

Cooking with Shannon

September 17, 2009

Sicilian Spaghetti

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| 1 lb. ground Italian sausage | 1 onion, chopped |
| 3 cloves of garlic, chopped | 4 Tbsp. Olive oil |
| 2 cans tiny diced tomatoes | 1 12 oz. can tomato paste |
| 2 cans tomato sauce | 1 green pepper, chopped |
| 1 box bowtie pasta | ½ cup red wine |

Brown sausage, onion, garlic and green pepper in olive oil. Add rest of ingredients except pasta and simmer for 1 hour. Cook pasta according to directions. Pour sauce over pasta and serve. YUM!

Homemade Focaccia Bread

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| 1 loaf frozen bread dough | 1/8 cup olive oil |
| 2 Tbsp. California blend garlic salt | 1 tiny can of sliced black olives |
| ¼ cup Parmesan cheese | |

Thaw bread and press down into a circle. Spread olive oil, garlic salt, black olives and cover with Parmesan cheese. Bake 350 for 25 minutes.

Garden Salad

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| ½ head iceberg lettuce | 3 cups baby spinach |
| 1 cup shredded carrots | 1 cucumber, sliced |
| 2 cups cauliflower | 1 container grape tomatoes |

Chop up, mix up and use your imagination. All veggies are great at this time of year. Serving with pleasure, Kehe dressings.

Semi-Homemade Cookie Extravaganza

Shannon and Lesa will be serving Keebler and Nabisco cookies their way, with ice cold apple cider.