



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



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-high heat.
3. Add PROTEIN; cook, stirring frequently, until done.
4. Add SPICE and stir.
5. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Sauté.
6. Add FLAVORING and sauté. Add reserved pasta water and cook VEGETABLES until softened. Add PASTA and toss with sauce.
7. Remove skillet from heat. Add FRUIT.
8. Garnish with TOPPINGS.

8

2 TBSP. TOPPINGS  
**CILANTRO,  
CHOPPED**  
OR



BASIL,  
CHOPPED



GREEN  
ONIONS,  
CHOPPED



LIME  
ZEST



PLANTAIN  
CHIPS,  
CRUSHED



7

1/4 CUP FRUIT  
**PINEAPPLE,  
CHOPPED**  
OR



MANGO,  
CHOPPED



GRAPE  
TOMATOES,  
HALVED



PAPAYA,  
CHOPPED

6

1 TBSP. FLAVORING  
**SCOTCH BONNET  
PEPPER (1 PEPPER)**  
OR



DARK  
RUM



FRESH THYME,  
LEAVES ONLY



HOT  
SAUCE



GINGER,  
GRATED



GARLIC,  
CHOPPED



5

2 CUPS VEGETABLES  
**YELLOW ONION,  
SLICED**  
OR



PLANTAINS



RED  
PEPPERS,  
CHOPPED



KALE,  
SHREDDED



OKRA,  
SLICED

4

2 tsp. SPICE  
**CURRY  
POWDER**  
OR



GROUND  
ALLSPICE



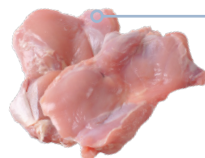
GROUND  
CINNAMON



SMOKED  
PAPRIKA



JERK  
SEASONING



3

12 OZ. PROTEIN  
**CHICKEN THIGHS,  
BONELESS & SKINLESS,  
THINLY SLICED**  
OR



CANNED PIGEON  
PEAS, RINSED  
& DRAINED



EXTRA LEAN  
GROUND  
BEEF



PORK  
TENDERLOIN,  
THINLY SLICED



CANNED BLACK  
BEANS, RINSED  
& DRAINED



GROUPER,  
CUBED

2

1 TBSP. OIL  
**VIRGIN  
UNREFINED  
COCONUT OIL**  
OR



VEGETABLE  
OIL



AVOCADO  
OIL



CANOLA  
OIL



1

1 BOX OF PASTA  
**BARILLA®  
ORZO**  
OR



BARILLA®  
COLLEZIONE  
CASARECCE



BARILLA®  
PENNE



BARILLA®  
ROTTINI



BARILLA®  
COLLEZIONE  
RIGATONI



BARILLA®  
LINGUINI

