



Kale Caesar Salad

Servings: 4-6

Dressing	Croutons	Salad
• 1/3 cup whole milk Greek Yogurt • 1 TBSP extra-virgin olive oil • 1 TBSP fresh lemon juice • 1 TSP Dijon mustard • 1/2 garlic clove, minced • 1 TSP capers, minced • Freshly ground black pepper	• 1/4 cup extra-virgin olive oil • 2 garlic cloves, smashed or halved • 8 thick slices country bread, about 4 cups cubed • Sea salt • Dried parsley or desired seasonings	• 1 bunch curly kale, stemmed • 1 TSP extra-virgin olive oil • Sea salt • 5 cups chopped romaine lettuce • Caesar Dressing • 1 cup Homemade Croutons • Shaved Parmesan cheese • 1 avocado, diced, optional

Directions

DRESSING:

1. In a small bowl, whisk together the yogurt, olive oil, lemon juice, mustard, garlic, capers, and several grinds of black pepper. Season to taste.

CROUTONS:

1. Preheat the oven to 350°F and line a large baking sheet with parchment paper.
2. In a small saucepan, gently heat the olive oil and smashed garlic until aromatic, about 1 minute. Remove from the heat.
3. Cut the bread into cubes and place them on the baking sheet. Remove the garlic from the saucepan and drizzle the garlic oil over the bread. Sprinkle with sea salt, toss to coat, and spread the bread in a single layer on the baking sheet. Bake for 10 to 18 minutes or until golden brown and crisp. The timing will depend on your bread and how crispy you like your croutons. Sprinkle with dried parsley.

SALAD:

1. Tear the kale into bite-size pieces and place in a large bowl. Drizzle with the olive oil and sprinkle with a pinch of salt. Use your hands to massage the leaves until they wilt.
2. Add the romaine and toss. Drizzle with half the dressing and toss again.
3. Transfer to a serving bowl and top with the croutons and Parmesan. Add more dressing, and avocado, and serve.



Crispy Sheet Pan Lasagna

Servings: 6

Ingredients

- 4 TBSP olive oil, divided
- 1lb dry lasagna noodles, broken into 2-inch pieces
- ¼ TSP red pepper flakes
- 1 cup part-skim ricotta cheese
- 1 red onion, diced
- 2 ½ cups mozzarella cheese, shredded and divided
- ½ TSP Kosher salt
- 2 cloves garlic, minced
- 1 (5 oz) container of spinach
- 1lb ground Italian sausage
- 4 cups marinara sauce
- 1 ½ cups Parmesan cheese, freshly grated and divided

Directions

1. Preheat oven to 425°F and grease a 12x17-inch baking sheet with 1 tablespoon of the olive oil. Set aside.
2. In a medium skillet over medium heat, heat 1 tablespoon olive oil along with the garlic and pepper flakes. Cook until fragrant, stirring often, about 1 minute.
3. Add spinach and salt and cook, again stirring often, until the spinach is mostly wilted, about 1 more minute.
4. Remove spinach to a colander and press out any excess liquid. Remove spinach to a bowl and using kitchen scissors, cut spinach into small pieces. Add ricotta and stir to combine. Set aside.
5. Wipe out skillet and set over medium heat. Add remaining olive oil, then add ground sausage and brown with a wooden spoon stirring frequently and breaking apart the meat as needed, until sausage is cooked through and lightly brown, about 8 minutes.
6. Add onion to skillet and cook until starting to soften, 3 minutes more. Remove from heat.
7. While sausage cooks, bring a large pot of salted water to a boil over high heat. Cook pasta 1- 2 minutes less than package directions indicate, stirring often. Drain and reserve ½ cup pasta water.
8. While pasta cooks, add marinara to the sausage mixture. Add pasta water, drained pasta, 1 cup of the mozzarella, and ½ cup parmesan, and stir to combine.
9. Spread mixture on prepared baking sheet, then dollop with the ricotta mixture. Sprinkle with remaining mozzarella and parmesan and bake until pasta is tender, sauce is bubbly, and top is lightly browned, about 30 minutes.
10. Let rest 5 minutes before slicing and serving. Enjoy!



Lemon Biscotti

Servings: 3 dozen

Ingredients

- 2 large eggs, room temperature
- 1 cup sugar
- ¼ cup canola oil
- ½ TSP lemon extract
- ¼ TSP vanilla extract
- 2 cups all-purpose flour
- 1 TSP baking powder
- ½ TSP salt
- 4 TSP grated lemon zest
- 2 TSP aniseed, crushed

Glaze

- 2 cups confectioners' sugar
- 3 to 4 TBSP lemon juice
- Grated lemon zest

Directions

1. Preheat oven to 350°. In a small bowl, beat eggs and sugar for 2 minutes or until thickened. Add oil and extracts; mix well. Combine flour, baking powder and salt; beat into egg mixture. Beat in lemon zest and aniseed.
2. Divide dough in half. On a lightly floured surface, shape each portion into a 12x2-in. rectangle. Transfer to a baking sheet lined with parchment. Flatten to ½-in. thickness.
3. Bake until golden and tops begin to crack, 30-35 minutes. Carefully remove to wire racks; cool for 5 minutes.
4. Transfer to a cutting board; cut with a serrated knife into scant ¾-in. slices. Place cut side down on ungreased baking sheets. Bake 5 minutes. Turn and bake until firm and golden brown, 5-7 minutes. Remove to wire racks to cool completely. If using glaze, whisk confectioners' sugar and lemon juice in a small bowl. Drizzle over biscotti; sprinkle with lemon zest. Store in an airtight container.



- | | |
|---|--|
| ☐ 2 large eggs | ☐ 1 red onion |
| ☐ 1 cup part-skim ricotta cheese | ☐ 1 (5 oz) container spinach |
| ☐ 2 ½ cups mozzarella cheese, shredded | ☐ 1 bunch curly kale |
| ☐ 1 ½ cups Parmesan cheese, freshly grated | ☐ 5 cups romaine lettuce, chopped |
| ☐ Additional Parmesan (shaved, for salad) | ☐ 1 avocado (optional) |
| ☐ ⅓ cup whole-milk Greek yogurt | ☐ Canola oil |
| ☐ 1 cup granulated sugar | ☐ Olive oil (extra virgin) |
| ☐ 2 cups confectioners' sugar | ☐ Dijon mustard |
| ☐ 2 cups all-purpose flour | ☐ 1 TSP Capers |
| ☐ 1 TSP baking powder | ☐ 4 cups Marinara sauce |
| ☐ ½ TSP salt | ☐ ½ TSP Lemon extract |
| ☐ ½ TSP kosher salt | ☐ ¼ TSP Vanilla extract |
| ☐ Sea salt (to taste) | ☐ 2 TSP Aniseed (crushed) |
| ☐ Freshly ground black pepper (to taste) | ☐ ¼ TSP Red pepper flakes |
| ☐ 1 lb dry lasagna noodles | ☐ Dried parsley or desired seasonings |
| ☐ 8 thick slices of country bread (4 cups cubed) | ☐ Caesar dressing |
| ☐ 1 large lemon (zest & juice) | ☐ 1 lb ground Italian sausage |
| ☐ 4 ½ garlic cloves | |