

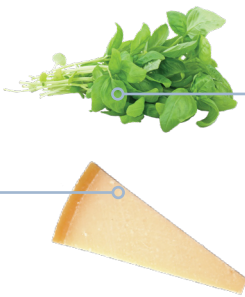


PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF ITALY*

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 BASE FLAVORING; cook until softened.
4. Add PROTEIN; cook, stirring frequently, until done.
5. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; cook until softened. Add PASTA and toss with sauce.
6. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
7. Garnish with TOPPINGS.

6 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
PARMIGIANO REGGIANO, GRATED
OR



7 1/4 CUP TOPPINGS
BASIL, CHOPPED
OR



4 12 OZ. PROTEIN
MEDIUM SHRIMP, PEELED & DEVEINED
OR



5 2 CUPS VEGETABLES
ASPARAGUS, THINLY SLICED
OR



3 1/4 CUP BASE FLAVORING
YELLOW ONION, CHOPPED
OR



2 1/4 CUP OIL
EXTRA VIRGIN OLIVE OIL
OR



1 1 BOX OF PASTA
BARILLA® FETTUCCINE
OR



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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.