

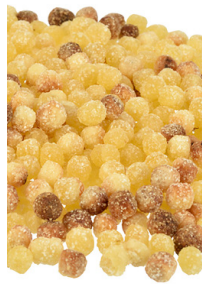
# SHELFTALKER

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*Manicaretti*  
Italian Food Importers

Rustichella d'Abruzzo

## Fregola Sarda



Fregola Sarda (from Sardinia) is made in a similar manner to couscous, but is then toasted in a wood-burning oven.

**Serve with** grilled shrimp or fish, chopped parsley, & lemon juice. Toss with roasted tomatoes & chopped olives.