

Balsamic Bruschetta Pomodoro

Serving size: 4

Simple ingredients and a quick preparation make this bruschetta a hit! Make this when tomatoes are in season and use the best balsamic vinegar and olive oil you have.

Foodie Note:

Feel free to double the portion, it's great the next day on eggs, over fish or tossed with pasta. Use your regular cooking olive oil to brush on the bread, and [really good olive oil](#) to dress the tomatoes.

The Ingredients

- 1 pint cherry or plum tomatoes, halved
- 1 clove garlic, minced
- 2 tablespoons fruity olive oil, such as [HIC](#).
- Olive oil for brushing baguette
- 3 tablespoons balsamic vinegar
- 1/4 cup basil, fresh and julienned
- salt/pepper to taste
- 4 slices artisan bread, such as Essential Baking Fremont Sourdough

The Directions

1. Toast the bread: brush one side of the bread slice with olive oil, sprinkle with salt. Heat oven to 375°F and bake in a single layer on a baking sheet for ~8 minutes.
2. Mix together tomatoes, garlic, olive oil, balsamic and basil. Marinate for 30 minutes.
3. Once your bread is toasty, add salt/pepper to tomatoes, top bread with marinated tomato mixture onto the side that is oiled and serve at room temperature.

Spanish Tuna Salad

Serving size: 4

Tuna salad is a versatile pantry staple that can easily be loaded on toasted artisan bread for an elevated bruschetta or eaten with endive spears, as recommended in this recipe for a low-carb, high protein lunch or snack. Double the recipe and you'll have lunch for two covered for a few days.

Foodie Note:

The recipe calls for piquillo peppers, but if you can't find them, substitute roasted red peppers or pepadew. One thing you CANNOT live without in this recipe is the smoked paprika. Finally, use tuna packed in olive oil, not water. The flavor is richer and it smells less like tinned cat food.

The Ingredients

- 2 cans tuna in olive oil, drained of liquid
- 1/4 cup mayonnaise
- 1/2 teaspoon smoked paprika
- 2 tablespoons sherry vinegar + more to taste
- 8 piquillo peppers or 1/2 cup roasted red peppers, chopped
- 2 tablespoons capers, roughly chopped
- 2 tablespoons parsley, chopped
- salt/pepper
- 4 endives

The Directions

1. In a medium sized mixing bowl, mix mayo, paprika, sherry vinegar, a pinch of salt and pepper.
2. Add tuna, peppers, parsley and capers, mix gently to preserve the texture of the tuna. Taste, add more vinegar, salt and or pepper if you prefer. Set aside in the refrigerator.
3. Slice bottom of the endive to release the outer leaves; continue snipping the bottom to release inner leaves. Arrange in a serving bowl.
4. To serve, drizzle tuna salad with good olive oil, sprinkle with fresh parsley and serve alongside toasted bread and endive.

Celery, Date & Parmigiano Salad

Serving size: 4-5

With only six ingredients in this recipe I have to emphasize the importance of quality – freshly shave legit Parmigiano Reggiano with a vegetable peeler, use good lookin' celery, and dates should be super soft and plump. I think Trader Joe's has a great option in their refrigerated section and nicer grocery stores will have dates in the produce section. It is important to purchase dates with the pit because they'll be ripe and have more moisture. Even if you think celery is not your thing, give this salad a try, it will delight.

Foodie Note:

If the celery seems a bit stringy, give the stocks a quick zip with a vegetable peeler – it will reveal tender and delicate celery. If preparing in advance, cut celery and keep in the fridge up to a few hours, prepare the other ingredients and keep separate. Combine everything just before serving.

The Ingredients

- 3/4 lb celery (including leaves)
- 5 dates (with pits)
- tablespoons fresh lemon juice
- 3 tablespoons olive oil
- 2 tablespoons toasted pine nuts
- 1/3 cup freshly shaved Parmigiano Reggiano cheese
- black pepper

The Directions

1. Wash celery, trim bottom and top of stocks. If celery seems a bit stringy, see Foodie Note.
2. Slice celery on the diagonal into 1/2" pieces. Put celery into a medium sized serving bowl.
3. Slice dates length-wise, remove the pit; cut each date lengthwise into 3 or 4 strips then horizontally 3 or 4 times, each date should be cut into chunks. Add dates to celery bowl.
4. Add lemon juice, olive oil and black pepper to celery mixture; toss to coat with dressing. Add pine nuts and a few cracks of pepper, toss again.
5. Using the vegetable peeler, shave Parmigiano onto the salad, toss lightly leaving a good dusting of cheese on the top. Serve immediately.