



MEDITERRANEAN INSPIRED RECIPES

Roasted Red Pepper Sauce

Ingredients:

- 1 lb. pasta (your choice)
- 2 red peppers
- 1 package cherry tomatoes
- 1-2 tbsp. fresh basil leaves
- 1 cup milk or cream (milk/almond milk/oat milk)
- 1/2 red onion

Instructions:

Preheat the oven to 425°F. Slice red peppers and tomatoes in half. Dice the red onion. Lay all ingredients on a baking sheet. Bake for 20 minutes.

In a saucepan, bring 2 cups of salted water to a boil. Add pasta. Cook for 8-9 minutes or until cooked. Drain the pasta and set aside.

Put the red peppers, half the tomatoes, and red onion from the oven into a food processor. Add cream or milk and basil. Mix well.

Place mixture into a saucepan on medium heat. Add the remaining tomatoes to the sauce.

Pour sauce over pasta and serve hot.

Serves 4

Recipe from Megan Wilkinson



JUNIOR LEAGUE OF
THE PALM BEACHES



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Chickpea Salad

Ingredients:

- 12 oz can of chickpeas
- 8 oz can of black olives
- 1 cucumber
- 1 cup feta cheese
- 1 package cherry tomatoes
- 2 tsp. olive oil
- 2 tsp. balsamic vinegar
- salt & pepper

Instructions:

Drain the chickpeas and the black olives. Pour both in a medium size bowl. Slice the cucumber into quarters. Slice the tomatoes into halves. Add cheese. Drizzle the olive oil and balsamic vinegar over all vegetables. Salt and pepper to taste.

Serves 4

Recipe from Megan Wilkinson

Caprese Pasta

Ingredients:

- 1lb. pasta (your choice)
- 1/3 package cherry tomatoes
- 1-2 tbsp. fresh basil leaves
- 1 cup shredded mozzarella cheese
- 1 cup milk or cream (milk/almond milk/oat milk)
- 2 tsp. balsamic vinegar
- salt & pepper

Instructions:

In a saucepan, bring 2 cups of water to a boil. Add vegetable pasta. Cook for 8-9 minutes, or until pasta is tender. Drain water. Put the pasta back into the pan. Put back on low heat.

While the pasta is cooking, slice the tomatoes in halves. Chop the basil leaves. Add the cream and cheese, mix well. Add the tomatoes and basil. Drizzle the balsamic vinegar. Serve hot.

Serves 4

Recipe from Megan Wilkinson



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