

Cheftini

MAGICAL MEALS IN MINUTES



Quick & simple recipes that take the stress out of mealtime

**3 RECIPES USING
SAN MARZANO
SAUCE**

1 sauce 3 recipes

**SOUP OF THE
MONTH**

Pasta Fagioli

**MOSTLY
HOMEMADE**
GRILLED CHICKEN PESTO
FLATBREAD PIZZA



Tina DiLeo
pampered|chef
INDEPENDENT CONSULTANT



For more Information



Cheftinimagicalmeals@gmail.com



or shop at
<https://www.pamperedchef.com/pws/tdileo>



END
SUMMER
HUNGER




FEEDING
WESTCHESTER
feedingwestchester.org

200 Clearbrook Road
Elmsford, NY
10523

(914) 923-1100

TABLE OF CONTENTS

2

Cheftini Says

3

3 Recipes using one simple San Marzano Sauce

6

I'm Every Blogger (blogger spotlight): Mangia Michelle

8

Mostly Homemade: Grilled Chicken Pesto Flatbread Pizza

7

Soup of the Month: Pasta e Fagioli



Cheftini Says...

Welcome!

Hi! I'm Tina DiLeo, a New York-based food blogger devoted to the passed-down traditions of Italian family cooking. My training began at home as a child, at the Institute of My Italian Mama, where recipes were measured by a "pinch" of this or a "handful" of that. At my mother's side, I learned that the most important ingredient in any dish is love. Cook with love and your meals will always taste magical!

Inside I hope you will find recipes, tips and tricks that I have been using in my kitchen for years. Consider this an extension of my blog, Cheftini.com. My goal is to help take the stress out of mealtime by sharing my favorite recipes, kitchen tools as well as a spotlight on my favorite bloggers.



Contact Information:

Email:

cheftinimarketing@gmail.com



@Cheftini

Website:

CHEFTINI.COM

WHAT'S THE SECRET TO A GOOD SAUCE?

It's the age old question. But what's the answer? I'm certain that every Italian family has their own signature sauce (to say) and that you will never find two families that do it exactly the same.



I have learned over the years that a good tomato sauce needs to start with the best quality peeled tomatoes. Preferably San Marzano tomatoes. These tomatoes are plump, sweet and full of flavor.

SAN MARZANO SAUCE

INGREDIENTS:

- 1 - 28 oz can of San Marzano tomatoes
- 1/4 cup olive oil extra virgin
- 2 cloves garlic halved
- 1 handful Italian Parsley Chopped
- 4 Basil Leaves (whole)
- 2 pinches salt



RECIPES



INSTRUCTIONS:

Heat oil and garlic on medium heat (do not brown) Using a food mill strain the entire can of tomatoes into the pot.

Add fresh parsley and basil. Bring to a slow simmer and add salt. Stir occasionally Once simmered bring down heat to low and Let cook for an additional 15 minutes.



Eggplant Rollatini

INSTRUCTIONS:

Peel and slice the eggplant into 1/8" pieces. Place breadcrumbs in a shallow bowl with a TBSP. fresh parsley, salt and pepper to taste. Mix 2 eggs with a few tablespoons of milk in another shallow bowl for egg wash. Dip both sides of eggplant into egg wash, then breadcrumbs and set aside.

Heat oil in a large Saute pan; begin frying the eggplant until just golden brown. Place on a baking sheet lined with paper towels.

In a bowl mix ricotta, some Parmesan cheese and diced mozzarella cheese. Add 1 egg, some chopped parsley and mix well. Lay eggplant slices out and dollop a tablespoon (or so) of ricotta filling onto the lower third of the slice. Spread out with the back of a spoon and roll up three times. Repeat until done.

Put a cup of tomato sauce on the bottom of an oven safe baking dish with a few tablespoons of water, swirl around.

Place the eggplant roll ups, folded side down, into the baking dish. Cover with more sauce, top with more grated parmesan and the shredded mozzarella. Bake in a preheated 400F oven for 20 minutes covered with aluminum foil. Remove the foil and transfer the baking dish to the top rack, continue baking for an additional 12 minutes or until the filling is completely cooked. Let cool a few minutes and then serve.

INGREDIENTS:

- 1 small eggplant
- 2 cups breadcrumbs
- 3 large eggs - divided
- 1 C. ricotta cheese
- 1/2 C. grated parmesan divided
- 1 cup Mozzarella Cheese diced
- 3 Tbsp. Mozzarella Cheese shredded
- 1 Tbsp Italian Parsley, Chopped
- 3 Cups Simple San Marzano Sauce -
- Canola oil for frying



Tortilla Sausage Pizza Rolls

INGREDIENTS:

4 Italian Sausages removed from casings -
8 oz Mushrooms sliced 1/2 cup sliced
Vinegar peppers - S&P - (2) 10" Flour
tortillas - 1/2 cup simple San Marzano
Sauce - 1/2 cup shredded mozzarella
cheese - Grated Parmesan Cheese -
chopped parsley.

INSTRUCTIONS:

Saute Sausage in Skillet until cooked
through. Remove from Skillet and Set aside.
Saute Mushrooms until lightly golden
brown. Season with s&p and add Vinegar
peppers. Continue to cook a few minutes
and then return Sausage to the pan. Add
chopped parsley and mix well. Combine
and again transfer back to bowl.
Turn heat down to low, Take 1 burrito and
lay inside the Skillet spread 2 T sauce all of
over, leaving a border around the edges.
Sprinkle oregano and then a sprinkle of
grated cheese, and mozzarella cheese.
Allow to set before spreading 1/3rd of the
mixture. Let sit and then remove and roll up
quickly. Let stand a few minutes and then
slice into desired size.

Creamy Chicken Contadina

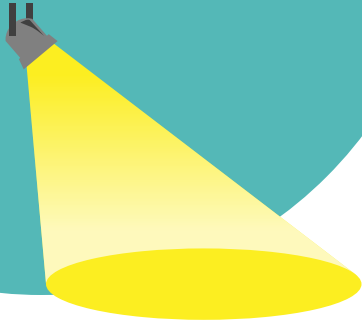
INGREDIENTS:

2 LBS chicken cutlet breasts Thin -
1/4 Cup flour seasoned with s&p - 1 LB
White Mushrooms sliced -
1 Medium shallot sliced thin - 1/2 Cup
Fresh Tomatoes diced - 1/2 Cup San
Marzano Sauce - 2 Tbsp. unsalted butter
divided - 1/2 Cup Extra Virgin Olive Oil
divided - 1/2 Cup Heavy Cream - Splash
dry white wine

INSTRUCTIONS:

Clean and slice mushrooms. Saute with
1/2 tbsp butter and a tablespoon of
EVOO until slightly browned. Set aside.
Lightly season chicken cutlets with s&p.
Dredge through the seasoned flour. In
same pan, add remaining oil and
butter. Cook each piece of chicken on
both sides until golden brown and
cooked through. Set aside chicken
when cooked. *don't crowd the pan,
work in batches if necessary*
Next with the flame on medium heat,
add the remaining butter and oil. Saute
the shallots for 3-4 mins, season as
desired with salt and pepper; add
mushrooms, tomatoes, white wine and
tomato sauce. Bring to a slow simmer
and then add cream. Cook for an
additional 2-3 mins, then return the
chicken to the pan. Coat through the
sauce... Continue to simmer for an
additional few minutes. Serve warm.

I'M EVERY BLOGGER



• IN THE SPOTLIGHT THIS MONTH •

Mangia Michelle



MICHELLE CASEY

www.mangiamichelle.com

Michelle is a Westchester Food Blogger who shares the most delectable and mouth watering recipes that are simple to make. From Savory to deserts her, she shares it all!

Recipe or Wing it ?

"WING IT ALWAYS! BUT
NOW I GO BACK AND WRITE
THE RECIPE AFTER 😊 "

Q & A

A little bit about Michelle ...

Q. Why did you start blogging?

Because I needed a creative outlet. I needed something that would allow me to express myself. And since I love cooking, food blogging was a no brainer. I'm always experimenting in the kitchen and blogging allows me to document my recipes.

Q. What's your go to meal?

Without hesitation, my go to meal is pasta. I love making pasta because it's a blank canvas... With pasta you can do whatever you want. You can make an oil based sauce, tomato based or cream based. They all taste delicious

Q. What is your most epic fail or kitchen disaster?

I once tried making chicken meatballs. They were a disaster. They legitimately tasted like cat food. This was about one year ago and I still haven't recovered. Needless to say it was a huge disappointment for me. I haven't made another attempt to make them, but I definitely want to give it another go.



@mangiamichelle



mcasey322



@Mangia_Michelle



IN A PINCH FOR TIME?

Try these timesaver
foods for a little help

Mostly
Homemade

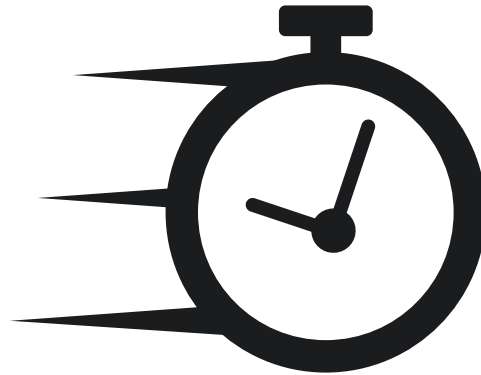
Rotisserie Chicken/Turkey

Grilled Deli Meats

Pesto Sauce

Canned Beans

Basic Tomato Sauce



Grilled Chicken Flat Bread Pizza

INGREDIENTS:

Package of Flatbread Pizza Crusts
3 TBSP. San Marzano Sauce
2 TBSP Pesto sauce
3 TBSP. Grated Mozzarella Cheese
1/4 cup of sliced grilled chicken

INSTRUCTIONS:

Pre-heat oven to 450 degrees.
Grease a baking sheet, brush flat bread
lightly with olive oil. Add sauce, a few
dollops of pesto, grilled chicken and a
sprinkle of grated mozzarella cheese. Bake in
the oven for 15 minutes (or until bottom is
crispy and cheese is melted)



Pasta e Fagioli

INGREDIENTS:

19 oz can of Cannellini Beans rinsed and drained
2 Tbsp. olive oil
1/2 cup Sauce or crushed tomatoes
1/2 cup onion diced
1-2 cloves garlic crushed
1/2 cup celery diced
1/2 cup carrot diced
1 Beef Bouillon Cube
Salt & Pepper to Taste easy on the salt
1 Bay leaf
3-4 cups water
1 1/4 cup of Ditalini Pasta
Parmesan cheese



Soup of the Month

I prefer this dish to be somewhere between a stew and a soup with white beans, a hint of tomatoes, carrots, onions and celery.

INSTRUCTIONS:

In a stock pot saute garlic, onions, celery, and carrot on medium heat for 5 minutes. Season with salt and pepper and then add the beans.

Stir to combine and then add the tomatoes, water, bouillon, thyme and bay leaf. Bring to a boil over medium/high heat and then add pasta.

Continue to cook soup on low heat and simmer for an additional 15 minutes or until pasta is cooked. Serve warm with crusty bread.

For more recipes

Visit

cheftini.com

and

SUBSCRIBE for the **#whatsfordinner** newsletter



Cheftini



MAGICAL MEALS IN MINUTES