



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF NORWAY*

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

8

1/4 CUP TOPPINGS
PARSLEY, CHOPPED
OR



CHIVES, CHOPPED DILL, CHOPPED

7

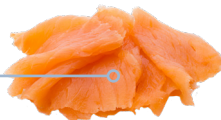
2 TBSP. CHEESE, DAIRY & OTHER FINISHING TOUCHES
HEAVY CREAM
OR



LOW-FAT BUTTERMILK LOW-FAT SOUR CREAM BLUE CHEESE, CRUMBLD
SKYR (ICELANDIC YOGURT CHEESE) JARLSBERG CHEESE, SHREDDED

6

12 OZ. PROTEIN
GRAVLAX, THINLY SLICED
OR



CHICKEN MEATBALLS FLAKED SMOKED TROUT VENISON LOIN, ROASTED & SLICED DANISH SAUSAGES, COOKED & SLICED

5

2 CUPS VEGETABLES
BABY POTATOES, CHOPPED
OR



CABBAGE, THINLY SLICED BABY KALE, COARSLEY CHOPPED CAULIFLOWER FLORETS
MIXED MUSHROOMS, SLICED BRUSSEL SPROUTS, SHREDDED

4

1 CUP BASE FLAVORING
SHALLOTS, CHOPPED
OR



YELLOW ONION, CHOPPED RED ONION, CHOPPED GARLIC, CHOPPED (2 CLOVES)
CARROT, CHOPPED CELERY, CHOPPED

3

2 tsp. SPICE
CARAWAY SEEDS
OR



CORIANDER ALLSPICE RED & PINK PEPPERCORNS THYME, LEAVES ONLY

2

1 TBSP. OIL OR BUTTER
SAFFLOWER OIL
OR



BUTTER CANOLA OIL VEGETABLE OIL

1

1 BOX OF PASTA
BARILLA® FARFALLE
OR



BARILLA® CAMPANELLE BARILLA® COLLEZIONE CASARECCE BARILLA® GEMELLI
BARILLA® MINI WHEELS BARILLA® MEZZE PENNE