

## **No Carb Italian Feast**

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*what an ITALIAN eats ON A DIET A No Carb Italian Feast*

### **INGREDIENTS**

#### **Weekday Sauce**

- 1 Lb of Spicy or Sweet Italian Sausage
- 1 Can Whole Peeled Plum Tomatoes
- 3 Garlic Clove
- 3 Tablespoons of Extra Virgin Olive Oil
- Fresh Basil
- Grated Parmigiano Reggiano to taste
- Salt to taste

#### **Caprese Arugula Salad**

- A Handful of Arugula
- 2 Slices of Prosciutto Di Parma
- A Healthy amount of Shaved Parm
- 5 Cherry Tomatoes, Halved
- 5 Mozzarella balls, Halved
- A few drizzles of Aged Balsamic Vinegar, go find the real stuff that is naturally evaporated, no added sugar
- A few drizzles of Extra virgin Olive Oil
- 1 Teaspoon of Dried Italian Seasoning
- Salt and Pepper to taste

#### **Broccolini in Garlic and Oil**

- 2 Bunches of Broccolini, cut into bite sizes pieces
- 3 cloves of Garlic
- 3 Tablespoons of Extra Virgin Olive Oil
- 1/2 Teaspoon of Chili Flake
- 1 Half Lemon, Juiced

- Salt to taste

## **INSTRUCTIONS**

### **Broccolini in Garlic and Oil**

1. Preheat a medium-sized pan on medium-high heat. If cooking a lot more than one pan can accommodate, use a bigger pan or two pans to ensure you get some nice color and there's no overcrowding.
2. Once hot add some olive oil to the pan and add the broccolini, get it tossed and coated in the oil, manage the heat, you want it hot, season with salt and then just try to get all the broccolini to make contact with the pan and like a piece of meat, let it be and let it sear until we develop color on that side. If it's too crowded it will be hard to achieve that color we want. You see this browning, that transforms the flavor of broccolini and brings out its sweetness. Mix it up and keep trying to develop more color.
3. Once you get nice color and the broccoli is softening but still has some life to it, add the garlic, the chili flake, and a touch more olive oil and mix it up, now you want to toast the garlic, getting the garlic to toast won't burn it but it will transform the flavor of the garlic as well and works in this recipe. Make sure you have enough oil which is going to be the vehicle to transfer the flavor of the garlic and chili into the broccolini.
4. Once the garlic is toasted and the broccoli is browned and nice and al dente, squeeze in the lemon segments, that's going to help finish cooking the broccolini, check for seasonings, and then ready to serve.

### **Caprese Arugula Salad**

1. Slice the mozzarella balls and the cherry tomatoes in half and assemble a nice layer on the bottom of the plate. This is a salad that is built layer by layer
2. Tear some fresh basil leaves over the Caprese and sprinkle some flakey salt on top along with a tiny drizzle of balsamic vinegar and good quality extra virgin olive oil
3. On top of the Caprese, add a handful of arugula and bunch it up nice and high. Season with Italian seasoning, flakey salt, and then dress with a touch more balsamic and extra virgin olive oil directly onto the arugula
4. Then wrap 1-2 pieces of prosciutto around the arugula to give the salad structure and height.
5. Finish with shave Parmigiano reggiano
6. Salad should be designed for 1 but can be scaled up to serve family style

### **Weekday Sunday Sauce**

1. Using a food mill (or Blender) - Add the whole can of tomatoes to the food mill and process the tomatoes until you are left with a thin, smooth consistency
2. Thinly slice the garlic cloves

3. In a large skillet or medium-sized pot, enough olive oil to coat the bottom of the pan on a medium heat
4. Add the sausage and brown on each side on medium heat
5. Transfer the sausage to a plate once its browned and then add garlic and basil to the pan
6. Cook for 2-3 minutes until the garlic begins to brown around the edges
7. Then add the tomato puree
8. Bring the heat to medium-high and continue to stir and once simmering, add the sausage back to the sauce and slowly simmer until the sauce is thickened and the sausage is cooked through. If the sausage cooks through before the sauce has thickened, remove the sausage and continue cooking the sauce. The sausage is cooked through at 160 degrees F. The sauce should be thick but not too thick. Adjust the salt to taste and then plate
9. Plate with tomatoes sauce, Parmigiano Reggiano, and fresh basil