



# Recipes

## PROGRAM 10 - SEGMENT 3

### Basilico's Pasta e Vino Recipes

#### JOHN'S FAVOURITE SALAD

Serves 1

#### INGREDIENTS

Mixed Organic Greens and Romaine Lettuce  
1 ½ TBSP Red Wine Vinegar  
1 ½ TBSP Olive Oil  
Additional Olive Oil for mushrooms  
Salt & Pepper  
8 Pieces of quality Sun Dried Tomato, cut into Julienne  
1 Cup Button Mushrooms  
2 TBSP Pine Nuts, toasted  
7-8 Cucumber, sliced  
Parmesan Cheese to taste

#### METHOD

Place greens into a mixing bowl and season with salt and pepper. Add red wine vinegar and extra virgin olive oil and toss.

Place salad on a serving plate. Sprinkle with sun-dried tomatoes, cucumber, roasted pine nuts and Parmesan cheese.

Place olive oil in a hot pan and add garlic and sliced mushrooms and sauté until mushrooms are cooked. Pour mushrooms and oil over the salad.

**All recipes displayed with kind permission from Basilico's Pasta e Vino.  
Results may vary.**