingredients gently by hand...you don't want to work the dough too much.
Note: I start with 3 ½ cups of flour and work in the rest as needed after the wet ingredients are added.
- 2) Warm the milk and butter. Put them together in a pan and heat slowly until the butter is melted. You should be able to place your finger in the liquid without burning because you don't want to kill the yeast.
- 3) Pour the liquid into the flour mixture. Using your hands, toss lightly into a ball until it is no longer sticky. Add more flour as necessary.
- 4) Turn dough onto a floured surface.
- 5) Dust a rolling pin with flour and roll out the dough into a rectangular shape that is about ¼" thick.
- 6) Using a large knife or pastry tool, cut into 3"x3" squares. Place squares on a plate, cover with a clean cotton cloth, and let rest and rise for a couple of hours.
Note: There is a lot of fat in the dough so it will rise very little.
- 7) Mix cinnamon and sugar in a small bowl and set aside.
- 8) To fry: heat oil in a large pan (I used a wok), to 350°F. Note: the hotter the oil the less grease is absorbed into the food.
- 9) Cover a plate with several layers of paper towel.
- 10) Working in batches of 3-4 doughnuts at a time, and being careful to stand back from the pan with the handle facing opposite you (to avoid accidentally hitting the handle and spilling the grease), slide the dough into the grease.
- 11) As it cooks, it will puff up nicely. Turn with a slotted spoon when it's a nice brown color (like the color of warm caramel). Use a slotted spoon to remove the browned pieces and place on the paper covered plate to drain.
- 12) Each piece will take about 30-45 seconds per side, depending on the heat of your oil.
- 13) Roll each doughnut in the cinnamon sugar mixture to give it a sweet topping.

Ingredients

Each make about 2 cups

Apple-Banana Power Smoothie

- 1 Banana, peeled
- 1 Apple
- 2 Tbsp Peanut Butter
- ½ cup Almond Milk
- 4-6 Ice Cubes

Apple-Orange Smoothie

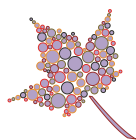
- 1 Apple
- 1 Banana, peeled
- 1 Orange, peeled
- ½ cup Almond Milk
- ¼ cup Rolled Oats
- 1 Tbsp. Flaxseed (optional)
- 4-6 Ice Cubes

Apple-Kale Smoothie

- 1 cup Almond Milk,
- 1 cup (packed) Kale Leaves,
- 1 stalk Celery
- 1 Gala Apple, cut into chunks
- 1 tbsp Flax Seed, ground
- 4-6 Ice Cubes

Cooking Tip:

Smoothies are an easy, healthy way to begin your day, or provide a little pick-me-up in the afternoon. You can take the basic recipes here and add stuff like protein powder, chia seeds, and nuts to turn it into a meal.



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Apple Power Smoothies

Sometimes, you just wanna drink your breakfast...or lunch...or snack without adding a lot of processed sugar or chemicals. Discover the sweet, healthy smoothie life!

Directions

The directions are easy:

Layer the ingredients in your high-powered blender beginning with the liquid. This makes it easier for your blades to chop and puree everything perfectly.

You can place in mason jars and freeze to enjoy later in the week.

To enjoy: Just place in the fridge to defrost overnight, or set on the counter for a few hours. Shake, add straw, and sip to your heart-healthy delight!

Did you Know?

It's easy to experiment with smoothies. You can easily add those green vegetables your body loves.

Consider adding:

- Fresh Mint and Parsley (they are not just pretty garnishes)
- Cucumbers (they contain silica which is wonderful for your skin)
- Lemon (Vitamin C...do I need to say more? Plus add the clean rind as well because there are nutrients which studies have shown may help with combating some tumors).
- Whey Protein Powder – muscle building, collagen supporting, overall good-for-you macro nutrient

Ingredients

- 1 cup each: Cantaloupe, Watermelon, Grapes, Apples, cut into cubes
- 2 Oranges, sections
- 1/2 sm. Bunch Mint, fresh, chopped
- 1 lemon, juice

Store-bought Muffin, croissants

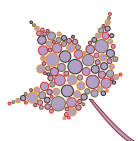
OR Fresh blueberry muffins

Makes 12 muffins:

- 1 1/2 cups Flour
- 1/2 cup Almonds, ground to flour
- 2 tsp. Baking Powder
- 3/4 tsp. Salt
- 1/2 cup Butter, softened
- 3/4 cup Sugar, raw
- 2 Eggs
- 1 1/2 tsp. Vanilla Extract
- 1/2 cup Milk
- 2 1/4 cup Blueberries, fresh or frozen (1 pint)

Cooking Tip:

You can pre-make the muffins and freeze them! Once they are slightly cooled, wrap individually in waxed paper, then place in zippy-type freezer bag or other container. Thaw in fridge first, then on counter.



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Fruit Salad w/ Blueberry Muffins

Having fruit on hand, cut in ready-to-eat pieces will make it more likely for your family to scoop out some sweet, healthy color onto your morning plate. Pick the fruit of your choice, and what's in season. Squeezing with lemon will help it keep its color.

Directions

Preheat oven 375°F

- 1) **For fruit salad**, combine the fruit in a large bowl. Add chopped mint. Squeeze the juice of one lemon over the top and combine. Place covered in fridge until ready to use.
- 2) **For muffins**: Combine flour, ground almonds, baking powder and salt in a bowl. Set aside.
- 3) Cream butter and sugar in mixing bowl. Add eggs one at a time, then vanilla.
- 4) Next add milk and flour, alternating a little of each at a time, using a slow speed on your mixer
- 5) Finally, fold in the blueberries using a wooden spoon. Spoon batter into muffin pan lined with paper cups, filling 3/4 way full.
- 6) Bake 30 minutes in 375°F oven.
- 7) Cool on wire rack. You can make ahead and store until ready to eat.

Ingredients

Serves 8-10

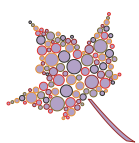
- 1 1/2 cup Almonds, raw
- 1/2 cup Flour
- 7 Dates, dried, pits removed
- 3/4 cup Cocoa Powder, unsweetened
- 1/2 cup Brown Sugar, packed
- 1 1/2 tsp Baking Soda
- 1 tsp Salt
- 1 cup Milk, 1%
- 1/4 cup Canola Oil
- 2 Eggs
- 1 tsp Orange Extract
- 1 cup Water, boiling

Chocolate-Orange Glaze

- 1 Tbsp. Olive Oil, Extra Virgin
- 1/4 cup Milk, 1%
- 2 Tbsp. Cocoa Powder, unsweetened
- 1/2 cup Sugar, powdered
- 1 Tbsp. Orange Peel, grated

Prep Work:

- Remove pits from dates and soak in 1 cup milk
- Preheat oven 350°F
- Prepare 9" round baking pan by spraying with non-stick spray



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Chocolate Almond Torte

I was surprised at how much I enjoyed the addition of dates in this recipe. There is a richness to its sweet flavor which enhances the chocolate. The fiber and minerals are a big bonus. Go ahead, reduce your dependence on processed sugar one teaspoon-full at a time.

Directions:

- 1) Put almonds and flour in a blender or food processor. Grind to a flour.
- 2) In a mixing bowl, combine almond flour mixture, cocoa powder, brown sugar, baking soda and salt.
- 3) Pour the milk and dates into the blender. Blend until dates are pureed.
- 4) Add milk-date mixture, canola oil, eggs, and orange extract to the dry ingredients. Mix on medium until well combined. Meanwhile, boil water.
- 5) Add boiling water to batter. Mix on low until combined. Then, increase to high for one minute.
- 6) Pour batter into prepared pans. Bake 30-35 minutes. When done, cool on wire rack for 15 minutes then remove from pan.
- 7) For glaze, heat olive oil, milk, and Cocoa powder in small pan until boiling. Remove from heat. Whisk in powdered sugar and orange peel until smooth.
- 8) To serve, dust cake with a little powdered sugar, followed by a thin drizzle of the chocolate glaze. Serve with a garnish of sliced orange and other fruit of your choice.

Ingredients

Serves 4-6

- 1-2 pkg Ladyfingers
- 4 cup strong coffee, freshly brewed
- 1 lb. Mascarpone Cheese
- 5 Eggs, MUST be fresh
- 1/2 cup Sugar
- 1 tsp. Vanilla Extract
- Cocoa Powder (to dust on top)

Did you Know:

Fresh eggs will sink in water and lay on their side



Tiramisu

It's difficult to get me out of a fine Italian restaurant without trying their Tiramisu. This "pick-me-up" dessert is an easy indulgence you can make ahead.

Directions

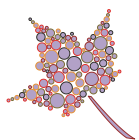
Cooking Tip:

Feel free to prepare this in individual serving dishes as well, even 1 cup mason jars. If you do, dip the ladyfingers in the coffee and put in the bottom of the dish you're using.

Photo: JH Photography
flickr.com/photos/21045446@N00/6316355627/

- 1) Dissolve 2 Tbsp. of sugar into the coffee. If desired, you can add a splash of brandy or rum as well.
- 2) Separate the yolks from the egg whites. Beat yolks with sugar and vanilla until light and fluffy. Add mascarpone and blend.
- 3) Beat egg whites in electric mixer until stiff. Fold into egg yolk mixture a little at a time.
- 4) Dip the ladyfingers in the coffee then layer in the bottom of an 8x10 casserole dish, alternating a layer of cookie, layer of cheese, layer of cookie, ending with a layer of cheese.
- 5) Top with a dusting of cocoa powder. Cover and refrigerate until ready to serve.

Cook's note: Because raw eggs are used in this recipe, you must be sure they are fresh! Get them from a health food store and be sure they have been properly stored. As an alternative, you can replace the eggs with 2 cups sweetened whipping cream



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Contact

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