

WHITE BEAN WITH ONION CONFIT

1/4 cup plus 2 Tbls EVOO (extra virgin olive oil)

2 large onions, sliced thin, then caramelized

10 garlic cloves, sliced thin

1 scant tspn chopped rosemary

1/4 tspn crushed red pepper

kosher salt and fresh ground pepper

3 15oz cans cannellini beans

2 Tbls chopped flat leaf parsley

1/4 cup fresh grated Parmeggiano-Reggiano

In a large sauce pan, heat olive oil until shimmering. Add caramelized onions, garlic, rosemary, crushed red pepper and season with salt and pepper. Cover and cook over moderately low heat, stirring occasionally until onions are soft, app. 15 minutes. Stir in beans and parsley and simmer until stewey, app. 5 min. Stir in cheese and season with salt and pepper. Serve at room temp. with crusty bread.

PASTA WITH SWISS CHARD AND SAUSAGE

3 large bunches swiss chard red or white

1lb Italian sausage- casings removed

2 Tbls EVOO

1 large onion, sliced thin

salt and pepper to taste

pinch dried chili flakes

3/4 lb fusilli, oricchiette or penne rigate

1/2 cup grated Parmesan

Chop swiss chard into coarse chunks and cook in salted boiling water. Drain well, saving the cooking water to cook pasta in. Roll sausage into small balls and cook in olive oil over med. heat until brown and cooked thru app. 6-8 minutes. Remove sausage, add onions, sautee and season with salt pepper and chili flakes to pan. Add cooked greens and sausage, tossing for a few minutes.

Bring to boil a large pot of water, add chosen pasta. Cook al dente, drain and return to pan. Toss with bit of salt and EVOO. Plate and top with mixture, drizzle EVOO and sprinkle with cheese, and serve.

SWEET AND STICKY HOT WINGS

1 Tbls all purpose flour

1 tspn salt

2 lbs chicken wingettes and drumettes

2 1/2 Tbls red hot sauce

2 Tbls melted unsalted butter

1/2 tspn dried garlic

1/2 tspn onion

1 tspn smoked paprika

2 Tbls melted hot pepper jelly

Preheat oven to 500. Line large baking sheet with foil, and spray with vegetable oil

In another bowl, mix the flour with salt, add garlic, onion and paprika.

Add chicken and toss to coat. Spread chicken on baking sheet in single layer and spray with vegetable oil. Roast 45 min. turning once or twice, until brown and crispy. In a bowl, toss chicken with hot sauce, butter hot pepper jelly. Serve and enjoy.

Rocky Road Recipe

Follow recipe for Fantasy Fudge on Kraft Marshmallow Cream Jar.

Additionally melt in separate pan, 1lb dark bittersweet chocolate. Combine melted chocolate into fudge when fudge is complete. Arrange walnut pieces (approx. 1lb) and mini marshmallows (approx. 1 bag) onto a foil lined bake sheet. Pour mixture over walnut pieces and mini marshmallows. Stir to cover. Let set and cut to serve.