



# PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF CALIFORNIA\*

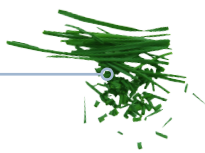


EACH RECIPE SERVES 6-8

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 1/2 cup of pasta water.
2. Meanwhile, heat OIL in large skillet over medium heat.
3. Add FRUITS OR VEGETABLES; cook, stirring frequently, until cooked through.
4. Add FLAVORING OR SPICE and saute for 1 min.
5. Add PROTEIN to skillet. Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; cook PROTEIN until done. Add PASTA and combine with sauce.
6. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
7. Drizzle with CITRUS OR VINEGAR.
8. Garnish with TOPPINGS.

8

1/4 CUP TOPPINGS  
CHIVES, CHOPPED  
OR



CILANTRO, CHOPPED



PARSLEY, CHOPPED



WASABI PEAS



SWEET BASIL, TORN

7

2 TBSP. CITRUS OR VINEGAR  
LEMON JUICE  
OR



LIME JUICE



YUZU JUICE



CHAMPAGNE VINEGAR



WHITE BALSAMIC VINEGAR

6

1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES  
AVOCADO, SLICED  
OR



TOASTED WALNUTS, CHOPPED



GOAT CHEESE, CRUMBLLED



BLUE CHEESE, CRUMBLLED



MINI FRESH MOZZARELLA BALLS

5

12 OZ. PROTEIN  
FRESH TUNA OR SALMON, CUBED  
OR



SHRIMP, PEELLED & DEVEINED



CANNED GARBANZO BEANS, DRAINED



TOFU, FIRM & CUBED



ORGANIC LEAN GROUND BEEF

4

1/4 CUP FLAVORING OR SPICE  
DRY WHITE WINE  
OR



TOGARASHI (JAPANESE 7 SPICE) (1 tsp.)



SRIRACHA HOT SAUCE (1 TBSP.)



TAMARI SAUCE (1 TBSP.)



DIJON MUSTARD (1 TBSP.)



MEXICAN CHILI-LIME SPICE (1 tsp.)

3

1 CUP FRUITS OR VEGETABLES  
HEIRLOOM CHERRY TOMATOES, HALVED  
OR



NAPA CABBAGE, SHREDDED



RED SEEDLESS GRAPES, HALVED



SWEET ONIONS, THINLY SLICED



BABY ARTICHOKEs, CLEANED & THINLY SLICED

2

2 TBSP. OIL  
AVOCADO OIL  
OR



CANOLA OIL



SUNFLOWER OIL



SAFFLOWER OIL



VIRGIN UNREFINED COCONUT OIL



EXTRA VIRGIN OLIVE OIL

1

1 BOX OF PASTA  
BARILLA® SPAGHETTI  
OR



BARILLA® PROTEIN+™ SPAGHETTI



BARILLA® ELBOWS



BARILLA® PENNE



BARILLA® ROTINI



BARILLA® COLLEZIONE ORRECHIETTE

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\*Beyond the Italian, Mediterranean diet, Barilla chefs also use their knowledge and inspiration from working in kitchens all over the world to develop these recipe builders, inspired by healthy global cuisines.