**BRUSCHETTA**

**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.

**INGREDIENTS:**

- 1 loaf French or Italian bread, 1½-2 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

**Serves:** 4  
**Prep Time:** 5 min  
**Cook Time:** 5 min
鸡帕尔马森（Chicken Parmesan）

**方法**
1. 在中低温的平底锅中加入油。
2. 制作蛋液洗，将鸡蛋和全脂牛奶混合均匀。
3. 将面包屑、面粉和蛋液洗分别放在三个碗中。将鸡肉胸肉先裹上面粉，再裹上蛋液洗，最后裹上面包屑。然后轻轻地将其放入热油的平底锅中。
4. 炒鸡肉大约3-4分钟，然后翻面。再炒5-8分钟。
5. 将火调至低火，并在每块鸡肉上加入1盎司的番茄酱，然后放上马苏里拉奶酪。盖上锅盖让奶酪融化。你也可以将装有材料的平底锅放在烤箱中烤制，以获得金色的外皮。

**成分**
- 2个鸡胸肉，切薄
- 2杯意大利面包屑
- 2个鸡蛋
- 1杯面粉，调味
- 1杯全脂牛奶
- 1罐SE Grocers番茄酱
- 8 oz磨碎的马苏里拉奶酪
- 2 oz橄榄油

**份量**
- 4份
- 准备时间：20分钟
- 烹饪时间：20分钟
Lasagna

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

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 ½ 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.