



Weekend Passport:

Italian Cannellini Salad

FOODS OF THE WORLD

Cooking can be an adventure, a way to discover different flavors of the world. Each culture has a unique way of combining ingredients and flavors. Think about Italian versus Chinese food. These two cultures use very different oils, spices, and herbs to create equally flavorful, yet very diverse recipes.

Different cultures also use a variety of tools and techniques in the kitchen. For example, a pasta machine is a common tool in Italian cooking while a wok is used frequently in Asian cultures for a stir fry. For Mexican cultures, a tortilla press and a molcajete (mortar and pestle) are staple items in the kitchen for homemade tortillas and guacamole or salsa.

Did you know? Mediterranean Cuisine

Mediterranean Cuisine is based on the traditional cuisines of the 21 countries bordering the Mediterranean Sea. Each country has its own culture, traditions, and special ingredients, but is unified by following a plant-based diet rich in locally grown fresh fruits and vegetables, beans and peas, nuts, and whole grain products. Meat is consumed in moderation and includes more fish and poultry than red meat. The Italian Cannellini Salad we are making today is a great dish to incorporate traditional Italian ingredients such as lemons, olive oil, and mozzarella cheese. Adding kale to this salad helps make our plate colorful and tasty especially after massaging it with olive oil or lemon juice. Massaging kale breaks down this tough and fibrous leafy vegetable to make it tender and delicious. This Italian Cannellini Salad makes cooking at home easy, healthy, and fun!

Try the Recipe!

Italian Cannellini Salad

<https://bit.ly/2VKoktX>

Make the recipe yourself and be sure to share your picture on Facebook, Instagram, or Twitter. Tag @chefsanantonio and we just might share your photo!

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