

1 Ingredients

- 1 2 oz can of anchovies
- 1 vidalia onion
- 5 garlic cloves
- 1/2 cup red wine (optional)
- 1 small can of tomato paste
- 2 tablespoons butter
- 1 large can of peeled tomatoes
- 2 tablespoons honey
- 3 tsp italian seasoning
- 1/8 tsp red pepper flakes
- 1 pound pasta (e.g., rigatoni or penne)
- 1 pound of ground beef or sausage
- 1 large container of ricotta cheese
- 1/2 cup grated parmesan cheese
- 1 egg
- 8 oz mozzarella
- 1 can hearts of palm
- 4 garlic cloves
- 1 shallot
- 1 celery stalk
- 1/4 ounce fresh dill
- 1 lemon
- 1/4 cup mayonnaise
- 1 tablespoon capers
- 2 brioche buns
- 1 tsp old bay seasoning
- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil
- 1 lb sausage
- 1/4 cup flour
- 2.5 cups of milk
- 1 can of biscuits
- Optional: eggs

2 Recipe One

Figure 1: Baked Ziti



- 1 2 oz can of anchovies
 - 1 vidalia onion
 - 5 garlic cloves
 - 1/2 cup red wine (optional)
 - 1 small can of tomato paste
 - 2 tablespoons butter
 - 1 large can of peeled tomatoes
 - 2 tablespoons honey
 - 3 tsp italian seasoning
 - 1/8 tsp red pepper flakes
 - 1 pound pasta (e.g., rigatoni or penne)
 - 1 pound of ground beef or sausage
 - 1 large container of ricotta cheese
 - 1/2 cup grated parmesan cheese
 - 1 egg
 - 8 oz mozzarella
1. Dice onion and mince garlic.
 2. Heat 2 tablespoons olive oil in a sauce pan. Add anchovies and cook until they break down.
 3. Add onions and garlic to the pan and cook until soft.
 4. Add red wine and simmer for 3-5 minutes (optional).
 5. Add tomato paste and butter, and cook until fully combined.
 6. At peeled tomatoes, stir breaking up tomatoes.
 7. Once simmering, add honey, 2 tsp italian seasoning, pepper flakes and continue to stir.
 8. Brown meat in a frying pan with 1 tsp italian seasoning.
 9. Prepare pasta according to package instructions. Save 1 cup of pasta water in case you need to loosen the sauce.
 10. Drain meat and put in a large bowl. Mix in ricotta, egg, half the mozzarella, half the parmesan, and a pinch of salt and pepper. Add in half the tomato sauce and all of the pasta.
 11. Add mixture to a 9x13 glass pan. Top with remaining tomato sauce, mozzarella cheese, and parmesan.
 12. Bake in the oven at 375 degrees for 35 minutes.

3 Recipe Two

Figure 2: Florida Rolls (Serves 2)



- 1 can hearts of palm
 - 4 garlic cloves
 - 1 shallot
 - 1 celery stalk
 - 1/4 ounce fresh dill
 - 1 lemon
 - 1/4 cup mayonnaise
 - 1 tablespoon capers
 - 2 brioche buns
 - 1 tsp old bay seasoning
1. Preheat oven to 425 degrees.
 2. Mince garlic, shallot, and dill. Thinly slice celery. Cut lemon into wedges, juice half of them.
 3. Combine hearts of palm with a drizzle of olive oil, 1 tsp old bay seasoning, and a pinch of salt and pepper.
 4. Cook hearts of palm on a rimmed baking sheet for 20 minutes.
 5. Combine shallot, celery, dill, mayonnaise, and capers in a medium bowl.
 6. Add cooked hearts of palm to bowl with shallot mixture.
 7. Toast buns and top with hearts of palm.
 8. Serve with lemon wedges.

4 Recipe Three

Figure 3: Eggplant Parmesan



- 1 eggplant
- 4 garlic cloves
- 4 ounces shredded mozzarella cheese
- 1/4 cup panko breadcrumbs
- 1 shallot
- 2 tsp Italian seasoning
- 1 can of fire roasted diced tomatoes
- 1 cup couscous
- 1 lemon
- 1 0.25 oz package of fresh basil

1. Cut ends off eggplant, peel, and slice eggplant lengthwise into 4 slices. Mince garlic and shallot. Zest lemon, cut into wedges and juice half of them. Roughly chop basil.
2. Coat eggplant in olive oil and season with salt and pepper. Cook in an oven at 425 degrees for 20 minutes, flipping halfway.
3. Mix half the garlic, and the mozzarella, breadcrumbs and 1 tablespoon olive oil.
4. Cook remaining garlic, shallot in olive oil. Add Italian seasoning and cook until fragrant.
5. Add tomatoes, and a pinch of salt and pepper. Simmer until thickened, about 10 minutes.
6. Cook couscous according to package instructions. Remove from heat and stir in lemon zest and juice, half the basil, and a tablespoon of olive oil.
7. Top eggplant with tomato sauce and breadcrumbs, and cook an additional 5-10 minutes.
8. Serve topped with remaining basil and lemon.

5 Breakfast Recipe

Figure 4: Sausage and Gravy (Serves 4)



- 1 lb sausage
- 1/4 cup flour
- 2.5 cups of milk
- 1 can of biscuits
- Optional: eggs

1. Cook biscuits according to package instructions.
2. Cook sausage in a stock pot.
3. Once sausage is cooked add 1/4 cup flour and cook for 2-3 minutes.
4. Add milk 1/2 cup at a time, stirring frequently.
5. Season with a lot of pepper.
6. Top biscuits with sausage gravy and eggs (optional).