

Mangia Bene, Viva Bene

By FRANK ZEOLI



Every summer my grandmother would make many salads. Whether it be cucumber, tomato, green bean, or potato salad, the one that stood out over all of the rest was her *pasta salad*. It was filled with the best ingredients and every bite screamed ITALIAN!

Prep Time: 20 Minutes

Cook Time: 25 Minutes



Ingredients

- 1lb of tri-colored pasta
- 6oz of cooked broccoli florets
- 6oz of red roasted peppers (diced)
- 4oz of olives (calamata, black or green)
- 6oz of sharp provolone (diced small)
- 4oz of genoa salami (diced small)
- ¼ cup of parmesan cheese
- 1 cup of Italian dressing (your favorite)
- Adjust salt to tastet

Instructions

1. Boil the pasta in a medium pan. Drain the pasta and let cool.
2. Dice the roasted red peppers, provolone cheese, genoa salami. Cut the broccoli florets into small bite size pieces.
3. tAdd the peppers, provolone, salami, broccoli, and olives to the pasta. Add the parmesan cheese and the dressing and mix thoroughly.

Chill in the fridge for about 10 minutes and serve.

Look for more recipes in the next edition of the **SIAMO QUI**.



Olives: By/freepik - www.freepik.com - Pasta photo: Marco Vecchi@iStock.com



WOMEN'S LEAGUE

At our August meeting, we were finally able to gather together without being totally rained out!! Our pool party and water aerobics were a success. We had a lovely potluck dinner with a variety of food. As always, special thanks to Tony Fazio for being the “grill master” and Michelle Sano for providing us with both exercise and laughter.

For our next meeting on September 8th at 6:00 pm, we are planning on moving back inside. We will be having a guest speaker, Karla Giramonti, NP, who will discuss women’s urological health issues. Dinner choices will be Chicken Francese or Pasta Primavera and will include

salad and dessert. The cost will be \$27. Reservations can be made by contacting Marilyn Quadrini at (518) 438-7602 or at mquadrini70@gmail.com. The cancellation policy remains in effect. Reservations or cancellations must be made no later than Monday, September 6th. I’m looking forward to seeing everyone gathering together again. I hope everyone had a wonderful summer.

Take care and stay safe,

Georgeann Greene
PRESIDENT

