

March 19, 2021 – Italian – St. Joseph's Day

Zucchini Rollatini – Nancy Meehan

318 Cals 21 Protein 18.5 Carbs 17.5 Fats

PREP TIME: 10 mins **COOK TIME:** 20 mins **TOTAL TIME:** 30 mins

YIELD: 3 SERVINGS

INGREDIENTS

- 2 large, 14 oz each zucchini, cut lengthwise into 12 (1/4-inch thick) slices
- 1/2 teaspoon kosher salt
- fresh black pepper, to taste
- 1 cup marinara sauce
- 1 large egg
- 2/3 cup part skim ricotta cheese
- 1/2 cup grated Pecorino Romano cheese, plus more for serving
- 1/4 cup chopped basil
- 1 garlic clove, minced
- 3/4 cup shredded mozzarella

INSTRUCTIONS

Preheat the oven to 400F. Spread 1/4 cup marinara sauce on the bottom of a 13 x 9-inch baking dish.

Cut the zucchini lengthwise, into 1/4-inch thick slices until you have a total of 12 slices about the same size.

Season both sides of the zucchini with 1/2 tsp salt and pepper, then grill on a grill pan over high heat (or in the oven on broil) to help dry out the zucchini, until pliable and grill marks form, but not fully cooked, about 2 minutes on each side.

In a medium bowl, beat the egg then mix together with ricotta, Pecorino Romano, basil, garlic, 1/8 tsp salt and 1/8 tsp pepper.

Spread the ricotta mixture (about 1 1/2 tablespoons each) evenly onto each zucchini slice, spreading to cover.

Roll up slices and arrange them each seam side down in the prepared dish. Top each with 1 tbsp marinara sauce and 1 tbsp mozzarella cheese and tightly cover with foil.

Bake 20 minutes, or until the cheese is hot and melted.

MINISTRONE WITH GNOCCHI – Marie Blanco

(Marie notes that this recipe is courtesy of Food Network Kitchen)

Level: Easy
Total: 40 min
Prep: 10 min
Cook: 30 min
Yield: 4 servings

Ingredients:

3 tablespoons extra-virgin olive oil, plus more for drizzling
2 stalks celery, chopped
2 carrots, chopped
1 onion, chopped
Kosher salt and freshly ground pepper
2 cloves garlic, minced
1/4 teaspoon red pepper flakes
1 15-ounce can dice tomatoes
1 small sprig rosemary
1/3 cup grated parmesan cheese, plus 1 small parmesan rind (optional)
1 small head escarole, chopped*
1 16-ounce package gnocchi

*a substitute for escarole is spinach.

Directions:

1. Heat the olive oil in a large pot or Dutch oven over medium-high heat. Add the celery, carrots, onion, 1/2 teaspoon salt and a few grinds of pepper. Cook, stirring occasionally, until the vegetables soften, about 5 minutes. Add the garlic and red pepper flakes; cook 1 minute.
2. Add 6 cups water, the tomatoes, rosemary, parmesan rind and 1/2 teaspoon salt to the pot. Bring to a simmer, then reduce the heat to medium and cook until vegetables are very tender, about 15 minutes. Stir in the escarole and cook until wilted, about 3 minutes; season with salt and pepper. Stir in the gnocchi and cook, gently stirring occasionally, until tender, about 3 minutes. Discard the rosemary sprig and parmesan rind. Ladle the soup into bowls; top with the grated parmesan and drizzle with olive oil.

Garlic Bread Recipe – Della Bauserman

¾ cup softened butter

2 tablespoons minced garlic

½ cup grated parmesan cheese

1 cup grated mozzarella cheese

1 loaf Italian bread cut into ½ inch slices

Preheat oven to 400 degrees. Mix together butter, garlic, and parmesan cheese. Spread butter mixture on Italian bread. Place bread on cookie sheet. Bake for 10 minutes. Remove from oven. Sprinkle with mozzarella cheese. Turn oven to broil. Broil for 1-2 minutes.

Marinara sauce – Della Bauserman

1 can of crushed San Marzano or San Merican tomatoes

1 medium yellow onion, peeled and halved

3 large hardneck garlic cloves

2 tablespoons of extra-virgin olive oil

1 teaspoon dried oregano

¼ teaspoon crushed red pepper flakes

3 large sprigs of fresh basil

Combine the above ingredients in a saucepan. Bring to a simmer over medium high heat. Lower the heat to medium low and keep it at a simmer for 45 minutes, stirring occasionally. Remove pot from heat. Discard onion and basil. Smash garlic cloves and any pieces of onion against the side of pot with a fork and stir into sauce. Add salt or pepper to taste.

The hardneck garlic seems to be more flavorful than softneck garlic, if you substitute, softneck garlic, you will need to add more cloves, but I'm not sure how many, possibly 2 or 3.