

## 20 Ways to Prepare and Serve Fettuccini

Submitted by  
The Olive and The Grape

The following suggestions can apply to several types of pasta, however for the sake of simplicity, we are suggesting a whole wheat or wheat free fettuccini. Fresh pasta may also be used. All of the pasta, seasonings and olive oils mentioned are available at The Olive and The Grape. (Contact information is available later in this article.)

All suggestions assume the pasta is cooked according to package directions.

1. Top with fresh Roma tomatoes, cut into chunks. Drizzle with Italia Classico Seasoned Olive Oil. Top with fresh grated cheese. Serve hot.
2. While pasta is cooking, sauté shrimp in Garlic Seasoned Cooking Oil. Add chunks of onion and peppers, if desired. Toss with cooked pasta. using all the oil left in the skillet. Serve hot.
3. Prepare as in #2 above, however, use the Ole` oil for a little chipotle influence.
4. Prepare as #3 above, substituting chicken breast. If desired top with Pizza Peppers (Crushed Red Peppers and Aleppo Peppers) before serving.
5. While pasta is cooking, brown fully cooked low fat chicken sausage using Garlic Seasoned Cooking Oil. Cut into slices. Toss with pasta. Top with Garlic Seasoned Olive Oil, or a marinara style sauce.
6. While pasta is cooking, steam broccoli florets. Cut up grilled chicken breast into bite size pieces. Cut a red and yellow pepper into bite size pieces, as well. Drizzle the cooked pasta with Rosemary Garlic Seasoned Olive Oil. Toss with the broccoli, peppers, and chicken. Serve hot.
7. Drizzle hot pasta with olive oil. Top with Sicilian Seasoning. Toss and serve.
8. While pasta is cooking, let 1-2 T. of Rustico Seasoning set in 2-3T. of water. Add 1-2 T of Basil Garlic or Garlic Seasoned Olive Oil. Toss cooked pasta with seasoning/olive oil blend.
9. Mix 1-2 t.. Greek Seasoning with olive oil. Drizzle over cooked pasta. Top with Kalamata olives and chopped tomatoes.
10. Rub chicken breasts with Grande Seasoning. Broil/grill. Cut into small slices. Chop red onion and peppers. Toss with pasta. Drizzle with plain or seasoned olive oil.
11. While pasta is cooking, sauté or grill assorted vegetables, such as zucchini, eggplant, peppers, onions. Drizzle pasta with Basil Garlic Seasoned Oil. Toss with vegetables. Top with grated cheese if desired.
12. Marinate chicken in 1T.Turkish Seasoning, ¼ c. Olive Oil and ¼ c. Lemon Juice. Grill or broil. Serve chicken (cut into bite size pieces, or slices) on a bed of fettuccini. Sprinkle with Aleppo Peppers.
13. Prepare Alfredo Sauce. Toss pasta with sauce. Add grilled chicken, broccoli florets (gently steamed) and mushrooms. Top with freshly grated cheese if desired.
14. Prepare veal or eggplant parmesan according to your favorite recipe. Serve on a bed of fettuccini.

15. Break fettuccini into 1/3's before adding to boiling water. Rinse with cold water. Drain. Drizzle with Basil Garlic Olive Oil. Toss with grape tomatoes, cut in half, fresh spinach cut into manageable pieces, and diced red onion. Add more seasoned olive oil if desired. Chill. Serve on a bed of fresh spinach leaves.

16. Break fettuccini into 1/3's before adding to boiling water. Rinse with cold water. Drain. Drizzle with Rosemary Garlic Seasoned Olive Oil. While pasta is chilling, grill salmon steaks. Cut into pieces. Toss with chilled pasta, along with assorted peppers and asparagus tips. Add more oil if desired. Serve well chilled.

17. Break fettuccini into 1/3's before adding to boiling water. Rinse with cold water. Drain. Drizzle with Italia Classico Olive Oil. Add grilled chicken, and any vegetables, if desired. Sprinkle with Sicilian Seasoning. Serve well chilled.

18. Cook shrimp with the Crab and Shrimp Seasoning. Chill. Cook pasta as directed in #15-17, drizzle with olive oil, chill. Toss shrimp and pasta together prior to serving on a bed of fresh market greens.

19. Sauté asparagus tips in Garlic Seasoned Olive Oil, with a splash of white wine added. Toss with pasta. Top with grilled chicken or seafood.

20. Drizzle hot pasta with olive oil (seasoned or plain), top with a minimal amount of sea salt or Sal del Fuego. Serve hot as a side dish.

The Olive and The Grape is a Mediterranean Lifestyle focused specialty food store. The phone number is 440-974-0778. More recipes and suggestions are available by email: [theoliveandthegrape@yahoo.com](mailto:theoliveandthegrape@yahoo.com) Please put "recipes" in the subject line.

This article was originally written for *Families With Food Allergies Newsletter*.



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