



ARUGULA AND PEACH SALAD WITH RICOTTA AND FLATBREAD BACKGROUND

Recipe Background: The summer salad shows off the sweetness of stone fruit and the spicy flavor of summer greens. Cooked fruit maybe new to you and you will soon see how sweet and delicious adding heat can make fleshy fruits. The mild sweetness of the ricotta and flat bread compliments the bold flavors of the salad. You can garnish this dish with any herb you like from your garden or even edible flowers!

Nutrition: This dish gets its carbohydrates from the fruit and flatbread- providing quick energy. Ricotta cheese has fats, protein and lots of calcium to keep bones and teeth healthy. Arugula and herbs have lots of fiber to help you feel full and lower cholesterol. Olive oil drizzled on the bread makes the dish filling because it is made of healthy fats that also provide long-lasting energy. This is a light lunch dish that can provide a balanced and satisfying meal.

Italian Food: Italy is made of 20 regions. The regions are made of 103 provinces. Each province has special foods and wines. Italians have many different culinary cultures because they stick to their traditional cuisine. Fresh local produce is very important to Italian cooks. Italian recipes require foods that can be made nowhere else. The special olive oil, grains, vegetables, herbs, fish, cheese, fruit, and wine from these areas have been prepared since ancient times. Their mouth-watering mix of aromas, flavors, colors, and textures are becoming the world's favorite way of cooking. Italian food is extra appealing because it's healthy!

La cucina italiana is made up of regional, provincial, local, and family dishes that vary from season to season and cook to cook. Recipes are rarely written down. They are passed from one generation to another. Regional cooking differs from each other on what kinds of cheese, vegetables, and meats they use are produced in each area. Cheese can be made from sheep, goat, and cow's milk. Near the coast they eat lots of seafood, while in the hills they eat more meat.





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Prep Time: 5 minutes **Cook Time:** 10 minutes **Makes:** 6 servings

Recipe by Lynn Fredericks, FamilyCook Productions

Cultural Background:

Where in the world? Italy, Europe

Staple Foods: Wheat

Did you know? Italians are very proud of their regional recipes; every town says their version is best!

Nutrition: This Dish Is Rich In...

Carbs: flatbread, peaches

Protein: cheese

Fat: olive oil and cheese

Vitamins and Minerals: all! Greens and fruit have fiber too!

Ingredients:

- 4 Peaches or Nectarines
- 1 tablespoon Butter
- 5 tablespoons Extra Virgin Olive Oil
- Kosher or Sea Salt to taste
- 1 tablespoon Champaign or Rice Wine Vinegar
- 4 cups Arugula or other Mesclun Greens
- 6 pieces Flatbread
- 1 pint Ricotta Cheese
- 1 bunch any Fresh Herbs

Directions:

1. **WASH** all of the produce.
2. **LAY** the greens out to dry.
3. **CUT** peaches or nectarines into segments.
4. **HEAT** the skillet and **ADD** the butter. **ADD** the peach or nectarine segments and **COOK** slowly over medium to low heat until they lightly caramelize (brown) on each side. **USE** tongs gently to **TURN** the fruit from one side to the other. Only **TURN** each one over one time.
5. Meanwhile, **SPREAD** 2 tablespoons of ricotta on each flatbread.
6. **DRIZZLE** each flatbread with a ½ teaspoon of olive oil.



TEEN BATTLE CHEF

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7. **SEPARATE** the leaves from the stems of the herbs and **DISCARD** the stems. **CHOP** the herb leaves. **SPRINKLE** the herbs over the olive oil on the flatbread.
8. **TOSS** arugula and peaches together with 2 tablespoons of olive oil and the vinegar in a serving bowl.
9. **SEASON** to taste with sea salt.
10. **SERVE** the flatbread and salad together for a light Italian-style lunch!





**ARUGULA AND PEACH SALAD WITH RICOTTA AND
FLATBREAD INGREDIENT & EQUIPMENT CHECKLIST**

PERISHABLE INGREDIENTS

- ☐ 4 Peaches or Nectarines
- ☐ 1 tablespoon Butter
- ☐ 4 cups Arugula or other Mesclun Greens
- ☐ 6 pieces Flatbread
- ☐ 1 pint Ricotta Cheese
- ☐ 1 bunch any Fresh Herbs

NON-PERISHABLE INGREDIENTS

- ☐ 5 tablespoons Extra Virgin Olive Oil
- ☐ 1 tablespoon Champaign or Rice Wine Vinegar
- ☐ Kosher or Sea Salt to taste

COMMON EQUIPMENT

- ☐ Chef's Knife
- ☐ Cutting Boards
- ☐ Measuring Spoons & Measuring Cups
- ☐ Wooden Spoon
- ☐ 10 *mise en place* bowls
- ☐ Colander

SPECIAL EQUIPMENT

- ☐ Large Saucepan
- ☐ large Bowl
- ☐ Tongs
- ☐ Cheese Spreader

DISPOSABLE SUPPLIES

- ☐ Napkins
- ☐ Paper Towels
- ☐ Tasting Spoons

SUPPLIES

- ☐ Plates
- ☐ Forks

