



1 QUICK RECIPE:

Pasta Peperonata

2 – 3 TB Olive Oil, plus more for a drizzle on the completed dish
 3 Red Yellow or Orange Bell Peppers, julienned (or in strips)
 1 Red Onion, cut into strips
 1 TB Chopped Parsley
 Sea Salt and Freshly Ground Pepper
 ¼ Cup Capers
 3 TB Red Wine Vinegar
 2 Cups Halved Grape Tomatoes, divided
 1 LB Small Pasta like Penne
 ½ Cup Chopped Toasted Walnuts
 1 Cup Basil, torn into small pieces
 5 OZ Fresh Mozzarella, torn or halved or small balls or pearls
 ½ Cup Shaved Parmesan

Step One To make the peperonata, in a large sauté pan, heat the oil over medium heat. Add the peppers and sauté for about 10 minutes, then add the onion, parsley, season with salt and pepper and sauté for another 10 minutes. Add the capers and sauté for 1 minute, then stir in the capers and remove from the heat.

Step Two Stir in 1 Cup of the tomatoes and allow them to marinate with the peperonata. Season the other half of the tomatoes with salt.

Step Three Cook the pasta, drain it, and place it in the same pan as the peperonata. Toss in the remaining tomatoes and their juices, then the basil, mozzarella and parmesan. Drizzle with olive oil.

2 KITCHEN SCOOP

To cut an onion into perfect thin strips, (julienne), start by halving it

through the root. Peel, then trim off the stem end but leave the root intact – it holds the layers together. Lay the onion flat and slice from root to stem into even, thin strips following the natural lines of the onion.

3 CLEVER

I love this easy Pasta Peperonata because it's incredibly versatile – serve it warm, at room temperature, or even chilled and call it pasta salad!

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



4 CHEERS!

Donnachiara Fiano di Avellino
Avellino, Campania Italy
 About \$20

Hailing from the volcanic hills of the Campania region in Italy, Fiano di Avellino is a delicious example of one of southern Italy's most elegant white grapes. You'll enjoy aromas of pear, peaches and a bit of honey, followed by creamy roundness in your mouth, showing typicity (typical of the grape and region), for the grape. Its lively acidity and fresh flavors make it an ideal companion to the pasta, as it balances the sweetness of the peppers and creaminess of the cheese.