

PASTA RECIPE BUILDER

Pasta: Good For You, Good For The Planet












Meals inspired by the Mediterranean Diet support well-being and the prevention of chronic diseases. They are also environmentally friendly. Use this index and guide to help you make decisions when you are planning out a recipe, shopping at the store, or stocking your pantry. Check out our mix and match pasta guide for ideas!

It's possible with pasta! Build a better recipe with 500 calories or less per serving! With this recipe builder you have hundreds of combinations of flavor and variety. Each recipe makes 6–8 servings depending on pasta box size.

INSTRUCTIONS:

1. Pick your favorite pasta shape, cook it one minute less than package directions. Drain, reserving ½ cup cooking water.
2. Place your oil in a 13 inch skillet and warm over medium heat.
3. Add your base flavor and gently cook until translucent.
4. Add your favorite protein and sauté on medium-high heat until browned*. ***Important Note: keep seafood slightly undercooked.**
5. Add your choice of vegetable and continue to cook until wilted.
6. Stir in the freshly cooked pasta and the ½ cup of reserved cooking water and cook for a few seconds until most of the liquid is absorbed.
7. Remove from heat and stir in your choice of cheese or cream**. ****If using cream, cook for a few seconds until the cream is absorbed and thickens.**
8. Finish with your favorite herb.

EASY STEPS FOR DELICIOUS, NUTRITIOUS PASTA MEALS

Pasta 1 BOX	 SEMOLINA OR COLLEZIONE	 ANGEL HAIR	 GLUTEN-FREE	 VEGGIE PENNE	 WHITE FIBER ROTINI	 WHOLE GRAIN LINGUINE
Oils 4 TBS.	 VEGETABLE OIL	 EXTRA VIRGIN OLIVE OIL	 HAZELNUT OIL	 WALNUT OIL	 CANOLA OIL	 CORN OIL
Base Flavor 1 WHOLE	 CELERY STALKS, DICED	 GARLIC, MINCED	 LEEKS, SLICED	 YELLOW ONION, DICED	 SHALLOTS, MINCED	 WHITE ONION, DICED
Protein 12 OZ.	 95 % LEAN GROUND BEEF	 CHICKEN BREAST, STRIPS	 WHITE BEANS, CANNED, RINSED & DRAINED	 SALMON, DICED	 SHRIMP, MEDIUM	 TUNA, CANNED, PACKED IN WATER. <small>IF PACKED IN OIL SKIP ADDITION OF 4 TBS OIL ABOVE.</small>
Vegetable 12 OZ.	 ASPARAGUS, THINLY SLICED	 BROCCOLI, SMALL FLORETS	 MUSHROOMS, THINLY SLICED	 FRESH TOMATOES	 SPINACH, JULIENNED	 ZUCCHINI, JULIENNED
Cheese & Dairy 1/2 CUP	 ASIAGO, SHREDDED	 FRESH MOZZARELLA, DICED	 FONTINA, SHREDDED	 HEAVY CREAM (2 TBS)	 PARMIGIANO REGGIANO, GRATED	 PECORINO ROMANO, GRATED
Herbs FINISHING TO TASTE	 BASIL, TORN	 CHIVES, CUT SMALL	 ITALIAN PARSLEY, CHOPPED	 MARJORAM, LEAVES ONLY	 OREGANO, CHOPPED	 THYME, CHOPPED

HELPFUL TIP: By simply using a jar of sauce, you can get 2 servings of vegetables in just ½ cup of sauce.