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FOODSERVICE TIPS & INSPIRATION
HEALTHCARE EXCLUSIVE



Regional Italian ENTRÉES

**TAKE YOUR PATRONS ON A
CULINARY TOUR OF ITALY**

There are three huge appeals to traditional Italian food: fresh, seasonal ingredients; rich, regional flavors; and the health benefits of the light yet undeniably satisfying Mediterranean diet. Dish up these vibrant, delicious meals to wow your patrons with exquisite Italian flair.

Starting in Northern Italy with [Lombardy](#), showcase hearty meals served over risotto or polenta that leave your patrons satisfied. Next, take your menu to [Tuscany](#) with fresh and simple seasonal ingredients combined to make mouthwatering, artfully crafted dishes. Then travel down the southwestern coast to sunny [Campania](#) to olive-oil based dishes treasured and perfected by generations of food lovers!

CHICKEN LOMBARDY

Region of Origin: Lombardy

Bake [chicken breast fillets](#) on a sheet pan and cover them in a sauce of marsala wine and chicken stock. Top with Fontina and Parmesan cheeses, and serve with polenta.

[Try the recipe!](#)



CHICKEN PEPERONATA

Region of Origin: Campania

Roast vegetables in olive oil, and serve with a tender, [grilled chicken breast fillet](#). Top the chicken and veggies with freshly made red pepper pesto.

[Try the recipe!](#)



TUSCAN WHITE BEAN CHICKEN SOUP

Region of Origin: Tuscany

This delicious white bean soup uses [pulled and shredded chicken](#), vegetables, and cannellini beans. In Tuscany, this would be served with day-old or stale bread.

[Try the recipe!](#)



CHICKEN FLORENTINE PASTA

Region of Origin: Florence, Tuscany

Create a delicious Tuscan-inspired pasta using farfalle or penne, [diced chicken breast](#), fresh spinach, chicken stock, vegetables, seasoning, and cheese!

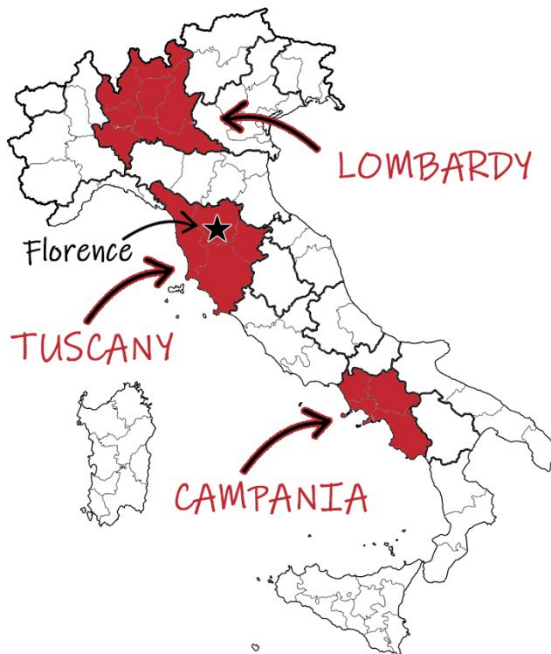
[Try the recipe!](#)



CRASH COURSE IN REGIONAL ITALIAN CUISINES

FRESH INGREDIENTS

The reason Italian food is so flavorful is because Italians have a strong focus on making the most of their local ingredients like fresh produce, cheese, and oils. You can put your own twist on Italian food by featuring your own fresh, local foods.



LOMBARDY

Northern Italy grows a lot of rice and corn, and their dishes reflect those staples. The capital city of Milan is known for risotto (rice toasted and then cooked in broth). Rice and corn in Lombardy is also used to make pasta and polenta, which are the base of many of their traditional meals.¹

CAMPANIA

With its sunny, coastal location, Campania has the perfect conditions to grow vegetables, wine, and lemons. They make pasta with local wheat and pizza with the freshest basil and mozzarella. Campania's capital city, Naples, is the birthplace of pizza!³

TUSCANY

FLORENCE

Tuscan cuisine strongly features bread-based dishes. Depending on the meal, the bread can be freshly baked, stale, or crushed. Plus, bread in Tuscany doesn't contain salt, so it enhances the flavor of the meat and cheese it's paired with.²

Florence is the capital of Tuscany, and it has culinary traditions that are very different from those of the Tuscan countryside. While Tuscan food is hearty and simple farmer's food, Florentine food typically features a base of cooked spinach, a protein, and Mornay sauce.

OTHER REGIONS

Though our recipes highlight Lombardy, Campania, and Tuscany, there are 17 other Italian regions to explore on your menu! Ask your patrons what their favorite Italian dishes are, or check out our other Italian-inspired recipes [here](#).



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Source 1: Trips2Italy's "Lombardy Food and Wine"

Source 2: Trips2Italy's "Tuscany Food and Wine"

Source 3: Trips2Italy's "Campania Food and Wine"



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