

## Diet

During the Renaissance Europe's most renowned chefs were in Italy. Italians were skilled in their use of herbs and spices and their experimentation with innards of butchered animals. Their diet was generally healthy, with wide use of vegetables, fruits, grains, and healthy fats. Staple foods during the Italian Renaissance were pasta, breads, tomatoes, olives, and fish.

## Healthy recipe

### Italian pasta salad (serves 8-12)

#### *Ingredients*

2 cups dried rotini pasta  
2 cups dried medium shell pasta  
1 green pepper, cut into 1" strips  
1 cup of green olives, sliced  
1 cup black olives, sliced  
1 cup carrots, shredded  
2 cups cherry tomatoes, halved  
1 bunch baby spinach, stems removed, leaves washed and dried  
1-2 cloves garlic (for rubbing)  
1 tsp. dried oregano  
1 tsp. dried basil  
½ cup of olive oil, or to taste  
1 tbsp. red wine vinegar, or to taste  
Salt and pepper, to taste

#### *Directions*

1. Boil rotini and shell pasta per package directions, allow to cool
2. Wash, dry, and prepare all vegetables
3. Rub insides of a very large bowl with the garlic cloves
4. In the bowl, mix together pepper, all olives, carrots, tomatoes, oregano, and basil. (Leave the spinach on top of the salad until preparation time, so it will not wilt.)
5. At serving time, stir in spinach and add olive oil, vinegar, salt, and pepper
6. Serve with Italian bread and dipping sauce (a mixture of olive oil and dark balsamic vinegar)