

Italian Dinner Party Recipes and Ingredients

Aperitivo: *Mint drink*

Ingredients: Mint syrup, water, ice, mint leaves as garnish

Directions: Mix mint syrup, water and ice (optional), to taste. Garnish with a sprig of mint leaves.

Antipasto: *Bruschetta*

Ingredients:

Tomato, toasted bread, garlic, basil, extra virgin olive oil

Directions: Dice tomatoes, mince garlic, chop basil. Mix with olive oil, salt and pepper. Let sit 10 minutes. Top bread with the tomato mix.

Mixed Olives in Olive Oil

Ingredients: Mixed Olives and extra virgin olive oil

Directions: Open and serve.

Artichoke Hearts in Olive Oil

Ingredients: Artichoke Hearts and extra virgin olive oil

Directions: Open container and serve.

Crackers

Directions: Open container and serve

Mixed Nuts

Directions: Open container and serve

Primo Piato: *Spaghetti with tomato sauce and meatballs*

Ingredients: Spaghetti, canned organic crushed tomatoes, olive oil, garlic, basil, parsley, Trader Joe's meatless meatballs

Directions: Fill a large pot with water and set to high heat. Add salt and cover. Bring water to a boil. While you are waiting for the water to boil, in a separate pot add a few tablespoons of olive oil and set to med heat. Mince the garlic, and add to the olive oil. Immediately open the package of meatballs and add to the olive oil and garlic. Allow everything to sauté, occasionally stirring the meatballs and browning each side, (be careful not to burn the garlic). Open the cans of tomato sauce and to the meatballs. By this time the water should be boiling. Add the spaghetti noodles to the water and turn down to medium-high heat. Cook sauce and spaghetti for approximately 10 minutes or longer if necessary. Strain the spaghetti and put it back in the pot. Put a few spoons of sauce into the spaghetti and stir. This will make sure the noodles do not stick together. Salt and pepper the sauce to taste. Serve.

Contorno: *Salad*

Ingredients: Romaine Lettuce, Carrots, Radicchio, Spinach, Tomato, Cucumber, Balsamic Vinaigrette

Directions: Rinse the lettuce, carrots, radicchio, spinach, tomato, and cucumber. Cut the bottom of the Romaine heart off and discard. Chop the lettuce and place into large serving bowl. Peel the carrot. Once peeled, use the peeler to add carrot shavings to the lettuce. Cut the radicchio into thin strings, 1-2 inches in length and add to the lettuce. Add the spinach leaves to the lettuce. Quarter the tomato. Cut each piece in half again and add it to the salad. Cut the cucumber into thin slices (width wise), and add to the lettuce. Add balsamic vinaigrette to the serving dish and mix. Serve.

Frutta: *Fresh Fruit*

Ingredients: Pear, Green Grapes, Cantaloupe, Strawberries

Directions: Rinse the pear, grapes, cantaloupe and strawberry. Use a peeler to remove the skin from the pear, and then cut it in half. Remove the seeds. Add to serving bowl. Remove the grapes from the stem and add to the serving bowl. Cut the cantaloupe in half. Remove the seeds. Cut the cantaloupe into half-moons, starting from the middle and cutting toward and through the skin. Remove the skin from the half-moons and cut into 2-4 pieces depending on size. Add to serving bowl. Remove top portion of strawberry. Cut in half. Add to serving bowl.

Dolce: *Dark Chocolate Puff Pastry*

Ingredients: powder sugar, dark chocolate, frozen puff pastry sheets

Directions: Take the puff pastry sheets out of the freezer and allow to thaw approximately 30 minutes or until soft. Preheat the oven to 400 degrees Fahrenheit. Lay out the sheets of puff pastry and place a few pieces of dark chocolate on top of each. Fold the puff pastry sheets into triangles making sure all of the chocolate is inside and covered. Lightly coat a metal baking sheet with vegetable oil. Place the pastries on the baking sheet. Bake puff pastry sheets for approximately 20 minutes, (check the packaging as baking temperature and time may vary). Remove from oven and sprinkle lightly with powdered sugar. Serve.

End of dinner: *Espresso*

Ingredients: Sugar, espresso coffee, water

Directions: Add water to your espresso machine. Fill compartment with espresso coffee. Turn on. In a measuring cup add 3 tablespoons of sugar. Once the coffee is finished, add approximately 2 teaspoons of coffee to the sugar. Stir vigorously until the sugar becomes a thick tan paste. This will help create a froth on the coffee. Add the rest of the coffee to the mix. Serve.

Southern Picnic Party Recipes and Ingredients

Opener: *Sweet Tea*
Ingredients: Sugar, water, tea packets

Directions: In a pot bring water to a boil. Remove from heat and add sugar and tea packets to pitcher. Allow the tea to sit for 10 minutes occasionally dipping the tea packets. Remove the tea packets from the pot and pour tea into a serving pitcher. Add cold water, ice and stir. Serve.

Appetizer: *Tomato Sandwich*
Ingredients: Tomato, Veganaise, Olive Oil, Salt, Pepper, Basil, Garlic, Toasted Bread

Directions: Set oven to broil. Toast bread on both sides until golden brown and remove from oven. Mince garlic and basil. Mix garlic, basil, salt, pepper, veganaise, and olive oil in a mixing bowl to create a spread. Cut tomato into thick slices. Put spread on 1 side of each piece of toasted bread. Place tomato slices on top of the side of bread with spread. Place another piece of bread on top of the tomatoes, spread side toward the tomato. Cut sandwiches into 4 squares. Serve.

Mixed Olives in Olive Oil
Ingredients: Mixed Olives and Olive Oil
Directions: Open and serve.

Mixed Nuts
Directions: Open container and serve

Main Course: *Wrap*
Ingredients: Tortillas, Hummus, Balsamic Vinaigrette, Tofurkey, Avocado, Spinach, Carrots, Zucchini, Red Bell Pepper

Directions: Rinse spinach, carrots, zucchini, red bell pepper. Cut zucchini into thin slices length wise. Cut carrot into thin chips at about 45 degrees width wise. Cut top off bell pepper. Remove membrane, seeds and stem. Cut the bell pepper into 1 cm thick slices length wise. Add olive oil to a large sauté pan and put on medium heat. Add carrots and sauté for approximately 1 minute. Now add the red bell pepper and sauté for another 1 minute. Add the zucchini to the sauté pan. Let vegetables sauté for approximately 10 minutes, stirring occasionally. In the meantime lightly wet tortillas on both sides with water. On a plate, place a paper towel, then a tortilla and repeat until all tortillas are used. Make sure to top the last tortilla with a paper towel. Set aside. Cut avocado in half and remove seed. Using a spoon, carefully remove the inside of the avocado from the skin, keeping the avocado intact. Cut the avocado into 1 cm thick slices length wise. Microwave the stack of tortillas on the plate for approximately 30 seconds (actual times may vary) or until soft. At this time the vegetables should be done sautéing. Remove the pan from the stove. Take a tortilla and spread some hummus onto one side. Remove tofurkey from package and place 1-2 slices on top of the hummus. Next add the sautéed vegetable mix, raw spinach, and 2-3 slices of avocado to the top of the tofurkey. Be sure not to try to fit too much into your wrap or

it will not close. Sparingly splash the top of the vegetables with some balsamic vinaigrette. Wrap the tortilla up like a burrito. Repeat process for the remaining tortillas. Serve.

Side: *Corn Salad*

Ingredients: Sweet Corn, Red bell, Green bell, Red Onion, Cilantro, Apple Cider Vinegar

Directions: Rinse red bell pepper, green bell pepper, and cilantro. Cut top off red and green bell pepper and discard stems, seeds and membrane. Dice the bell peppers and add to serving bowl. Next, cut the ends off the red onion. Make a slit from top to bottom and discard the skin as well as the top and bottom. Cut the onion in half and dice. Add to serving bowl. Mince cilantro. Add to serving bowl. Open can of sweet corn and drain. Add to serving bowl. Add a few teaspoons of apple cider vinegar to serving bowl, salt, and pepper to taste. Let sit 10 minutes. Serve.

Fruit: *Fresh Fruit*

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Dessert: *Vanilla Wafer Banana Pudding*

Ingredients: Nilla wafers, banana, banana pudding mix, ricemilk

Directions: In a large mixing bowl, add the banana pudding mix and ricemilk. Stir vigorously until the desired consistency is achieved. Peel the banana and discard the skin. Cut banana into 1 cm thick chips. Open the box of nilla wafers and in a separate bowl break the nilla wafers into smaller pieces, (some in half, and some in quarters). In a parfait glass, start by adding a layer of banana pudding to the bottom of the glass. Next add a layer of banana, and then a layer of the broken nilla wafers. Repeat this process and then add a final layer of pudding to the top. Sprinkle the top with some nilla wafer crumbs. Serve.

End of Dinner: *Lemonade*

Ingredients: Sugar, Lemons, Water

Directions: In a small pot, heat approximately two cups of water and 1.5 cups of sugar together to make simple syrup. Remove from heat once all of the sugar is dissolved. In a serving pitcher squeeze the juice from 8-10 lemons. Make sure to use a mesh strainer for this to avoid the seeds and pulp. Add 8-10 cups of cold water to the serving pitcher as well as the simple syrup. Stir. Add ice and let sit for 5 minutes. Stir. Serve.

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End of Dinner: *Lemonade*

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TEAM TIDEWATER

Italian Dinner Party

APERITIVO

Acqua e Menta (Mint Drink)

ANTIPASTO

Bruschetta, Mixed Olives, Artichoke Hearts, Crackers, Mixed Nuts

PRIMO PIATO

Spaghetti with Vegan Meatballs and Organic Tomato Sauce

CONTORNO

Insalata Italiana (Italian Salad)

FRUTTA

Selection of Seasonal Fruits

DOLCE

Dark Chocolate Puff Pastry

AFTER DINNER DRINK

Espresso

TEAM TIDEWATER

Southern Picnic Party

Aperitif

Sweet Tea

Appetizer

Tomato Sandwiches

Main Course

Tofurkey and Veggie Wrap

Side

Southern Sweet Corn Salad

Fruit

Seasonal Fruit

Dessert

Vanilla Wafer Banana Pudding

After Dinner Drink

Lemonade