





Preparation time: 10 minutes Ingredients for 4

- 2 cups white wine
- 1/2 cup orange juice
- 1/2 cup sparkling water
- 1 cup of your favorite fruits, cubed (peach, cantaloupe, pineapple, lychee)

White Wine Sangria

The white Sangria is light and fresh with lots of fruits. Sinful pleasure.

Mix all ingredients in a jug. For serving, divide between the glasses including the fruit, and add ice.







Preparation time: 10 minutes Ingredients for 4

- 4 slices of baguette or country bread, lightly toasted
- 1 small juicy tomato
- 1 clove garlic, peeled
- Olive oil for sprinkling

Tomato Bread

There is no way around the tomato bread. Bread grated with tomato and garlic and sprinkled with olive oil. Pure delight.

Grate the bread with the garlic and the tomato. Sprinkle with olive oil and serve promptly.







Preparation time: 10 minutes
Cooking time: 20 minutes
Ingredients for 4

- 1 eggplant, sliced lengthwise
- 1 large tomato, sliced
- 2 balls burrata mozzarella
- 1 bag arugula
- Salt and pepper
- Olive oi

Ingredients for the Tapenade: 1 cup Kalamata olives, 1 tablespoon capers, 4 tablespoons olive oil

Roasted Veggies Salad

A splurge of flavors that melt in your mouth!

To make the tapenade: Process all ingredients of the tapenade and set aside.

Arrange the slices of eggplant on a baking sheet covered with aluminum foil, and sprinkle with olive oil. Season with salt.

Broil the eggplant until slightly charred, about 7 minutes on one side, and 3 minutes on the other side.

Transfer to a plate.

Now arrange the slices of tomato on the baking sheet, and sprinkle with olive oil.

Broil the tomato until slightly charred, about 7 minutes on one side (do not broil the other side). Set aside.

For serving, arrange the arugula on a plate. Place a slice of eggplant over the arugula and a slice of tomato over the eggplant. Season with salt and pepper. Place a slice of burrata over the tomato and sprinkle with tapenade.