



Italian Spritz Punch

Ingredients

- 5/6 ounces Galliano
- 1/3 bottle Aperol
- 1 bottle Prosecco
- 2 sliced oranges
- 2 sliced lemons
- 1/2 pint raspberries for garnish

Instructions

- In a pitcher, combine the Galliano, Aperol, 3 orange slices, 3 lemon slices and 10 raspberries. Thoroughly stir.
- With a gentle touch, pour Prosecco into the pitcher and stir, trying not to lose too much effervescence
- Serve by pouring into a glass over ice.
- Garnish with a raspberry, and an oranges and lemon slice.



Pumpkin Soup

Ingredients

- 1 medium-sized pumpkin, cleaned, seeded and cut into large chunks
- 32 oz. Chicken Bone Broth or Vegetable Stock
- 1 cup of chopped onion
- 1 cup of chopped carrots
- 1 cup of chopped celery
- 1 can of Coconut milk, refrigerated (use cream that forms on the upper portion)
- Olive oil
- Salt and pepper
- ½ cup of Fresh dill (reserve some sprigs for garnish)
- Hulled pumpkin seeds
- Toasted multi-grain croutons (optional)

Instructions

- Preheat oven to 350.
- Using a narrow-bladed knife (I like a fillet knife), carefully cut around and remove the stem of the pumpkin.
- Make vertical cuts $\frac{3}{4}$ way down the pumpkin.
- Turn the pumpkin over, cut a circle around the dimple and remove the circle.
- Carefully, continue to cut the remaining $\frac{1}{4}$ way down the pumpkin, resulting in large separate chunks.
- Run the knife slightly below the inside surface, removing the seeds and stringy interior.
- Place large chunks of pumpkin, skin side down, on a large roasting sheet.
- Drizzle with olive oil, season with salt and pepper.
- Roast in oven until tender, about 40 minutes. Remove from oven and set aside to cool.

- Sauté celery, carrots and onion (the “Trinity”) in olive oil until tender, add salt and pepper to taste.
- Once pumpkin is cool, remove soft flesh from the skin.



- Add softened vegetables, dill, 2 cups of chicken bone broth and ½ of pumpkin flesh in a blender, liquefy, adding more broth if necessary.
- Continue with next batch of pumpkin flesh and broth until all flesh has been blended.
- Transfer all soup into large pot and cook until heated through
- Spoon the thickened layer off the top of a cold can of coconut milk into the soup.
- Salt and pepper to taste.
- Serve soup with fresh sprig of dill, hulled pumpkin seeds, or croutons if desired



Wild Rice Stuffing

Ingredients

- 1/2 cup slivered almonds
- Olive oil
- 2 medium onions, coarsely chopped
- 4 celery ribs, chopped into 1/2-inch pieces
- 3 cloves garlic, finely minced
- 2 tablespoons finely chopped fresh rosemary
- 2 tablespoons finely chopped fresh sage
- Salt and freshly ground pepper
- 1/4 cup coarsely chopped fresh flat-leaf parsley
- 6 sweet Italian fennel sausage links, casings removed
- 2 Granny Smith apples, peeled, cored, and cut into 1/2-inch dice
- 1/2 cup white wine
- 10 cups of cooked wild rice mixture (tip – replace half water with chicken bone broth)
- 1 cup dried fruit of choice (cranberries, golden raisins, chopped apricots or prunes)

Instructions

- Heat oven to 375 degrees.
- In a non-stick frying pan, lightly toast slivered almonds. Set aside.
- Cook sausage in a large frying pan, separating meat until well-browned. Transfer sausage to bowl and set aside.
- In same pan, sauté onions, celery in olive oil until tender, add garlic and cook until toasted
- Add rosemary, sage and parsley; season with salt and pepper
- Add apple, and cook, stirring occasionally, until soft.
- Add white wine and cook until most of the liquid has evaporated.
- Transfer into a large bowl, add sausage, toasted almond slivers, cooked rice, dried fruit, and toss thoroughly. Season with salt and pepper to taste. Add olive oil if mixture seems dry.
- Transfer to a buttered baking dish and bake at 375 degrees until browned and heated through, about 20 minutes.



Nana's Stuffed Roasted Red Peppers

Ingredients

- 10 Red peppers
- 1 lb of mozzarella cheese, cut into 20 sticks
- 2 cups of seasoned breadcrumbs
- 3 gloves of garlic, finely chopped
- ½ cup chopped fresh parsley
- ½ cup of grated Parmesan Reggiano cheese
- ½ cup olive oil

Instructions

- Roast peppers on stove-top's open flame, turning occasionally with long tongs until all sides are softened and the skin is blistered/charred. (This can be also be done in the broiler, or bbq)
- Place in bowl and cover with plastic wrap as each pepper is done
- Allow peppers to steam and cool while in the covered bowl.
- Once cooled, capture the pepper's interior liquid by piercing the pepper with a knife over a bowl. This liquid will be used for the stuffing.
- Remove skin from pepper
- Cut pepper in half lengthwise and remove stem / seeds

- Preheat oven to 350 degrees
- In a large bowl, combine the liquid from the peppers, breadcrumbs, cheese, olive oil, garlic, and parsley. Add water if stuffing seems dry.
- Assemble the stuffed pepper by spooning the stuffing onto the flat pepper, add a stick of mozzarella cheese, then roll and place the seam-side down in a greased baking dish. Continue until all the peppers are assembled.
- Sprinkle the top of the peppers with breadcrumbs and drizzle with olive oil.
- Bake for 20 minutes or until cheese is completely melted.



Roasted Root Vegetables

Ingredients

- 1/3 cup extra-virgin olive oil
- 3 medium carrots, peeled & cut onto a bias 1 1/2" pieces
- 2 cups red / white baby potatoes (about 1/2 pound)
- 3 medium parsnips, peeled & cut onto a bias 1 1/2" pieces
- 4 turnips, peeled & cut into semi-circle shapes
- 2 golden beets, peeled & cut into semi-circle shapes
- 1 cup peeled or unpeeled sweet potatoes (about 1 pound), cut into 1 1/2" thick slices
- 1 tablespoon dried oregano
- 1 tablespoon dried rosemary
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/4 teaspoon sea salt
- 1 teaspoon freshly ground black pepper

Instructions

- Preheat oven to 400 degrees F.
- Grease an 11 by 17-inch baking sheet pan with extra-virgin olive oil.
- Place vegetables a large bowl.
- Add olive oil, the dried herbs, salt and pepper. Toss well, evenly coating all the vegetables with the seasonings and oil.
- Spread the vegetables evenly, single layer, on a large baking sheet. Place on middle rack in oven and bake for 35 to 40 minutes.