

***Ensalada Mixta* "Mixed Salad"**

Serves: 4-6 Preparation time: about 15 minutes

INGREDIENTS:

1 head iceberg or romaine lettuce
2 or 3 carrots, grated
2-3 ripe tomatoes, cut into eighths
1/2 sweet onion cut into thin slices
8-10 white asparagus, (one can)
handful of Spanish green olives (manzanilla, olive bar @ Giant Eagle)
1 medium can tuna packed in olive oil, drained
optional: artichoke hearts, hard boiled eggs (quartered) yellow
peppers, corn
extra virgin olive oil
good balsamic or sherry vinegar
salt

DIRECTIONS Wash the lettuce and chop. Place the lettuce in the center of a large plate. Now ring the outside edge of the plate with the sliced tomatoes. Add the onion in the center, and any optional ingredients. Add the asparagus diagonally across from the center. Add the grated carrot and tuna to the center. Sprinkle the olives between the lettuce and the tomatoes. Add salt to taste, a little vinegar and a good drizzle of olive oil just prior to serving.



Basic Gazpacho Best if made 1-2 days ahead

Serves: 4 Preparation time: about 20 minutes

INGREDIENTS

4 ripe tomatoes roughly chopped
3 cups of V-8 type tomato juice
1 sweet onion roughly chopped
1/2 large seedless cucumber peeled and roughly chopped
1 green pepper seeded and chopped
1 clove garlic finely chopped
about 2 cups of roughly torn day old white bread
1-1/2 tablespoons red wine vinegar
6 tablespoons extra virgin olive oil
salt to taste (may not need salt)

DIRECTIONS Add the chopped vegetables and bread to a large bowl or food processor. Add the garlic, tomato juice, vinegar and oil. Process these ingredients down to a thick soup using your hand blender or food processor. Add salt (may not need.) Serve well chilled in glasses, and drizzle with more extra virgin olive oil. Garnish with finely chopped onion, tomato, green pepper, or cucumber if desired.



***Judias con Jamon* "Green Beans with Ham in Tomato Sauce"**

Serves: 3-4 side portions Preparation time: 20 minutes

INGREDIENTS

1 lb flat Italian green beans or any green bean
4-6 thin slices of Spanish Serrano ham or Italian prosciutto, cut into pieces
about 10 oz of plain tomato sauce
1/2 medium onion finely chopped
1 clove of garlic finely chopped
1/2 tablespoon of cognac or brandy
2 tablespoons olive oil
salt and pepper to taste

DIRECTIONS Remove the ends from the beans and cut them into about 1 inch pieces. Put them into a pot of salted boiling water and par boil them for 5-7 minutes (they will turn darker green, the longer you cook them, the softer they will be; we like them softer but with still just a touch of crunch). Once cooked, strain off the water. While the beans cool some, add the oil into the same pot and cook the garlic and onion over medium heat until they are soft. Add the cognac in for some additional flavor during this process (the alcohol will burn off). Now add back in your beans and the sauce. Season generously with salt and pepper to your taste. Add in pieces of the ham and slowly warm everything for about 5 minutes to incorporate the flavors.

