



Make The Most Of Your Time, Your Family And Your Life, The Italian Way

by *Fabio Viviani*

(NAPSA)—While 87 percent of Americans count “eating meals as a family” among their most cherished memories, more than half wish that they had more time to gather around the table with loved ones.

As an accomplished chef and native Italian, I take pride in drawing from my heritage for inspiration and ideas on how to live my life to the fullest and make the most of my experiences with my family and friends. Here are some ways I manage to spend more time with my family that you may care to consider:

Enjoy a “passeggiata,” a gentle evening stroll through the neighborhood.

It can be your opportunity to unwind from your day, engage in lively conversations and discover things you never knew about your local area.

Cooking is an art—know the basic techniques.

Italians tend to savor everything they eat and enjoy it with family and friends. Italian recipes feature a wide range of techniques, from simply grilling, roasting or poaching with extra-virgin olive oil and garlic to more complicated sautéing, filleting and creating elaborate sauces. Perhaps that’s why 58 percent of Americans told a recent survey they would rather have a family member who makes great Italian meals than one who makes amazing desserts.

Embrace old traditions and start new traditions with your family.

Every family has its own history and traditions. In fact, 88



You can enjoy a taste of the rewarding Italian lifestyle in the U.S., one chef suggests.

percent of Americans have family recipes that have been handed down from one generation to the next. Embrace these rituals and start new ones that will last for years.

Learn “ars vivendi,” the art of living and enjoying life—live your life with passion.

You can find passion and happiness all around. Happiness can be as simple as an evening spent with family, adventures with friends, a beautiful day outside or even a great glass of wine and a bowl of pasta. Good food, good friends, good wine.

Beauty is everywhere—show an appreciation for the arts and music.

An appreciation for the world and all its wonders is an inherently Italian way of thinking. Style transcends clothing and encompasses art, literature, music, architecture, cuisine and

design. Take a look at your world, the people around you, the places you go and find the beauty in them all.

Simple is delicious—fresh ingredients prepared simply have the biggest effect.

Italians believe fresh ingredients can elevate any meal. Use the ingredients of the season and prepare them simply to let their true flavors shine. Take fresh, flavorful food, prepare it with love and enjoy it with family and friends. No matter what, the basis for any great meal is top-quality, fresh ingredients. It’s only fitting to pair delicious Italian cuisine with Santa Margherita, the No. 1 imported wine in the U.S. for the past 15 years.

Once a week, enjoy a special meal with the family—and don’t rush.

In Italy, dinner is a big event that is more about being with loved ones and the conversation you share than it is about eating. Many families come together around the table for a convenient and relaxing dinner at Carrabba’s Italian Grill, where they enjoy affordable Signature Pasta Meals starting at just \$10.

Keep learning.

For more about living the Italian lifestyle, including recipes, restaurants and cooking tips, visit www.carrabbas.com.

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Survey results courtesy of Carrabba’s Italian Grill.