



A Taste of Italy – Part One

Photography by Paul Nurnberg

Have you ever dreamed of exploring Italy, visiting the cities and countryside, and eating as the Italians do? Join me on a culinary tour. For the next two issues, we'll be dining on Italian foods. Just choose a recipe and start cooking. By cooking and sharing regional dishes, we can experience some of the colors, flavors and traditions of Italy.

Spuma di Tonno

This smooth tuna spread is incredibly simple, yet has great depth of flavor. Serve it with bread sticks (grissini) or crostini and sparkling wine.

1 (7-ounce) can oil-packed tuna, drained

4 teaspoons fresh lemon juice

Celebrate La Dolce Vita!

Written by Debbi Covington

Monday, 18 April 2016 14:49 - Last Updated Wednesday, 20 April 2016 05:33

4 teaspoons light soy sauce

3 teaspoons balsamic vinegar

4 tablespoons butter, softened

Freshly ground black pepper

2 tablespoons heavy cream

Italian parsley, to garnish

Capers, to garnish

Place the tuna in a food processor and pulse to break up the fish. With the machine running, add the lemon juice, soy sauce and balsamic vinegar. Add the butter and blend until smooth, then stop the machine and scrape down the sides of the processor bowl. Season to taste with pepper and then blend again. Add the heavy cream and pulse to blend. (Be careful not to over-process once the cream is added or the mixture may break.) Place in a serving dish and garnish with parsley and capers. Serve at room temperature, or cover and refrigerate for up to 3 days. Return to room temperature before serving. Serves 6 to 8.

Italian Sausage and White Bean Soup

Cannellini beans are white Italian kidney beans. They're available in both dry and canned

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For the minestrone, I used a mix of great northern beans, lentils, and small pasta. I added a splash of red wine and a pinch of salt. The soup is served with a side of string beans.



The salad is made with a mix of vegetables, including cherry tomatoes, green bell peppers, cucumber, and croutons. It is dressed with a simple vinaigrette. The salad is served as a side dish.

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What a wonderful day to celebrate La Dolce Vita! It's a day to enjoy the simple pleasures of life, like a glass of sparkling beverage and a slice of lemon. [Click here to learn more about La Dolce Vita.](#)