Cauliflower Alfredo
We are pleased to share this edition of the Transamerica Institute’s Healthier Traditions Cookbook series focused on Italian food. This book includes a wide variety of recipes that can be made any day of the week. We took traditional favorite recipes that are based in Italian culture and modified them to be more nutritious while just as flavorful. Some of these recipes are healthier twists on classic Italian recipes that are beloved here in the US (such as the Cauliflower Alfredo or Meatballs). Others are unique variations on traditional recipes (such as the Socca Pizza or Panzanella Caponata). And others have Italian roots but have been modified into the versions we commonly see made in the US (such as the Cioppino or Chicken Piccata). We added some short points about the history and cultural context for many of these recipes; you may find these spark your interest to read further into the origin of recipes and history of their ingredients, both within Italy and in the US. A couple of suggested resources to learn more about the history of Italian cuisine in America are the websites of the Italian Sons and Daughters of America and the Order of the Sons and Daughters of Italy.

To get started, you’ll want to stock up on fresh extra virgin olive oil, which is so healthy for your heart and brain. Many of the ingredients (such as chickpeas, pasta, and canned tomatoes) are pantry staples. The fresh ingredients can be found easily at your local grocery store or probably even farmers market. When possible, we encourage you to substitute fruits or vegetables based on what is in season. For example, you can swap sliced oranges for the berries on the Panna Cotta in the winter. Or you could add roasted beets or butternut squash to your Socca Pizza in the winter when zucchini are not in season. And many of the tips and techniques that you will learn in these recipes—such as blending vegetables into a creamy pasta sauce or using oats instead of breadcrumbs in meatballs—can be easily replicated in your other favorite recipes from other cultures.

These recipes are written to be nutritious for everyone, but they can also be modified to meet different dietary needs. While not all are vegetarian, these recipes are full of vegetables and are largely plant-based. Most of the recipes that call for meat can be easily modified by using cooked lentils or quinoa in place of meat. Though not traditional, piccata could be made with tofu or tempeh. And many of the dishes that call for dairy could be substituted with vegan ingredients. For example, the Panna Cotta could be made with a plant-based yogurt and agar agar instead of gelatin. Also, the Lasagna or Cannoli could be made with a nut-based cheese.

Most of these recipes are also naturally gluten-free. The farro in the Mushroom Farrotto could be substituted with another grain of choice (such as brown rice or sorghum) and the bread (or pane) in the Panzanella Caponata could be substituted with any gluten-free bread (though we recommend a whole grain variety).

We truly hope you enjoy trying these recipes and learning from the cooking tips and cultural tidbits shared throughout the book. Please let us know if you have any feedback about this book and would like to receive copies to share with your community group, patients, or other people who might be interested.

Mangiamo!
Dietitian | Christina Badaracco, MPH, RDN, LDN

Christina Badaracco is a registered dietitian nutritionist seeking to improve access to healthy and sustainable food for all Americans and to educate them about the connections between food and health. Christina has conducted surveys for The Lexicon and the Teaching Kitchen Collaborative, clinical nutrition education at the National Institutes of Health, menu planning and nutrition education at the Oakland Unified School District, and communications at the Environmental Protection Agency’s Office of Water. She has also enjoyed contributing to children’s gardens, farmers markets, and a number of organic farms. She has taught and tutored in science and writing for many years. She contributes monthly articles about nutrition to Soulful Insights; and co-wrote a book about the farm bill. Christina completed her dietetic internship at Massachusetts General Hospital. She earned her Master of Public Health degree from the University of California, Berkeley, and her bachelor’s degree in Ecology and Evolutionary Biology, with a certificate in Italian Language and Culture, from Princeton University. She currently works as a healthcare consultant at Avalere Health. Learn more about her at www.christinabadaracco.com or follow her on Instagram @cbadarac.

Dietitian | Stacy Leung, RDN, DYN, CYT

Stacy is a New York-based registered dietitian nutritionist and yoga instructor focusing on mindful eating and plant-based health. She has experience working with individuals and families from a variety of cultural backgrounds, including adolescents and pregnant women. She takes a holistic approach when working with clients, looking at overall lifestyle and habits in addition to food. Stacy believes everything can fit when it’s kept simple, honest, and joyful. Learn more about her at www.stacykleung.com or follow her on Instagram @stacykleungrd.

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DISCLAIMER: All recipes assume that produce is washed and ready for consumption. Nutrition facts are per serving and do not include optional toppings (unless otherwise stated).
Antipasto means “before the meal” and refers to an appetizer that often includes cured meats, cheeses, and roasted vegetables. While this salad can be served as an appetizer, the addition of whole grain bread and chickpeas make it balanced and filling enough for a meal.

**Dressing**

1. Prepare dressing by whisking ingredients together in a small bowl or shaking in a sealed jar.

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>Dijon mustard</td>
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<tr>
<td>Red wine vinegar</td>
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<tr>
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<tr>
<td>Parsley or basil, minced</td>
<td>2 teaspoons</td>
</tr>
<tr>
<td>Red pepper flakes</td>
<td>¼ teaspoon</td>
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**Direction:**

1. Preheat oven to 400°F.
2. Cut peppers into halves, removing stem and seeds. Roast, face down, on glass baking sheet for 30 minutes, until soft and lightly browned. Cut into thin slices.
3. Meanwhile, combine other salad ingredients in a large bowl. Prepare dressing (see page 6). Toss bread cubes with 1 tablespoon olive oil.
4. When peppers have finished, lower heat to 350°F and bake bread cubes on a glass baking dish for 15 minutes, until browned and slightly crispy.
5. Add bread to salad bowl and top with dressing. Toss before serving.
Nutrition Facts
133 calories | 3g fat | 0g saturated fat
215mg sodium | 12g carbohydrate
1g fiber | 1g sugar | 13g protein

Ingredients
1 pound fresh calamari tubes, cut into ½-inch rings, or defrosted frozen calamari rings and tentacles, rinsed and patted dry
⅓ cup cornmeal or almond meal
½ teaspoon baking soda
1 teaspoon dried parsley
¼ teaspoon fine sea salt
¼ teaspoon black pepper
1 small lemon, cut into 6 wedges
2 cups marinara sauce (see page 9)

Directions
1. Preheat oven to 425°F. Line baking sheet with parchment paper.
2. Combine cornmeal or almond meal, baking soda, parsley, salt, and pepper in a large bowl.
3. In a few batches, add all calamari pieces to bowl and toss to coat evenly.
4. Bake for about 20 minutes, until golden brown and crisp.
5. Serve with a lemon wedge and ¼ cup marinara sauce per serving.

Calamari is the Italian word for squid. Although it has the same name as the classic appetizer, these calamari are baked, not fried. They keep the crispy texture and the same fresh taste as the fried version, but use cornmeal or almond meal for a more nutritious crust.

Calamari

Marinara Sauce
1 tablespoon extra virgin olive oil
⅛ small onion, chopped
2 garlic cloves, minced
¼ teaspoon dried basil

1. In a medium pot, heat oil over medium heat. Add onion and sauté until fragrant, about 2 minutes. Add garlic and sauté for 1 minute.
2. Add tomatoes, basil, salt, pepper, and bay leaf. Cover and simmer for about 15 minutes.
3. Season with additional salt and pepper to taste. Discard bay leaf before serving.

1 28-ounce can crushed tomatoes, no salt added
⅛ teaspoon fine sea salt
⅛ teaspoon black pepper
1 dried bay leaf
PANZANELLA CAPONATA

Nutrition Facts
222 calories | 13g fat | 2g saturated fat | 456mg sodium
22g carbohydrate | 5g fiber | 7g sugar | 4g protein

Ingredients
- 5 tablespoons extra virgin olive oil, divided
- 1 large eggplant, cut into 1-inch pieces
- ½ red onion, chopped
- 1 large clove garlic, minced
- 1 teaspoon dried thyme or oregano
- 2 tablespoons red wine vinegar
- 2 cups fresh tomatoes, chopped
- 1 tablespoon capers
- ¼ cup green olives, pitted and chopped
- 4 cups torn whole grain sourdough bread pieces
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- ¼ cup fresh parsley, chopped

Caponata refers to a sweet and sour vegetable dish, similar to the French ratatouille, and comes from Sicily. This unique recipe creates a panzanella, or bread salad—which likely comes from Tuscany—using the vegetables found in caponata.

Directions
1. Preheat oven to 350°F.
2. Heat 3 tablespoons of olive oil in a large pot over medium heat. Add eggplant and sauté about 5 minutes, stirring occasionally to prevent sticking. Add onions, garlic, thyme, salt, black pepper, and red pepper, cooking until fragrant (up to 1 minute). Add olive oil if necessary to prevent sticking.
3. Add vinegar, tomatoes, capers, and olives. Simmer 10-15 minutes, until tomatoes and eggplant are soft. Remove from heat.
4. Meanwhile, place bread pieces on glass baking sheet and toss in 2 tablespoons of olive oil, coating evenly. Bake until golden brown, up to 15 minutes.
5. Add bread pieces to vegetable mixture and top with chopped parsley just before serving.

Using whole grain sourdough bread adds fiber, is easier to digest, and triggers a lesser rise in glucose than plain white bread.
A combination of whole grain pasta, beans, and vegetables yields a balanced and light meal or a first course perfect for cold winter nights.

### Ingredients
- 2 tablespoons extra virgin olive oil
- ½ large onion, chopped
- 1 large celery stalk, chopped
- 1 large carrot, chopped
- 1 large garlic clove, minced
- ¾ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 28-ounce can crushed or diced tomatoes, no salt added
- 4 cups low-sodium vegetable or chicken broth
- ½ teaspoon red pepper flakes
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- 1 15.5-ounce can (about 1¾ cups) cooked kidney beans
- 2 cups kale, chopped
- 1 cup whole grain or legume-based small pasta (such as macaroni)
- 2 tablespoons fresh basil, chopped
- ¼ cup shredded Parmesan cheese (optional)

### Directions
1. Heat olive oil in a large pot over medium-high heat. Add onion, celery, and carrot. Cook until soft, about 5 minutes. Add garlic, salt, and pepper, and cook for 1 minute.
2. Add the tomatoes, broth, and dried herbs. Bring to a boil. Reduce the heat to medium-low and simmer 10 minutes.
3. Stir in the kidney beans, kale, and pasta and cook until the pasta and vegetables are tender, about 10 minutes (depending on recommended cooking time of pasta).
4. To serve, ladle into bowls and top with Parmesan (optional) and fresh basil.

**Minestrone soup likely dates back to Ancient Rome, where it was originally made of simple vegetables.**
SAUTÉED SPINACH

Ingredients
1. pound baby spinach
2. tablespoons extra virgin olive oil, plus more for optional garnish
3. large garlic cloves, minced
½ teaspoon red pepper flakes
¹/₈ teaspoon fine sea salt
¹/₈ teaspoon black pepper
1 lemon wedge
3 tablespoons shredded Parmesan cheese

Directions
1. Rinse the spinach well and dry with a towel or in a salad spinner.
2. Heat olive oil over medium-low heat in a large, deep pan. Add the red pepper and garlic, cooking for 1 minute.
3. Add the spinach, salt, and black pepper. Cover with a lid and cook for 1–2 minutes.
4. Take the lid off, stir the spinach, and cook, stirring, for 1–2 minutes or until wilted.
5. Use a slotted spoon to transfer the spinach onto a serving dish. Squeeze lemon juice, garnish with cheese, and drizzle with olive oil, if desired.

This versatile recipe can accompany any main dish in this cookbook. Did you know that cooking spinach actually makes some nutrients more available to our bodies? Spinach contains a molecule called oxalic acid, which blocks our absorption of calcium and iron. But this is greatly reduced by heating, so your body can use these important minerals.

Nutrition Facts
63 calories | 5g fat | 1g saturated fat | 239mg sodium
4g carbohydrate | 2g fiber | 0g sugar | 2g protein

This Spinaci Saltati can accompany any main dish in this cookbook.
Using ground oats instead of traditional breadcrumbs increases the B vitamins and minerals, such as magnesium and phosphorus, in this family favorite.

In Italy, polpette are not consumed with pasta, but rather as a dish served solely in sauce.

*Note: Before adding to sauce, meatballs can be cooled and stored in an air-tight container or freezer-safe bag for up to 3 months.

**ITALIAN MEATBALLS**

Nutrition Facts

162 calories | 8g fat | 3g saturated fat | 351mg sodium | 5g carbohydrate | 1g fiber | 1g sugar | 17g protein

**Ingredients**

- ½ cup whole milk
- ½ cup rolled oats
- 1 pound ground beef (90% lean or other ground meat of choice)
- ½ small onion, finely chopped
- 2 garlic cloves, minced
- 1 large egg, lightly beaten
- ¼ cup fresh parsley, minced
- ½ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 2 cups marinara sauce (see page 9)

**Directions**

1. Preheat oven to 400°F. Mix oats and milk in small bowl and soak for at least 10 minutes.
2. In a large bowl, combine beef, onion, garlic, egg, parsley, salt, and pepper. Mix in soaked oats. Use hands to mix evenly.
3. Shape into 1½-inch balls. Arrange on glass baking dish and bake for 20–25 minutes, until browned.
4. Serve in warmed sauce and garnish with parsley, if desired.

**CAULIFLOWER ALFREDO**

Nutrition Facts

283 calories | 7g fat | 1g saturated fat | 111mg sodium | 49g carbohydrate | 4g fiber | 2g sugar | 9g protein

**Ingredients**

- 12 ounces whole grain or legume-based pasta
- 4 cups cauliflower, cut into florets
- 2 tablespoons extra virgin olive oil, plus a small amount for pasta
- 4 garlic cloves, chopped
- ¼ cup whole milk
- ¼ cup shredded Parmesan cheese
- ¼ teaspoon black pepper
- ¼ teaspoon red pepper flakes
- ½ cup fresh parsley, finely chopped
- 2 teaspoons extra virgin olive oil
- fresh parsley, chopped (optional)

**Directions**

1. In a large pot of boiling water, cook pasta according to package instructions. Then turn off heat, drain pasta (keeping 1 cup of pasta water), add pasta back to pot, and stir in a drizzle of olive oil to prevent sticking. Cover pot with lid.
2. Meanwhile, steam cauliflower florets until soft, about 15 minutes.
3. Add oil to a large skillet over medium heat. Add garlic and cook until fragrant, about 1 minute. Combine garlic, cooled cauliflower, whole milk, Parmesan, salt, pepper, and red pepper flakes in food processor or large blender. If the sauce is too thick, add reserved pasta water, 1 tablespoon at a time.
4. Over low heat, add sauce to cooked pasta and toss until coated. Remove from heat, garnish with parsley, and serve immediately.

The original recipe for Fettuccine Alfredo was created in Rome by famous chef Alfredo di Lesto. In Italy it is more often called pasta al burro.

**Note:**

This fettuccine dish uses cauliflower instead of cream to create a rich and delicious pasta dish with much less fat and sodium, and a boost of vitamins, fiber, and antioxidants.
Bolognese

Ragù Bolognese

45 Minutes

Serves 8

Nutrition Facts (using dry white wine)
503 calories | 13g fat | 3g saturated fat | 259mg sodium
68g carbohydrate | 11g fiber | 7g sugar | 27g protein

Ingredients

- 1 pound ground beef (90% lean)
- ¼ teaspoon fine sea salt
- 3 tablespoons extra virgin olive oil, plus more for pasta
- 1 medium onion, finely chopped
- 1 large carrot, finely chopped
- 1 small zucchini, finely chopped
- 1 cup mushrooms, finely chopped
- 3 garlic cloves, minced
- 1 cup dry red lentils
- 2 tablespoons tomato paste

- 1 15-ounce can crushed tomatoes, no salt added
- ½ cup whole milk
- ½ cup dry white wine*
- ¼ teaspoon black pepper
- 1½ cups water (more as needed)
- ½ teaspoon red pepper flakes
- ¼ cup fresh parsley, chopped
- ¼ cup shredded Parmesan cheese
- 1 pound whole grain spaghetti (or pasta of choice)

Directions

1. Cook beef in large saucepan over medium heat, crumbling into small pieces. Add salt and cook about 5 minutes, until lightly browned. Transfer to plate.

2. Heat oil in same saucepan over medium heat and add onion, carrot, and zucchini. Cook for 5 minutes or until beginning to soften. Add mushrooms and garlic, cooking for 1 minute.

3. Add lentils, tomatoes, tomato paste, milk, wine (or broth), black pepper, pepper flakes, and water. Cover and simmer for 20 minutes or until sauce has thickened.

4. Meanwhile, bring a large pot of water to a boil. Cook pasta according to instructions on package. Drain pasta and drizzle with oil to prevent sticking.

5. Add beef to lentils and vegetables, adding more water to thin sauce, if desired.

6. To serve, divide spaghetti between serving dishes, ladle sauce onto spaghetti, and top with Parmesan and parsley.

*Bolognese sauce hails from the region of Bologna and is traditionally known as ragù. Using lentils in place of some of the meat in this recipe adds protein and fiber, while maintaining the traditional flavors of the beef, cheese, and wine.
**Note:** To make this recipe without wine, substitute with equivalent amount of fish stock or vegetable broth, plus 1 tablespoon white wine vinegar.

**Ingredients**

- 3 tablespoons extra virgin olive oil
- 1 large fennel bulb, cored and thinly sliced (frond tips set aside)
- 1 large sweet onion, chopped
- 3 shallots, chopped
- ½ teaspoon fine sea salt
- 4 large garlic cloves, minced
- ¾ teaspoon red pepper flakes
- ¼ cup tomato paste
- 1 28-ounce can crushed tomatoes, no salt added
- 1½ cups dry white wine*
- 4 cups fish stock
- 1 cup water
- 1 bay leaf
- 1 pound clams, cleaned
- 1 pound mussels, cleaned
- 1 pound uncooked large shrimp, peeled and deveined
- 1½ pounds firm white fish (such as haddock), cut into 1½-inch pieces
- ½ cup fresh parsley, chopped
- ¼ cup green fennel fronds (from the fennel bulbs), chopped

**Nutrition Facts** (using dry white wine)

- 352 calories | 9g fat | 2g saturated fat
- 687mg sodium | 18g carbohydrate | 4g fiber
- 8g sugar | 39g protein

**Directions**

1. Heat the oil in a large pot over medium heat. Add the fennel, onion, shallots, and salt and sauté until translucent, about 10 minutes.

2. Add the garlic and red pepper flakes; cook 2 minutes.

3. Add tomato paste, crushed tomatoes, wine (or stock and vinegar), stock, water, and bay leaf. Cover and bring to a simmer.

4. Reduce the heat to medium-low. Cover and simmer for about 30 minutes.

5. Add the clams and mussels to the pot. Cover and cook until they begin to open, about 2 minutes.

6. Add the shrimp and fish. Turn up heat to simmer gently until fish and shrimp are barely cooked through and clams are completely open, stirring gently, about 4–5 minutes longer. Discard any clams and mussels that do not open.

7. To serve, ladle the soup into bowls and add parsley and ¼ cup fennel fronds to garnish.

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*Cioppino* is a seafood stew that actually originated in San Francisco, California. The name is derived from “ciuppin,” meaning small soup, originally made in Genoa to use chopped, leftover vegetables and seafood. This traditional recipe is full of heart-healthy seafood and vegetables.
Eggplant Parmesan

Eggplant Parmesan likely comes from the south of Italy, taking advantage of the local Parmigiano Reggiano (Parmesan) cheese. While traditional Parmigiana di Melanzane requires pan-frying or deep-frying to create a crispy crust, the eggplant slices are here baked in an oat and Parmesan crust, creating a crunchy coating that does not require frying or white flour.

**Ingredients**

- 2 large eggplants (3–4 pounds)
- 1 large egg
- 2 tablespoons water
- ¾ cup oats, coarsely ground (or oat flour)
- ½ cup + 2 tablespoons grated Parmesan cheese, divided
- ½ teaspoon dried oregano
- ¼ teaspoon dried basil
- ¼ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 cup shredded mozzarella cheese
- 6 cups marinara sauce (see page 9)
- fresh basil or parsley, for garnish

**Directions**

1. Preheat oven to 375°F. Brush 2 baking sheets with oil or line with parchment paper.
2. In a wide, shallow bowl, whisk together egg and water. In another bowl, combine oats, ½ cup Parmesan, oregano, basil, salt, and pepper.
3. Dip each eggplant slice in egg, letting excess drip off, then coat with breadcrumb mixture. Place on baking sheet. Bake until golden brown on bottom, about 20 minutes. Flip and continue baking until browned on other side, 20 minutes more. Remove from oven and raise heat to 400°F.
4. In a 9x13-inch baking dish (not baking sheet), spread 2 cups of marinara sauce. Arrange half the eggplant slices; cover with 2 cups of sauce, then ½ cup mozzarella. Repeat with remaining eggplant, sauce, and mozzarella. Sprinkle with remaining 2 tablespoons Parmesan. Bake about 15–20 minutes until sauce is bubbling and cheese is melted. Let stand 5 minutes before serving and add fresh parsley or basil, if desired.
These gnocchi are made with sweet potatoes instead of white potatoes, providing a greater source of beta-carotene, which our bodies convert into vitamin A. Using whole wheat flour provides more fiber, vitamins, and minerals than a recipe using refined wheat flour.
This healthy take on mushroom risotto cuts down on the amount of butter used in a traditional risotto recipe, relying on pungency from the mushrooms and wine, and creaminess released by the starch in the farro following continuous stirring.

*Note: To make this recipe without wine, substitute with equivalent amount of vegetable broth plus 1 tablespoon of white wine vinegar.

2 cups low-sodium vegetable broth
2 tablespoons + 1 tablespoon extra virgin olive oil, divided
10 ounces cremini mushrooms, sliced
½ cup chopped onion
1 cup dry farro, rinsed
1 cup dry white wine*

Directions
1. Add vegetable broth to a small pan and hold over low heat.
2. In a heavy saucepan, add 2 tablespoons olive oil over medium heat. Add mushrooms and cook until liquid is released and mushrooms are tender, 8–10 minutes. Use a slotted spoon to move from the pan to a plate and drain the pan.
3. Heat another 1 tablespoon of olive oil in the same heavy saucepan and add the onions, cooking until softened and translucent, about 3 minutes. Add garlic and cook for 30 seconds. Add farro and toast, stirring occasionally, up to 3 minutes. Add the white wine (or broth and vinegar) to deglaze the pan and continue to cook until it is almost absorbed.
4. Lower heat to medium-low. Add 1 cup of broth from step 1 and cook until absorbed, stirring often. Continue to add 1 cup of broth at a time, stirring often, as the farro cooks. Continue cooking until the farro is tender but still slightly chewy, 30 to 40 minutes.
5. Season with salt, pepper, and thyme. Add mushrooms and butter, stirring to combine.
6. Remove from heat. Add Parmesan and peas, stirring to combine.

Farro is an ancient variety of wheat that is more nutrient-dense than those commonly grown today.

In gredients
3 cups low-sodium vegetable broth
2 tablespoons + 1 tablespoon extra virgin olive oil, divided
10 ounces cremini mushrooms, sliced
½ cup chopped onion
1 cup dry farro, rinsed
1 cup dry white wine*

Directions
1. Add vegetable broth to a small pan and hold over low heat.
2. In a heavy saucepan, add 2 tablespoons olive oil over medium heat. Add mushrooms and cook until liquid is released and mushrooms are tender, 8–10 minutes. Use a slotted spoon to move from the pan to a plate and drain the pan.
3. Heat another 1 tablespoon of olive oil in the same heavy saucepan and add the onions, cooking until softened and translucent, about 3 minutes. Add garlic and cook for 30 seconds. Add farro and toast, stirring occasionally, up to 3 minutes. Add the white wine (or broth and vinegar) to deglaze the pan and continue to cook until it is almost absorbed.
4. Lower heat to medium-low. Add 1 cup of broth from step 1 and cook until absorbed, stirring often. Continue to add 1 cup of broth at a time, stirring often, as the farro cooks. Continue cooking until the farro is tender but still slightly chewy, 30 to 40 minutes.
5. Season with salt, pepper, and thyme. Add mushrooms and butter, stirring to combine.
6. Remove from heat. Add Parmesan and peas, stirring to combine.

Farro

1 Hour
Serves 6

MUSHROOM FARROTTO
Farrotto ai Funghi

Nutrition Facts (using dry white wine)
181 calories | 11g fat | 4g saturated fat | 191mg sodium
14g carbohydrate | 3g fiber | 2g sugar | 4g protein

Ingredients
3 cups low-sodium vegetable broth
2 tablespoons + 1 tablespoon extra virgin olive oil, divided
10 ounces cremini mushrooms, sliced
½ cup chopped onion
1 cup dry farro, rinsed
1 cup dry white wine*

Directions
1. Add vegetable broth to a small pan and hold over low heat.
2. In a heavy saucepan, add 2 tablespoons olive oil over medium heat. Add mushrooms and cook until liquid is released and mushrooms are tender, 8–10 minutes. Use a slotted spoon to move from the pan to a plate and drain the pan.
3. Heat another 1 tablespoon of olive oil in the same heavy saucepan and add the onions, cooking until softened and translucent, about 3 minutes. Add garlic and cook for 30 seconds. Add farro and toast, stirring occasionally, up to 3 minutes. Add the white wine (or broth and vinegar) to deglaze the pan and continue to cook until it is almost absorbed.
4. Lower heat to medium-low. Add 1 cup of broth from step 1 and cook until absorbed, stirring often. Continue to add 1 cup of broth at a time, stirring often, as the farro cooks. Continue cooking until the farro is tender but still slightly chewy, 30 to 40 minutes.
5. Season with salt, pepper, and thyme. Add mushrooms and butter, stirring to combine.
6. Remove from heat. Add Parmesan and peas, stirring to combine.
Nutrition Facts (using whole milk ricotta)
351 calories | 16g fat | 8g saturated fat | 355mg sodium
34g carbohydrate | 4g fiber | 2g sugar | 19g protein

Lasagna
8 ounces whole grain lasagna noodles, broken into thirds
1 tablespoon extra virgin olive oil
½ pound sausage, recipe above
3 cups marinara sauce (see page 9)
2 cups whole milk or part-skim ricotta cheese
1 large egg
½ pound baby spinach
1 tablespoon fresh parsley, chopped
¼ cup fresh basil, chopped
10 ounces cremini mushrooms, chopped
2 cups shredded mozzarella cheese
3 tablespoons shredded Parmesan cheese

Directions
1. Preheat oven to 350°F.
2. In a large bowl, add ground turkey, garlic, and spices. Use your hands to mix thoroughly, ensuring spices are distributed evenly.
3. Heat 1 tablespoon olive oil in a large pan over medium heat. Add turkey, and stir frequently to cook until beginning to brown, up to 5 minutes. Add chopped mushrooms and cook until tender and water has evaporated, about 8 more minutes. Add spinach and remove from heat.
4. If using no-boil noodles, skip this step. Bring a large pot of water to a boil. Add noodles and cook until not quite tender, about 2 minutes less than the package directions. Drain; return the noodles to the pot, cover with cool water and set aside.
5. To assemble lasagna:
   - Spread ½ cup of the tomato sauce in the prepared baking dish.
   - Arrange a layer of noodles on top, trimming to fit, if necessary.
   - Spread half the ricotta over the noodles.
   - Top with half of the sausage mixture, of the remaining tomato sauce and one-third of the mozzarella.
   - Continue with another layer of noodles, the remaining ricotta, the remaining sausage, half the remaining tomato sauce, and half the remaining mozzarella.
   - Top with a third layer of noodles and the remaining tomato sauce.
6. Cover with aluminum foil and bake for 50 minutes.
7. Remove foil, add remaining mozzarella and Parmesan, and bake for 5 minutes. Let cool for 10 minutes before serving.

Lasagna is likely named after the Greek word *lagenon*, named after its flat pasta sheets, and then transitioned into its own version known as *pastitsio*. The current version involving layers of tomato sauce likely originated in Naples. Using chopped mushrooms adds flavor, while reducing the amount of meat in this recipe. The addition of spinach adds moisture as well as vitamin K, folate, and other vitamins and minerals.
Serve this chicken over a whole grain and/or vegetable of choice for a complete meal. For a thinner sauce, remove the arrowroot flour entirely and skip step 2. This recipe uses much less butter than a traditional version but maintains all of the moisture and other sources of flavor.*

*Note: To make this recipe without wine, substitute with equivalent amount of chicken broth plus 1 teaspoon lemon juice.

CHICKEN PICCATA
Pollo alla Piccata — 45 Mins — Serves 4

Nutrition Facts (using dry white wine)
222 calories | 11g fat | 3g saturated fat
501mg sodium | 7g carbohydrate | 1g fiber
1g sugar | 22g protein

In gredien ts
2 tablespoons arrowroot flour
(can substitute cornstarch if needed)
¼ teaspoon fine sea salt, divided
½ teaspoon black pepper, divided
1 pound boneless skinless chicken thighs
1 tablespoon extra virgin olive oil
⅛ small onion, thinly sliced
1 medium garlic clove, minced
1 tablespoon lemon juice
¼ cup dry white wine*
½ cup low-sodium chicken broth
2 tablespoons capers
½ tablespoon unsalted butter
2 tablespoons fresh parsley, chopped

Directions
1. Place arrowroot flour, ¼ teaspoon salt, and ¼ teaspoon pepper in a wide shallow bowl and set aside.
2. Pat chicken dry and coat each piece in the arrowroot flour, shaking off excess.
3. In a large pan over medium-high heat, heat 1 tablespoon oil. Add chicken, working in batches if needed, to brown on both sides, about 3 minutes per side. Transfer to a plate and set aside. Add more oil between batches, if necessary.
4. Once chicken is finished, reduce heat to medium. Add onion and garlic to pan and sauté until soft, about 3 minutes.
5. Add lemon juice, wine, broth, capers, ½ tablespoon butter, and ¼ teaspoon pepper to the skillet and bring to boil, scraping up any browned bits and stirring to combine.
6. Reduce heat to simmer and return chicken to pan, cooking until sauce has thickened, about 5 minutes.
7. Turn off heat and add parsley just before serving.
SOCCA PIZZA WITH PESTO & ROASTED VEGETABLES

Nutrition Facts
376 calories | 18g fat | 3g saturated fat | 457mg sodium | 41g carbohydrate
8g fiber | 14g sugar | 15g protein

Ingredients

1 cup chickpea flour
(also known as garbanzo bean flour)
1 tablespoon + 1 teaspoon extra virgin olive oil, divided
1 cup water
1 garlic clove, minced
1 small zucchini, sliced into ¼-inch thick circles

Directions

1. For socca batter, whisk together chickpea flour, 1 tablespoon olive oil, water, minced garlic, and salt. Let rest for 1 hour.
2. While waiting, prepare pesto (see page 33).
3. Preheat oven to 400°F.
4. Lightly coat vegetables on both sides with 1 teaspoon olive oil and roast on glass baking dish until lightly browned, about 15 minutes.
5. Line 9x13-inch baking sheet with parchment paper, greased with butter. Pour on batter, spreading evenly. Return to oven and bake until browned on the edges and beginning to pull away from paper, up to 20 minutes. Remove from oven.
6. Spread pesto over cooked socca and top with roasted vegetables. Return to oven to bake for an additional 4—5 minutes. Before serving, garnish with 1—2 tablespoons Parmesan cheese, if desired.

Pesto

4 cups fresh basil, lightly packed
2 large garlic cloves, chopped
¼ teaspoon red pepper flakes
¼ teaspoon fine sea salt
¼ teaspoon black pepper
¼ cup shredded Parmesan cheese
juice of 1 small lemon
¼ cup chopped walnuts
¼ cup extra virgin olive oil

1. Make pesto by combining basil, garlic, spices, ¼ cup Parmesan cheese, lemon, and walnuts in a food processor. Blend to combine while streaming in ¼ cup olive oil, stopping before forming a smooth puree.

While summer squash can be found most abundantly during the warm summer months, you can substitute more seasonal vegetables, such as butternut squash or broccoli, in the winter.
Cannoli Shells

1. At least 8 hours before preparing cannoli, line a strainer with a coffee filter or cheesecloth and suspend over a bowl. Add ricotta cheese and allow liquid to drain.

2. To make dough, combine the flour, sugar, cinnamon, cocoa powder, and salt together in a large bowl. Add oil and mix until it resembles large pebbles. Add wine and mix until dough barely begins to hold together. Transfer the dough to a floured surface and knead until smooth, up to 5 minutes. Wrap in wax paper and refrigerate for at least 1 hour, until firm.

3. Meanwhile, make filling (see page 33). Preheat oven to 350°F.

4. When dough for shells is chilled, coat with additional flour and use a rolling pin to roll out to ¼-inch on a lightly floured surface. Use a 4-inch round cookie cutter to cut circles from the dough. Repeat with the excess dough, kneading it back together and cutting it until about 10 circles are formed.

5. Wrap each circle of dough loosely around a cannoli form* with at least ½-inch overlap and press down to seal. Repeat with remaining circles.

6. Arrange seam side-down on a parchment-lined baking sheet and bake for approximately 15 minutes or until pastry is golden and firm. Let cool completely before removing tubes and adding filling.

7. Just before serving, place the filling in a pastry bag with a large tip or zip-top bag and cut a ½-inch diameter piece off the end/corner. Insert the tip into 1 end of a shell and pipe the filling in halfway, then pipe to fill from the other end. Repeat with the remaining shells. Garnish with chopped pistachios and/or chocolate, if desired.

Filling

1 ½ cups whole milk or part-skim ricotta cheese
3 tablespoons honey
½ teaspoon vanilla extract
½ teaspoon orange zest
¼ cup (about 1 ½ ounces) dark chocolate, chopped, for garnish (optional)
¼ cup unsalted pistachios, chopped, for garnish (optional)

1. Make filling by combining ricotta, honey, vanilla, orange zest, and chocolate. Mix until evenly distributed.

*Note: A piece of dry manicotti pasta, lined with greased parchment paper, will also work, but may be more difficult to remove or may require breaking the pasta.

Cannoli are named after the diminutive of canna, meaning cane or tube. They originated in Palermo, Sicily, initially eaten during the celebration of Carnevale (preceding Lent). Cannolis are traditionally deep-fried, yielding a product higher in calories. Particularly problematic is the creation of trans fats through the heating process.

Nutrition Facts (using whole milk ricotta)
203 calories | 9g fat | 5g saturated fat | 133mg sodium
22g carbohydrate | 2g fiber | 9g sugar | 5g protein
PANNA COTTA WITH FRESH BERRIES

Panna Cotta con Bacche – 30 Mins Active | 2½ Hours Total – Serves 6 –

Nutrition Facts
177 calories | 4g fat | 2g saturated fat | 139mg sodium
30g carbohydrate | 1g fiber | 28g sugar | 7g protein

Ingredients
2 cups whole milk
1 ¼-ounce pouch (2½ teaspoons) unflavored gelatin powder
¼ cup raw sugar
2 tablespoons honey
1 teaspoon vanilla extract
2 cups low-fat plain yogurt (or plain yogurt of choice)
¼ teaspoon fine sea salt
2 cups fresh berries, such as raspberries or blueberries
Honey, for garnish

Directions
1. Pour 1 cup milk into a small bowl and sprinkle gelatin over top. Let sit for 5 minutes to soften the gelatin, then stir to combine.
2. Pour remaining milk, sugar, and honey in a small pan. Simmer over medium-high heat, stirring constantly. Remove after 1 minute and stir in gelatin mixture.
3. Transfer to a medium bowl and whisk in yogurt, vanilla, and salt.
4. Pour into 8 6-ounce small cups. Cover each with plastic wrap and chill until firm, at least 2 hours.
5. To serve, spoon berries over top and drizzle with honey.

*Panna cotta* means “cooked cream” in Italian and is thought to have originated in the Piedmont region. It is similar to the more famous French crème brûlée, but is cooked on the stove and then chilled, rather than cooked in the oven, and doesn’t include eggs. While traditionally made with heavy cream, this lighter version uses whole milk and yogurt, which provides beneficial live probiotics because heat is not added.
**Sponge Cake**

- 2 large eggs, beaten
- ½ cup whole milk (or milk of choice)
- 1 teaspoon vanilla extract
- 1 cup oat flour
- 1 tablespoon baking powder
- 1 teaspoon honey
- 1 cup raw sugar
- 1 teaspoon fine sea salt

1. Preheat the oven to 350°F. Line 1 8x8-inch or 2 loaf pans with parchment paper, and grease with butter.

2. To make the sponge cake, whisk the eggs, milk, honey, sugar, and vanilla together in a large bowl. In a separate bowl, mix together the oat flour, baking powder, and salt. Add the oat mixture to the egg mixture and stir to combine. Let rest for 10 minutes.

3. Pour into pan(s) and bake for 20-25 minutes, until firm to the touch and pulling away from sides. Transfer to a wire rack and set aside to cool.

Once the sponge cake has cooled, cut into 2 layers and then into 1-inch rectangles (resembling traditional ladyfinger cookies).

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**Cream**

- 2 large eggs, yolks separated
- ¼ cup oat flour
- 4 teaspoons vanilla extract
- 1 tablespoon raw sugar
- 1 cup whole milk
- 1 cup mascarpone cheese

1. Whisk together the egg yolks, flour, vanilla, sugar, and milk. Pour into a medium saucepan over low heat and cook for 10 minutes, whisking constantly. Be sure to not let the eggs curdle.

2. Remove from heat, pour the egg mixture into a bowl, and set aside to cool completely. Then add the mascarpone and mix until combined.

3. In another bowl, beat the egg whites and sugar until they form soft peaks. Carefully stir into the cooled cream.

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**Coffee Sauce**

- ½ cup strong coffee
- ¼ cup brandy

1. Whisk the coffee and brandy together in a shallow bowl.

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**Assemble**

- cinnamon, for garnish

1. Line a loaf pan (roughly 9x5-inch) with wax paper or plastic wrap, leaving an overhang on at least 2 opposite sides.

2. Dunk each piece of sponge into coffee sauce and add a layer to the dish. Pour over half of cream, ensuring even distribution.

3. Repeat with second layer.

4. Cover and leave in refrigerator to set, at least 8 hours.

5. When ready to serve, use wax paper to gently invert tiramisu onto serving dish and dust with cinnamon to garnish.

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**Tiramisu**

*Tiramisu* means “pick me up” in Italian (from the verb *tirare*, meaning to pull), named appropriately for the coffee and other strong flavors in this traditional dessert. This version contains more fiber, protein, and less saturated fat by using oat flour to make a sponge cake, rather than using ladyfinger cookies.

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**Nutrition Facts**

- 210 calories | 9g fat | 4g saturated fat | 273mg sodium
- 27g carbohydrate | 2g fiber | 15g sugar | 6g protein

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**TIRAMISU**

- 1½ Hours Active | 9½ Hours Total
- Serves 16

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**Coffee Sauce**

- ½ cup strong coffee
- ¼ cup brandy

**Assemble**

- cinnamon, for garnish

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**Sponge Cake**

- 2 large eggs, beaten
- ½ cup whole milk (or milk of choice)
- 1 teaspoon vanilla extract
- 1 cup oat flour
- 1 tablespoon baking powder
- 1 teaspoon honey
- 1 cup raw sugar
- 1 teaspoon fine sea salt

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**Cream**

- 2 large eggs, yolks separated
- ¼ cup oat flour
- 4 teaspoons vanilla extract
- 1 tablespoon raw sugar
- 1 cup whole milk
- 1 cup mascarpone cheese

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**Tiramisu**

*Tiramisu* means “pick me up” in Italian (from the verb *tirare*, meaning to pull), named appropriately for the coffee and other strong flavors in this traditional dessert. This version contains more fiber, protein, and less saturated fat by using oat flour to make a sponge cake, rather than using ladyfinger cookies.