

### Grandma Jean's Antipasto Skewers

- roasted red peppers
- red cherry tomatoes
- hearts of palm
- artichoke hearts
- black and green olives
- one piece of mozzarella on each.

Thread all the ingredients on 6" skewers.

Alternate colors for the presentation.

Cover the platter with plastic wrap and refrigerate until ready to serve. Sprinkle with herbs and drizzle with a balsamic reduction if desired!

### Grandma Rose's Tuscan White Bean Soup with Spinach

This is a simple and savory vegetarian recipe that comes together in less than 30 minutes! It is delicious and creamy and filled with flavor! Cannellini beans are a white bean that is also sometimes referred to as a white kidney bean.

- 2 tablespoons olive oil
  - 2 tablespoons chopped onion
  - 2 cloves chopped garlic
  - 3 chopped carrots, chopped
  - 3 chopped stalks of celery
  - 1 – 15 oz can of cannellini beans
  - 1 tablespoon of Italian spices
- or add your own mixture of marjoram, rosemary, thyme, sage, oregano, and basil
- 1/2 teaspoon of salt
  - Fresh ground pepper
  - 2 handfuls of fresh spinach

Preheat the pot on the stove before adding the oil. This will give a chance for the pot to become nice and warm and the oil will spread out evenly and will prevent any sticking.

Boil 8 cups of water separately.

Sauté onion in the olive oil until transparent, then add garlic to sauté, then celery, then carrots.

Add ½ cup of boiling water to cook vegetables.

Add Italian spices, salt, and pepper.

Stir vegetables while cooking for about 5 minutes.

Add the remainder of the hot boiling water to cook the soup for about 15 minutes.

Drain and wash the beans. Hold out ¼ of them to mash with a vegetable masher or fork.

Add these mashed beans to give a creamy texture to the soup.

Add remainder of the beans and spinach and cook another 10 minutes.

Serve with chopped parmesan or romano cheese to top.

### Nonna's Vegetable Lasagna

Nonna always said "They are all good ingredients, so however you do the layering, it will turn out good."

- 20 oz. of your favorite homemade or prepared tomato sauce
- 1 lb lasagna noodles, ½ cooked, drained and rinsed in cold water
- 1 lb shredded low-fat mozzarella cheese
- 2 cups low-fat ricotta cheese
- 2 eggs beaten
- ½ lb chopped raw spinach
- 1 chopped small zucchini
- ½ cup grated parmesan or romano cheese

Stir beaten eggs into the ricotta cheese.

Use your 9x12" pan to fit lasagna noodles.

Spread a little sauce over the bottom of the pan.

Cover with a layer of noodles.

Add blotches of the ricotta cheese & egg mixture.

Intersperse with chopped vegetables and tomato sauce.

Cover with another layer of noodles.

Add a layer of mozzarella cheese.

Cover with another layer of noodles.

Continue with these layers until all ingredients are used, while holding out ½ cup tomato sauce for top.

Top final noodle layer with remaining sauce and parmesan or romano cheese.

Bake at 475° for 45 minutes until slightly brown on top. Let stand 10 minutes before serving.

### Momma Conchetta's Chicken Cacciatore

- chicken parts – legs, thighs, breast (about 6 or 7)
- ½ large sliced onion
- 2 cloves chopped garlic
- 1 bay leaf
- 1 teaspoon dried oregano to taste
- 2 cups canned tomatoes with liquid

Heat the olive oil in pan.

Brown chicken parts in olive oil.

Add onion, garlic, salt, pepper, and oregano.

Cook until the onions begin to get brown.

Add tomatoes, liquid and bay leaf.

Stir occasionally, and if dry add more hot water.

After 45 minutes, add white wine.

Cook at least 1 hour, until chicken is tender and falls from the bone easily.

Serve with the side vegetables.

### Nonna's Steamed Artichokes

Researchers found steaming keeps the highest level of nutrients in the vegetables.

- 6 large artichokes, slice off stem, trim the tip about ¼", remove brown or wilted leaves
- 2 cups water
- 2 cloves chopped garlic

Sauce:

- 4 cloves garlic, ¼ cup olive oil, ground pepper

Place a trivet or steamer rack in pan, add water and bring to a boil.

Arrange whole artichokes on trivet or rack with tips pointing up.

Steam covered for 30 minutes.

In a medium bowl, add all sauce ingredients and stir together.

Cut artichokes in half to serve.

Present each person with an individual bowl of dipping sauce.

### Momma Conchetta's Baked Cauliflower

- 1 head of fresh Cauliflower

- ½ cup Italian seasoned breadcrumbs like Tony Chachere or add spices yourself

- salt, pepper, parmesan cheese to taste

Chop cauliflower and roll in olive oil.

Fill a brown paper bag with bread mixture.

Shake to coat.

Spray or smooth a layer of olive oil on a baking tray.

Spread coated cauliflower in single layer.

Bake for 10 minutes on each side in 350° oven.

### Grandma Jean's Healthy Apple Pie

This recipe has a delicious substitute crust for pies. You may also use other kinds of nuts. Brown sugar can be used or, as a sugar substitute, use swerve, monkfruit or stevia.

#### Crust:

- 2 cups pecans
- 2 teaspoons melted butter
- ½ teaspoon vanilla
- 4 tablespoons sugar
- 1 tablespoon water

#### Filling:

- 2 lb apples, quartered, cored, peeled, and thinly sliced
- 2 tablespoons fresh lemon juice
- 2 tablespoons all purpose flour or almond flour
- ¾ cup sugar
- pinch salt
- ½ teaspoon ground cinnamon
- ¾ cup lowfat muesli or rolled oats
- 2 tablespoons unsalted butter, chilled and cut into 8 pieces

#### Prepare Crust:

Place pecans in food processor; grind until fine.  
Add melted butter, brown sugar, vanilla and water.  
Continue processing till mixture begins falling off sides of bowl.  
Press into 9-inch pie pan.  
Bake at 325° for 20 minutes or microwave at full power for 6 minutes

#### Prepare Filling:

Sprinkle the apples with the lemon juice and set aside.  
In a large bowl, using a whisk, stir together the flour, sugar, salt and cinnamon.  
Add the apples to the flour mixture and toss to mix well.

Spread filling into the crust. Top with the muesli or rolled oats and dot with the butter.  
Bake until the crumbs are brown in 400° oven for 45-50 minutes.  
Transfer to rack and cool for 20 minutes.  
Serve plain or with ice cream or yogurt.

### Grandma Rosa's Banana Fruit Bars

These can be baked as cookies or baked flat and cut into squares like chewy granola bars.

Mix these together:

- 3 very ripe bananas
- 1/3 cup vegetable oil
- 1 teaspoon vanilla
- 1 tablespoon honey

Then add:

- 1 ½ cups regular oatmeal (not instant)
- 3/4 cup raisins (dark or light)
- 3/4 cup chopped dates or dried cranberries
- 3/4 cup chopped nuts (walnuts, pecans, or almonds)
- 1/2 teaspoon oat bran

Place onto greased cookie sheets by the teaspoonful, flatten each with a fork and bake for 25 to 30 minutes at 350°. Cool and serve.

Or spread 1/4 inch thick into a greased rectangular pan (approx. 8x 12 inches).

Bake until edges are brown for 30 minutes at 350°.

Cool, cut into bars, and serve.