



## GRILLED ITALIAN PLATTER

Adapted from <https://paleoglutenfreeguy.com/grilled-italian-platter/>

### INGREDIENTS (GUIDELINE)

- 1 cup balsamic vinegar
- 2 **zucchini**
- 2-3 heads of Romaine or Little Gem **lettuce**
- 1 **radicchio**
- 3-4 tbsp. avocado oil or olive oil
- 2 tsp. fine sea salt
- 4 (1-1.5 lbs.) Italian sausage
- 1 cup mixed olives, pitted or not pitted
- 1/2 cup pistachios
- 1/2 cup dried cherries
- 1/4 cup fresh basil, roughly chopped
- flaky sea salt
- freshly ground black pepper
- Parmesan cheese, shaved with a vegetable peeler or crumbled
- fresh burrata, torn or sliced
- 8 oz. mascarpone, stirred w/ pinch salt & pep

### DIRECTIONS

1. Prepare your gas grill, charcoal grill or grill pan over medium heat.
2. Add the balsamic vinegar to a small saucepan and place over medium heat (on the grill or stovetop). Simmer until reduced and thick and syrupy, about 15-20 minutes.
3. Trim the ends of the zucchini. Slice in half lengthwise. If very thick, slice into thirds lengthwise.
4. Trim the root end of the radicchio and romaine by thinly slicing off the very end of the root. You want the leaves to remain attached. If any outer leaves fall off, that's ok. Just discard or serve separately.
5. Lay the veggies on a large baking sheet, brush with half the avocado oil and sprinkle with salt. Flip over and brush with more avocado oil and sprinkle with salt. For veggies that have 3 sides (like the wedges of radicchio), brush the 3rd side with avocado oil and sprinkle with salt.
6. Add the veggies & sausages to the grill. Cook them, covered if using a gas or charcoal grill:
  - sausages: 8-10 minutes per side, or until an instant thermometer reads 145 degrees. Cook zucchini 5-6 minutes per side, radicchio & romaine 4-5 minutes per side, cut sides only
7. Arrange on a platter. Scatter the pistachios, dried cherries, olives and basil on top. Sprinkle with flaky sea salt and freshly ground black pepper. Serve with the balsamic syrup on the side, along with any cheese, if desired.

## FENNEL PASTA SALAD

—Adapted from [https://thefeedfeed.com/wellness\\_arevik/fennel-pasta-salad](https://thefeedfeed.com/wellness_arevik/fennel-pasta-salad)

### INGREDIENTS

- 1 large **fennel bulb**, cored and quartered
- 1 pound fresh pasta or one medium bag dry
- 1 **green bell pepper**, roughly diced
- ½ pint cherry tomatoes, halved or quartered
- 4 cups **spinach**
- Olive oil, as needed
- Salt & pepper to taste
- 1 avocado
- 1 lemon, juiced

### DIRECTIONS

1. Heat grill to medium. Toss fennel with olive oil and salt and pepper. Cook on grill for 2-3 minutes per side, until fully cooked. Let cool, then thinly slice.
2. Meanwhile bring a large pot of salted water to a boil. Add pasta and cook according to package directions. Drain, then return to the same pot and add tomatoes and spinach. Cook over medium low heat until the spinach has wilted. Remove from heat, then add sliced fennel.
3. Blend avocado, lemon juice and salt and pepper in a high-speed blender until smooth. Add to the pasta and toss to coat.

## FENNEL SLAW WITH LAMB CHOPS

—Adapted from <http://www.theoriginaldish.com/2019/04/16/lamb-chops-with-fennel-slaw-spiced-yogurt/>

### INGREDIENTS

- 1 large **fennel bulb**, cored and quartered
- 2 shallots, halved
- 1 ½ lemons, juiced
- ¼ cup olive oil
- 2 Tbsp fennel fronds
- 2 Tbsp chopped chives
- 2 sprigs mint leaves, torn
- Salt to taste

*Lamb Chops:*  
8 lamb loin chops  
black pepper  
vegetable oil  
plain yogurt to serve

### DIRECTIONS

4. Trim a sliver off each end of the quartered fennel and the halved shallots. One by one, place the flat side of each down onto a mandolin. Use the mandolin to shave the fennel and shallots almost paper thin (or do your best with a knife, and it'll turn out just as well!). Place them both in a large mixing bowl.
5. Stir in the lemon juice, olive oil, fennel fronds, chives, and mint. Season with a generous pinch of salt to taste.
6. Let the slaw marinate in the fridge for 30 minutes or up to 2 hours before serving.
7. Let the lamb chops sit at room temp about 30 min. Pat dry and season well with generous salt and pepper.
8. Heat a large cast-iron skillet over medium heat. Once hot, add a smidge of oil, and once the oil is hot, place half the lamb chops in the pan & sear about 3 minutes until crisp and deeply browned on one side. Flip and cook another 3 min longer for medium. Transfer them to a plate and cover loosely with foil while you cook the remaining lamb chops. Spoon the yogurt onto a large serving platter. Place the lamb chops onto the yogurt, with the fennel slaw over top.