

Recipe for



- pizza - wraps - salads -
- souvlaki - gluten free pizza -

eat in *or* take away

537-5660

Monday to Saturday 11 am - 7 pm

142 Fulford-Ganges Road

(ACROSS FROM THE SATURDAY MARKET)

Recipe for

Good food, great service
and a stunning view.

Drop by the grill for lunch,
dinner or drinks.

Enjoy the Stanley Cup Finals
on our big screen TV.

SEE YOU SOON!



FALCON'S HEAD

GRILL AND LOUNGE

Salt Spring Island Golf and Country Club
537-1760

salt spring island feta and tomato pasta

Submitted by Jill Simpson

- 1 454-g. pkg. penne or rotini
- 1 c. sliced mushrooms
- 3 cloves garlic, minced
- 1 c. roma or cherry tomatoes, chopped
- 3 green onions, sliced
- 1/4 c. green pepper, chopped
- 1/4 c. fresh parsley, minced
- 1/2 c. crumbled feta (fresh from brine)
- salt and pepper
- red wine vinegar
- olive oil

Cook pasta while you chop up ingredients. Drain pasta, set aside. In same pot, sauté mushrooms and garlic in some olive oil. When soft, add in pasta and toss. Add in veggies and feta and toss. Add salt, pepper, vinegar and oil to taste.

salt spring island tofu, peas and rice

Submitted by Jill Simpson

(Serves 8)

- 2 Tbsp. oil
- 2 c. onion, diced
- 1 Tbsp. garlic, minced
- 1 Tbsp. apple cider vinegar
- 2 c. anasazi or black-eyed peas (soaked and cooked) or 6 c. canned
- 4 c. vegetable stock (or water)
- 1 c. rice
- 8 oz. (1 pkg.) smoked tofu, finely diced
- 2 c. green, red, yellow and orange peppers, finely diced
- 1 Tbsp. hot red pepper, minced (optional)
- 1 tsp. salt
- 1/2 tsp. cayenne (optional)
- 1/2 tsp. black pepper
- 1 tsp. dried thyme

Sauté onion and garlic in oil for 8 minutes. Add vinegar, sauté 2 minutes. Add peas and stock and bring to a boil. Add all other ingredients, cover and simmer until rice is done.