

DELICIOUS Summer Dishes

Italian food is at the top of many people's list of favorite cuisines - and for good reason. Chef Fabio Viviani, "Top Chef" contestant and Owner and Executive Chef of Firenze Osteria Italian Restaurant and Martini Bar in Los Angeles, knows that the combination of fresh ingredients, flavorful herbs and healthy, high quality olive oil makes Italian cuisine a go-to choice for al fresco summer dining.

To bring families together for a summer meal, Chef Fabio has created delicious summer recipes that can be made indoors or on the grill while showcasing the versatility and flavors of Bertolli Olive Oil's premium line of olive oils.

In addition to these recipes, here are more easy ways to enjoy the classic Italian taste of olive oil every day:

- Serve a simple appetizer of fresh bread with extra virgin olive oil. Pour the oil in a bowl for dipping and season with cracked pepper or fresh herbs.
- Create a simple yet flavorful marinade of classic pure olive oil combined with either lemon juice or wine vinegar to flavor meats, poultry and fish.
- Toss your favorite unsalted nuts in a sandwich bag with extra light tasting olive oil to coat lightly, then add a sprinkle of salt for an extraordinary taste.

To get full recipes created by Chef Viviani, visit www.BertolliOliveOil.com.

Family Features



ROASTED TOMATO & ZUCCHINI SALAD

Roasted Tomato & Zucchini Salad

by Chef Fabio Viviani
Serves 4

INGREDIENTS

- 6 Roma tomatoes
- 4 zucchini
- Bertolli Extra Virgin Olive Oil
- 2 garlic cloves, minced
- Salt and pepper (to taste)
- 2 6-ounce balls of buffalo mozzarella, cut into 3/4-inch slices
- Approximately 10 large leaves of fresh basil
- Shaved Parmesan cheese

DRESSING

- 1 tablespoon balsamic vinegar
- 1/2 cup Bertolli Extra Virgin Olive Oil
- 1 clove garlic, minced
- 1/2 teaspoon paprika

Cut tomatoes into 1/2-inch slices, and zucchini lengthwise into 1/8-inch ribbons. Season both with minced garlic, salt and pepper and drizzle with olive oil. Roast on grill with cut side up for about 10 minutes, or until nice and evenly roasted.

To assemble the salad: Place the tomato, zucchini (folded) and mozzarella on top of each other, like a tower, with a basil leaf in between layers. Season layers with salt and pepper and a drizzle of dressing. Sprinkle with shaved Parmesan on top.



GRILLED CHICKEN SKEWERS WITH SAUSAGE AND PANCETTA

Grilled Chicken Skewers With Sausage And Pancetta

by Chef Fabio Viviani
Serves 4

- 3 chicken breasts (cubed)
- 5 to 6 sausages
- 8 to 10 thin slices of pancetta
- Sauce:
- 20 cherry tomatoes (cut in half)
- Handful of fresh basil (chopped)
- 4 tablespoons Bertolli Extra Light Tasting Olive Oil
- Salt and pepper (to taste)

Alternate pieces of chicken and sausage on metal or bamboo skewers and brush with olive oil. Wrap skewers with slices of pancetta, approximately two

pieces per skewer. Place on grill. Grill until chicken is cooked, approximately 5 to 10 minutes.

In a cast iron pan on grill, place cut tomatoes, basil and olive oil. Sauté until tomatoes are almost stewed. Season with salt and pepper.

Place the cooked skewers on a plate and top with cherry tomato sauce. Garnish with fresh chopped basil.

Note: If using bamboo skewers, soak skewers in water for one-half to one hour, to avoid burning on the grill.

Filet With Farro Salad

by Chef Fabio Viviani
Serves 4

- 1 8-ounce filet mignon
- 8 ounces farro or couscous
- 10 cherry tomatoes, quartered
- 1 zucchini, diced
- 2 tablespoons Bertolli Extra Virgin Olive Oil
- 5 to 6 leaves basil, sliced in half lengthwise
- 1 cup shaved Parmesan
- 1/2 cup pine nuts
- Salt and pepper

Season filet with salt and pepper and grill to medium rare. Let the meat rest. Slice meat when you are ready to serve.

Prepare farro by cooking in salted boiling water for 12 minutes and drain.

Mix farro with the remaining ingredients in serving bowl. Serve on plate and place sliced filet on top.



FILET WITH FARRO SALAD

Olive Oil Health: Did You Know?

Not only revered for its taste, olive oil has long been a part of healthy cooking. Since olive oil is low in saturated fat and is naturally cholesterol-free, it adds flavor while boosting nutritional value.

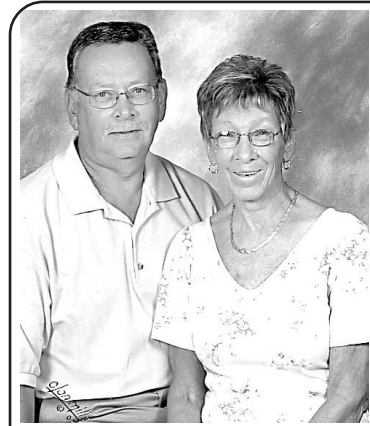
Swap It Out: Using three-quarters of a teaspoon of olive oil for every one teaspoon of butter or margarine cuts the fat in recipes by 25 percent.

Get Rich: Olive oil is rich in antioxidants, also known as polyphenols, which have cancer-fighting properties, especially when consumed as extra virgin olive oil.

For more about cooking with olive oil, visit www.BertolliOliveOil.com.



All recipes courtesy of Fabio Viviani, owner and Executive Chef of Firenze Osteria Italian Restaurant and Martini Bar.



Mr. and Mrs. Norbert Roth

45th Wedding Anniversary

Norbert and Diana Roth of Yankton, SD will celebrate their 45th wedding anniversary on July 10, 2010. The couple has 3 children: Darrin (Alyssa) Roth of Yankton, SD; Becky Elliott (Shannon) of Oklahoma; and Matt (Jen) Roth of Sioux Falls, SD. They have 4 grandchildren: Cole and Keaton Roth, and Jade and Austin Elliott.

Their children request that congratulatory wishes be sent to 2511 Deer Blvd, Yankton, SD 57078.

Fresh Herbs Provide A Tasty Addition To Meals

BY SHARON GUTHMILLER
Extension Educator



SHARON GUTHMILLER

Herbs have been used since early times. People gathered herbs hundreds of years ago to use as natural health remedies and to supplement their diet with nutritious wild plants. Although we don't depend on herbs for food, many herbs and wild flowers are used in salads or to enhance the taste of foods.

Most fresh herbs are perishable and bunches should be stored with their stems in water in the refrigerator. Loose leaves and flowers can be packed in perforated plastic bags in the refrigerator crisper.

If there is excess moisture, pat the leaves dry and crush a paper towel at the bottom of the bag and place the leaves on top. Moisture helps keep herbs fresh but too much moisture promotes spoilage.

To dry fresh herbs, tie stalks into small bunches with string and hang upside down in a paper bag punched with holes. Store the bag in a warm, well-ventilated place.

Dried herbs should be stored in tightly closed glass jars and kept in a dark, cool, dry place.

Herbs can be used individually in cooking or be blended for a variety of flavors.

Although herbs are used to enhance the taste of many foods, they should be used sparingly in order not to overwhelm with flavor and fragrance. Herbs can be used when fresh or as dried.

To substitute dried herbs for fresh, the general rule is to use 1/3 teaspoon ground or 1 teaspoon crumbled dried leaves for every tablespoon of the fresh herb finely chopped.

Capers' small, green herb buds lend a piquant sour and salty flavor to salads, dressings, sauces, vegetables and a variety of main dishes.

Fresh basil has a sweet, pungent, tangy taste. It is good in salads and with tomatoes, while dried basil leaves are used in soups and stews. From pesto to spaghetti sauce to dessert treats, basil runs the gamut in the kitchen. Basil is one of the most widely-used herbs in the world.

Chives have an onion-like flavor and are great on baked potatoes, and with fish and chicken. Chives and garlic chives are an excellent choice for those who want onion/garlic flavor, but to a milder degree.

Cilantro is an herb you either like or dislike. Confusion arises about cilantro, however, because it is called by different names in different areas, and it is often confused with parsley. Do not confuse cilantro with parsley—there is a difference! Parsley, probably the most

popular herb, has a slightly peppery flavor. It is added to soups, sauces, and stews, but is also used to garnish dishes.

Oregano has a strong, aromatic flavor, and is good in tomato sauces, egg-and-cheese

combinations, and poultry and fish marinades.

Fresh or dried thyme leaves add meaty flavor to marinated steak, roast chicken, soups, stews, and bean and lentil casseroles.

Rosemary has a very pungent flavor and should be used sparingly on fish, lamb, seafood, casseroles, soups, and vegetables.

Sage has a slightly bitter flavor and is used in stuffing at Thanksgiving, as well as meat, poultry, and sausage.

Dill is pungent and is widely used for pickling. Dill is especially good on fish such as poached or grilled salmon, but is also used in soups, cucumber and tomato salads, and creamy dips. Dill weed and dill seed dates back 3,000 years and has long been used in

homeopathic remedies for hiccups and gastric distress. Dill is a flavorful addition to seafood, dips, salads, dressings, vegetables, and more.

Tarragon is a bittersweet herb with a hint of licorice flavor, but too much can overwhelm your recipe.

Don't be afraid to experiment with herbs. Learn to know the flavoring of herbs and how they taste when added to certain foods.

Many cultures use herbs in place of salt in cooking. Although sodium or salt has an important role in the body, too much salt can be harmful. High sodium intake has been linked to high blood pressure (hypertension) and can cause you to retain water.

Health experts recommend that we should not consume more than 2,400 mg (or 1 teaspoon) a day. We are not born with a taste for salt, but we develop it as we use it in our diet. A preference for salt can be unlearned by lowering the amount of salt in our diet.

Per serving, all herbs and spices are fat-free and wither sodium-free or very low in sodium so you can add vibrant flavors to your dishes without sacrificing nutrition.

Thought: Diplomacy is the art of letting someone else have your way.

Sharon Guthmiller is a Yankton County Extension educator specializing in family and consumer sciences.

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PICTURED: Cath Lab Team, including Emily Shurman, CVT; Dr. Luke Serck, Yankton Medical Clinic, PC.; and Lisa Miller, RRT, RDSCS

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