

From Angie's Italian Kitchen:

Sausage Italiano

Ingredients:

3 Italian sausage links sliced in
1/2" sections

1 Med. onion sliced in thin rings

2 Med. Red peppers sliced thin

Dash of salt and pepper

3 Tbsp Olive oil

- saute onions in olive oil until caramelized (or less) stir gently to prevent sticking, remove from pan and set aside
- saute peppers, in the same pan until tender,

add olive oil if needed, remove from pan and set aside, salt and pepper to taste

- cook sausage slices in the same pan, cover, until well done, add olive oil if needed
- mix all finished ingredients together and serve with your favorite pasta dish with olive oil and garlic, or at a picnic, on an Italian bun

Buon Appetito!



From Angie's Italian Kitchen:

Italian Tomato Salad

Ingredients:

4 medium tomatoes

2 cloves garlic

2 Tablespoons extra virgin olive oil

2 pinches of salt

dash of pepper

- Cube tomatoes & chop garlic
- Mix together
- Sprinkle with salt, pepper & olive oil
- Stir thoroughly
- Serve with warm italian bread & enjoy!

Buon Apetito!



March 2006

From Angie's Italian Kitchen:

Herb Coated Tilapia with Lemon

Ingredients:

1 medium lemon

1 cup bread crumbs

3/4 cup chopped fresh herbs, cilantro,
parsley, thyme

2 tablespoons parmesan cheese

4 skinless tilapia fillets

2 tablespoons extra-virgin olive oil

Dash salt and pepper

- Coat the bottom of a baking dish with butter.
- Mix the bread crumbs, parmesan cheese, and herbs together.

- Place Tilapia in the baking dish and spoon herb mixture over top.
- Sprinkle with salt, pepper & olive oil.
- Bake at 350° for 10-15 minutes.
- Drizzle with lemon juice.
- Serve with a nice Italian salad & enjoy!

Buon Appetito!



From Angie's Italian Kitchen:

Italian Garlic Potatoes

Ingredients:

4 potatoes - washed well

2 cloves of garlic

1/3 cup extra virgin olive oil

2 pinches of salt

dash of pepper

- boil potatoes with skin on until cooked
- peel skins off immediately while warm
- cube potatoes
- mix all ingredients together in bowl
- add salt and pepper to taste
- serve warm

Buon Apetito!

Angie Williams

Late Spring 2005

From Angie's Italian Kitchen:

Italian Tomato and Cucumber Salad

Ingredients:

- 4 tomatoes - wedged, room temp.
- 1 medium cucumber - peeled and sliced
- 2 pinches of salt
- 1 garlic clove - chopped
- 2 tbsp olive oil
- 2 tbsp water
- 1 tbsp vinegar

- mix tomato wedges and sliced cucumber
- mix remaining ingredients for dressing
- pour dressing over tomato/cucumber mixture

- prepare about 1/2 hour before serving and serve at room temperature

Buon Appetito!



From Angie's Italian Kitchen:

Roasted Red Peppers

Ingredients:

2 Red Bell Peppers

2 Tbsp. Extra Virgin

Olive Oil

Pinch of Salt

1 Chopped Garlic Clove

French Stick

- Broil until roasted. (Rotate continuously until fully cooked.) If pepper burns a little, it's okay.
- Peel skin off and seed pepper.
- Cut pepper into long 1/2" strips.
- Mix together strips of peppers, olive oil, salt and garlic in a bowl.

- Cut French stick diagonally and then cut into 3" strips.
- Place a few of the pepper strips on the bread.

Buon Appetito!



January 2003

From Angie's Italian Kitchen:

Marinara Sauce

Ingredients:

1-6oz can tomato paste

2-28 oz cans whole tomatoes

1-14.5 oz can stewed tomatoes

2 cloves garlic

1 tsp basil (preferably fresh)

1 tsp oregano

4 tbsp olive oil

3/4 tsp salt

- puree whole tomatoes and stewed tomatoes and set aside
- sauté garlic whole (do not burn) then discard

- sauté tomato paste for one minute on low heat stirring constantly making sure it does not stick to pan, set aside
- pour pureed tomatoes in a 6-quart pot
- blend tomato paste and all other ingredients together in pot and simmer at low heat for 1-1/2 hours stirring constantly making sure sticking does not occur; any burning will change the flavor
- serve on your own favorite pasta dish

Buon Appetito! 

From Angie's Italian Kitchen:

Roast Beef

Ingredients:

5 lbs standing rib roast

2 cups au jus

1 stick of butter (room temp)

Montreal Steak Seasoning

- spread butter all over roast, butter must be room temperature
- douse roast evenly with Montreal Steak Seasoning
- Roast at 425° for the first 20 minutes then lower the temperature to 325°
- for medium rare, roast 20 minutes per lb
- baste with au jus every 25 minutes

- can be served with carrots and mashed potatoes
- A good old fashion meal!

Buon Apetito! 

From Angie's Italian Kitchen:

Rosemary Potatoes

Ingredients:

4 potatoes

1 tbsp rosemary

1/4 cup olive oil

1/2 tsp salt

1/2 tsp pepper

- cut potatoes in half, then slice horizontally
- place sliced potatoes in 2" deep casserole dish
- mix all ingredients and place over potatoes
- bake at 375° until tender, stirring once or twice
- serve with any main dish and enjoy!

Buon Appetito!

Angie Williams

From Angie's Italian Kitchen:

Bruschetta

Ingredients:

1 French bread stick sliced horizontally and cut into 3" blocks

4 large ripe tomatoes, chopped

1/4 cup olive oil

1/4 tsp salt

2 tbsp fresh basil or 1/2 tsp oregano

- mix all ingredients in a bowl and let stand in the refrigerator for 1/2 hour
- take the mixture and spoon it on top of the bread
- place bread under the broiler for 1 minute
- serve immediately

Buon Apetito!



From Angie's Italian Kitchen:

Penne Pasta with Spinach

Ingredients:

3/4 of bag fresh spinach

2 cups cherry tomatoes

1 box small penne pasta

2 garlic cloves, minced

3 tbsp olive oil

1/2 cup grated parmesan cheese

- Saute all ingredients in olive oil until cherry tomatoes have softened and well mixed with spinach.
- Mix all finished ingredients together into your cooked penne pasta. Sprinkle with parmesan cheese. Serve with garlic bread.

- For added flavor you can add cut up cooked italian sausage or chicken. Serve as main dish or side dish

Buon Apetito!



From Angie's Italian Kitchen:

Tasty Grilled Zucchini

Ingredients:

1 fresh zucchini
3 tbsp olive oil
salt and pepper

- Slice the zucchini into 1/4" slices.
- Brush each side with olive oil.
- Grill on both sides until soft. Do not char.
- Sprinkle with salt and pepper to taste.
- Serve hot or cold.

- Can be served on a panini sandwich with grilled chicken or as a side to your favorite main dish.
- Can also be served on toasted Italian bread as appetizer

Buon Apetito!

A handwritten signature in blue ink that reads "Angie Williams". The signature is written in a cursive, flowing style.

Spring 2010