



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF THE SOUTH*

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 SPICE 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.
7. Drizzle with FLAVORING. Add PASTA and toss with sauce.
8. Remove from heat Add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
9. Garnish with TOPPINGS.

8 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
PARMESAN
OR



6 12 OZ. PROTEIN
LOW-SODIUM HAM, COOKED & CHOPPED
OR



4 1 tsp. SPICE
GARLIC POWDER
OR



2 2 TBSP. OIL OR BUTTER
BUTTER
OR



9 1/4 CUP TOPPINGS
PARSLEY, CHOPPED
OR



7 1 TBSP. FLAVORING
HOT SAUCE
OR



5 1 CUP VEGETABLES
COLLARD GREENS, CHOPPED
OR



3 1 CUP BASE FLAVORING
YELLOW ONION, CHOPPED
OR



1 1 BOX OF PASTA
BARILLA® RIGATONI
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.