



BRUSCHETTA

Serves:
4

Prep Time:
5 min

Cook Time:
5 min

INGREDIENTS:

- 1 loaf French or Italian bread, 1 ½- 2 in slices
- Olive oil
- 1 garlic clove
- 1 pint grape tomatoes, sliced in half or 1 medium tomato, diced
- ¼ cup onion, diced
- 6-8 large basil leaves, thinly sliced
- Kosher salt and freshly ground black pepper, to taste
- Balsamic glaze, optional

METHOD:

1. In grill pan, over medium heat, drizzle olive oil. Place bread slices onto grill pan and drizzle tops with additional olive oil. Cut tip off of garlic clove and rub onto the top side of the bread slice. Grill bread until lightly toasted on both sides, about 2 minutes per side. Remove from grill to a serving platter.
2. Stir together tomatoes, onion, and basil leaves. Add salt and pepper to taste, and spoon onto top of grilled bread. Drizzle all slices with balsamic glaze, optional.

Notes: If you prefer, you can toast bread in the oven rather than on a grill pan. Preheat oven to 400 degrees and follow the remainder of the method above.



CHICKEN PARMESAN

Serves:
4

Prep Time:
20 min

Cook Time:
20 min

INGREDIENTS:

- 2 chicken breasts, cut thin
- 2 cups Italian bread crumbs
- 2 eggs
- 1 cup flour, seasoned
- 1 cup whole milk
- 1 jar SE Grocers tomato sauce
- 8 oz shredded mozzarella
- 2 oz olive oil

METHOD:

1. Heat a skillet to medium low heat and add oil.
2. Make egg wash by combining the eggs and whole milk together and mixing well.
3. Place the bread crumbs, flour and egg wash in separate bowls. Dredge the chicken breast in the flour, then the egg wash, then coat with the breadcrumbs. Then place gently down into the skillet of hot oil.
4. Cook the chicken for about 3-4 minutes then flip. Cook for an additional 5-8 minutes.
5. Reduce heat to low and add 1 ounce of tomato sauce to each piece of chicken, and top with mozzarella cheese. Place a lid over the top of the skillet to melt the cheese. You can also place the pan (if oven safe) in the broiler to get a nice golden brown crust.



LASAGNA

Serves:
6-8

Prep Time:
25 min

Cook Time:
1 hr

INGREDIENTS:

- 1 cup cottage cheese
- 1 cup ricotta cheese
- 16 oz package lean ground beef
- 16 oz SE Grocers traditional lasagna
- 24 oz marinara sauce
- 2 cups shredded mozzarella cheese
- 1 tbsp Italian seasoning
- 1 tbsp fresh basil, chopped
- 1/3 cup grated parmesan cheese
- 1/4 tsp salt
- 1/4 tsp pepper

METHOD:

1. Preheat oven to 375 degrees.
2. In skillet, over medium-high heat, brown ground beef, season with salt and pepper. Drain, set aside.
3. Cook lasagna noodles according to package instructions. Remove from heat and drain.
4. Spray bottom of 9x9 baking dish with non-stick pan spray then add a layer of cooked noodles.
5. Set aside 2 oz of mozzarella and 2 oz of parmesan cheese for the topping. Mix cooked ground beef, cottage cheese, ricotta cheese, marinara sauce, mozzarella cheese, basil, Parmesan cheese and Italian seasoning together in large bowl.
6. Spoon mixture over noodles in baking dish until covered. Then add another layer of noodles.
7. Repeat step 6 until 1/2 an inch from the top of the dish. Cover the top layer of noodles with parchment paper.
8. Cover dish with tin foil and bake for one hour.
9. Remove tin foil and parchment paper and add remaining cheese. Bake for another 10 minutes or until cheese on top is lightly browned.
10. Remove from oven, let cool for 30 minutes until set.