



Chickpea Salad

Serves 4

2 cups canned chickpeas, rinsed and drained
½ small red onion, minced
3 tablespoons minced fresh parsley
2 ½ tablespoons fresh lemon juice
2 tablespoons extra virgin olive oil
1 teaspoon Dijon mustard
1-2 cloves garlic, minced
Salt and ground black pepper to taste
4 cups shredded lettuce, washed and dried

1. Combine first 8 ingredients in a bowl.
2. Layer lettuce on a platter and spoon chickpea salad on top.

Tomato and Onion Salad

Serves 4

2/3 mild onion, cut in half lengthwise and thinly sliced
1 lb ripe tomatoes, thinly sliced

Dressing

3 tablespoons olive oil
1 tablespoon red wine vinegar
1/8 teaspoon sugar
Salt and ground black pepper to taste

1. Separate the onion slices into half-rings. Overlap the tomato slices in circles of diminishing size in a large shallow dish. Arrange the onions on top.
2. In small bowl, make the dressing – combine the olive oil, red wine vinegar, and sugar; then add salt and pepper to taste.
3. Spoon the dressing over the tomatoes and onions, cover, and chill until ready to serve. Sprinkle with the snipped chives and serve immediately.

Sautéed Spinach

Serves 4

1 tablespoon extra-virgin olive oil
1 (10 ounce) bag spinach leaves
1 1/2 teaspoons garlic, minced
1/4 cup grated Parmesan cheese

1. Heat the olive oil in a large skillet over medium heat.
2. Add the spinach to the skillet and cover; cook 5 minutes.
3. Stir in the garlic salt and cover again for another 5 minutes; remove from heat.
4. Sprinkle with Parmesan cheese to serve.

Turkey Sausage Pasta

Serves 4

1/2 (16 ounce) package uncooked whole wheat penne pasta
2 tablespoons olive oil
2 tablespoons minced garlic
1 large onion, chopped
1 large green bell pepper, seeded and chopped
1/2 pound Italian turkey sausage, cut into 1/2 inch slices
1 (28 ounce) can of crushed tomatoes, with Italian seasoning
Grated Parmesan cheese for topping

1. Bring a large pot of water to a boil. Cook pasta until just tender, 9 to 11 minutes, or according to package instructions.
2. Place sausage in a large skillet over medium heat and cook until evenly brown; set aside.
3. Heat oil in skillet. Stir in garlic, onion, and pepper, and cook until tender.
4. Add tomatoes and sausage and continue cooking for 5 minutes, or until heated through.
5. Layer sausage and vegetable mix over pasta. Garnish with Parmesan cheese.