

TUSCAN BISTRO  
TRAVERSE CITY



## Chicken Scarpariello

- 2 chicken breasts, cut in half
- 1 cup flour
- salt and pepper, to taste
- ¼ cup Italian sausage
- ¼ cup diced cherry peppers
- ¼ cup roasted red peppers
- broccoli rabe
- 1 tablespoon garlic
- 1 cup low sodium chicken oil

**DIRECTIONS:**  
Mix flour with salt and pepper. Dredge chicken in flour mixture. Place oil in sauté pan, heating oil until the oil is hot. Place chicken in pan cook a few minutes until golden brown. Flip chicken and cook 2 minutes. Add garlic, sausage, diced peppers, broccoli rabe, roasted red peppers and chicken stock; reduce until mixture starts to thicken and chicken is cooked thoroughly. Serve with roasted potatoes or rice.



## Seafood Fruiti Di Mare

- 4 fresh clams
- 4 fresh mussels
- 4 shrimp
- 4 scallops
- ¼ cup squid
- ½ cup sweet white wine
- 1 teaspoon garlic
- dash crushed red pepper flakes
- olive oil
- 1 tablespoon sweet butter

**DIRECTIONS:**

In a pan, start with 1 teaspoon of garlic, olive oil and a dash of crushed red pepper flakes. Heat until garlic starts to turn golden and then add seafood. Cook for 1 minute; add diced tomatoes and ½ cup sweet white wine. Cook for 3 minutes and add 1 tablespoon of sweet butter and chopped parsley. Serve over spaghetti.



### CHEF MICKEY CANNON

Chef Mickey Cannon brings a long and varied career history to the Tuscan Bistro in Traverse City. Cannon's love of food and the restaurant business has led him down a variety of paths. He has been published in numerous magazines and newspapers, including Gourmet, Bon Appetite and Washington Post. He also prepared meals for former presidents Ronald Reagan, George Bush and Bill Clinton.

In his vast and varied experience, Cannon also opened the first American-managed hotel in the former Soviet Union. While there he trained a large non-English speaking kitchen and stewarding staff, and wrote menus for 7 restaurants, banquets, and room service. He also supervised the challenging procurement of food and equipment. His efforts led to the hotel obtaining an award-winning status in the Soviet Union.

Cannon's ability to produce outstanding meals and deliver a pleasurable dining experience has been rewarded in the Tuscan Bistro's popularity in Traverse City. The artful combination of innovation and fresh ingredients Cannon is known for can now be found daily in the dining establishment he oversees.

## A lively mix of Northern Italian Cuisine

with a dedication to fresh, seasonal ingredients, excellent service and a casual atmosphere!

*Serving lunch and dinner 7 days a week*  
*Happy Hour - Everyday 4pm-6pm*



*Tuscan*  
*Bistro*



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