



WINNING RECIPES

FROM MIKAELA SHIFFRIN



SIMPLY UNBEATABLE



Whether you're training for a race or racing to get a healthy, delicious meal on the table, Barilla makes it easy.

"My schedule is packed. It seems like I am always headed to practice or a race...or running for an airplane to get there. That's why I always reach for meals I love, loaded with good stuff to keep me going. These are a few of my favorites. If I'm cooking just for me or with my family, each recipe tells me how much of everything I need. Check out the simple, step-by-step directions. All of these recipes are great, but you have to try the Crispy Proscuitto & Feta Penne. That one is amazing. Enjoy!"

– Mikaela Shiffrin

A MESSAGE FROM CHEF YURY KRASILOVSKY

Chef Specialist, Barilla U.S.A.



Chef Yury Krasilovsky is a graduate of the renowned School of Culinary Arts at Kendall College. He has also trained at the famed Academia Barilla in Parma, Italy, and is a member of the American Culinary Federation and the Research Chefs Association.

At Barilla, we're bringing families back to the dinner table. For me, that means creating recipes that are fresh and full of flavor. I love combining unexpected ingredients with nutritious Barilla pasta. My goal is to think of new ideas the whole family can make and enjoy together.

I hope these recipes will inspire you. Working together with Mikaela, our team chose unique and familiar flavors from all over the world and we included some dishes you may already know and recognize. The results are unbeatable.

So go ahead and share each dish with your loved ones at the place where all good things happen – your own dinner table.





ITALIAN STYLE

A modern twist on the Italian favorites you know and love

ASIAN INSPIRATION

Pasta becomes transformed with the delightful flavors of Asian cuisine

HEALTHY EATS

Delicious, healthy pasta recipes your whole family will love

COMFORT CLASSICS REMIX

The dishes you remember best, served up with Barilla pasta

“OUT OF THE BOX” PASTA CREATIONS

Discover pasta in a unique and tasty way

GET STARTED

Make sure you've opened this cookbook using **Adobe Acrobat Reader** to enable all links. **TAP THE CATEGORY ABOVE** that intrigues you and go to the chapter tab, then **TAP THE RECIPE** you want to see to be taken directly to that page.

OR, scroll and browse through all the sections and recipes.



ITALIAN STYLE

Gluten Free Chicken Sausage & Broccoli Rabe Rotini

Crispy Prosciutto & Feta Penne

Garlic Chicken Penne



Gluten Free Chicken Sausage & Broccoli Rabe Rotini

Ingredients:

Serves 6

- 1 box Barilla® Gluten Free Rotini
- 1 bunch broccoli rabe
- 1 lb. chicken sausage, cut into rounds
- 4 tbsp extra virgin olive oil
- 2 cloves garlic, chopped
- ½ cup white wine
- ½ cup Parmesan cheese, grated
- salt & pepper to taste

Calories 490, Fat 20g, Protein 21g

Carbohydrates 57g, Fiber 1g

Per serving

Directions:

Prep Time 10 min Cook Time 15 min

1. Bring two large pots of water to a boil.
2. Season one pot of water with salt and cook the broccoli rabe for approximately 3-4 minutes. When the broccoli rabe is cooked, drain well and set aside.
3. In a large skillet, sauté the chicken sausage in 1 tbsp of olive oil until slightly browned.
4. Add the garlic and sauté for 1 minute.
5. Add the broccoli rabe and sauté for an additional 2-3 minutes – then add the white wine and deglaze by using a spoon to gently scrape the flavor from the bottom of the pan.
6. Cook the pasta according to the directions. Add ½ cup of the cooking water to the broccoli rabe sauce and bring to a simmer.
7. Drain the pasta and toss with the sauce, then stir to combine.
8. Remove the skillet from the heat, add the remaining olive oil and fold in the cheese.



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“When friends are gluten free, hearty meals like this chicken sausage dish make dinner together easy.”



Crispy Prosciutto & Feta Penne

Ingredients:

Serves 7

1 box Barilla® ProteinPLUS® Penne
4 oz. prosciutto, cut into thin slices
1 clove garlic, chopped
2 cups frozen spring peas
1 cup low-sodium chicken broth
2 tbsp flat-leaf parsley, chopped
1 cup feta cheese, crumbled
1 tbsp extra virgin olive oil
salt & pepper to taste

Calories 330, Fat 10g, Protein 17g
Carbohydrates 46g, Fiber 6g

Per serving

Directions:

Prep Time 10 min Cook Time 15 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet, cook the prosciutto over medium-high heat until it is crispy. Remove and place on a paper towel to drain.
3. In the same skillet, add the garlic and 1 tbsp of olive oil and cook for 1 minute over medium heat, then add the peas and broth. Season with salt and pepper and set aside.
4. Cook the pasta according to the directions. Drain and toss the pasta with the peas and broth.
5. Fold in the flat-leaf parsley and feta cheese, top with the prosciutto.



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“This one is my favorite!! Prosciutto and feta make for a great combination of flavors, and the peas make it taste so fresh.”



Garlic Chicken Penne

Ingredients:

Serves 6

1 box Barilla® White Fiber Penne
4 tbsp extra virgin olive oil
3 cloves garlic, chopped
2 rotisserie chickens
(5 cups cooked & shredded)
1 tbsp lemon juice
¾ cup Parmesan cheese, grated
2 tbsp fresh parsley, chopped
salt & pepper to taste

Calories 440, Fat 21g, Protein 19g
Carbohydrates 45g, Fiber 6g

Per serving

Directions:

Prep Time 10 min Cook Time 10 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet, sauté the garlic in the olive oil for 1-2 minutes or until it's a light yellow color.
3. Sauté shredded chicken in skillet for 1 minute.
4. Cook the pasta according to the directions. Add 1 cup of the cooking water to the chicken and bring to a simmer.
5. Drain the pasta and add it to the skillet with the chicken sauce. Add the lemon juice and cook for approximately 2-3 minutes.
6. Remove from the heat and fold in the cheese and parsley.



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"On race day I need carbs and protein for peak performance."



ASIAN INSPIRATION

Spaghetti Vegetable Stir Fry

Kung Pao Spaghetti

Sweet & Tangy Spaghetti with Peanut Dressing

Crunchy Asian Pasta Salad



Spaghetti Vegetable Stir Fry

Ingredients:

Serves 6

1 box Barilla® White Fiber Spaghetti

½ lb. chicken breast (skinless),
cut into strips

2 tbsp peanut oil

2 cups broccoli, cut into small florets

½ cup carrots, thin strips

1 cup firm tofu, diced

2 garlic cloves, chopped

¾ cup low-sodium teriyaki sauce

2 tbsp toasted sesame oil

1 tbsp green onions, sliced thin

1 tbsp sesame seeds

Calories 460, Fat 14g, Protein 20g

Carbohydrates 25g, Fiber 8g

Per serving

Directions:

Prep Time 15 min Cook Time 10 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet or wok, sauté chicken in the peanut oil. Add the broccoli, carrots and tofu and cook for 2-3 minutes.
3. Add the garlic and sauté for 1 minute, then add the teriyaki sauce and cook for another 3 minutes.
4. Cook the pasta according to the directions. Drain and toss with the sauce and vegetables.
5. Before serving, add the sesame oil and stir to combine. Top with green onions and sesame seeds.



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“Mom and I both love this fun, fresh take on spaghetti.”



Kung Pao Spaghetti

Ingredients:

Serves 6

- 1 box Barilla® White Fiber Thin Spaghetti
- 1 small red onion, diced
- 2 tbsp peanut oil
- ½ lb. chicken, cubed
- 1 medium red bell pepper, diced
- 1 medium green bell pepper, diced
- 1 cup snow peas
- 2 garlic cloves, chopped
- ¾ cup Kung Pao sauce
- ½ cup toasted cashews, halved

Calories 420, Fat 12g, Protein 18g
Carbohydrates 59g, Fiber 8g

Per serving

Directions:

Prep Time 15 min Cook Time 10 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet or wok, sauté the onions in the peanut oil for 1 minute.
3. Add the chicken, bell peppers and snow peas and sauté an additional 2-3 minutes (or until the chicken is cooked).
4. Add the garlic and sauté for 1 minute, pour in the Kung Pao sauce and heat gently.
5. Cook the pasta according to the directions. Drain and toss the pasta with the chicken and sauce. Sauté for an additional 30 seconds.
6. Top with toasted cashews before serving.



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“Garlic gives this dish an extra blast of flavor.”



Sweet & Tangy Spaghetti with Peanut Dressing

Ingredients:

Serves 6

1 box Barilla® White Fiber Thin Spaghetti
2 cups low-sodium chicken broth
1 cup creamy peanut butter
1 tbsp chili paste
1 tbsp honey
1 cucumber, sliced thin
1 tbsp rice vinegar
2 tbsp cilantro leaves
1 tbsp peanut oil
½ cup peanuts, chopped
2 tbsp green onion, sliced thin
salt & pepper to taste

Calories 590, Fat 33g, Protein 21g
Carbohydrates 58g, Fiber 10g

Per serving

Directions:

Prep Time 15 min Cook Time 10 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a small bowl, marinate the cucumber in the rice vinegar, cilantro and peanut oil.
3. In a small pot, bring the chicken broth to a simmer. Stir in the peanut butter, chili paste and honey until the mixture is nice and smooth, then set aside.
4. Cook the pasta according to the directions. Drain and toss the pasta with the peanut sauce.
5. Before serving, top with peanuts, green onions and the marinated cucumber.



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*“Serve this recipe to your family and friends.
Sweet, crunchy and so delicious.”*



Crunchy Asian Pasta Salad

Ingredients:

Serves 8

- 1 box Barilla® Whole Grain Penne
- 1 tbsp extra virgin olive oil
- 2 tbsp honey
- 2 tbsp lemon juice
- 4 tbsp toasted sesame oil
- 2 red bell peppers, sliced
- ¼ lb. snow peas, halved
- 2 cups celery, sliced
- 1 cup bean sprouts
- salt and pepper to taste

Calories 320, Fat 11g, Protein 8g
Carbohydrates 49g, Fiber 7g
Per serving

Directions:

Prep Time 15 min Cook Time 10 min
+ 30 min resting time

1. Bring a large pot of water to a boil.
2. Cook the pasta according to the directions – one minute less than required. Drain and toss with the olive oil. Place on a tray to cool down.
3. In a small bowl, make the dressing by combining the honey and lemon juice and whisking together gently.
4. Whisk in the sesame oil and season with salt and pepper.
5. In a large bowl, combine all the remaining ingredients with the pasta and the dressing.
6. Allow it to sit for 30 minutes for all the flavors to mix before serving.



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“This one is great for a light meal and makes for tasty leftovers.”



HEALTHY EATS

Pasta Salad with Green Beans & Cherry Tomatoes

Spring Peas & Basil Pesto Spaghetti

Gluten Free Fresh Lemon & Basil Penne

Crispy Bread Crumb Spaghetti



Pasta Salad with Green Beans & Cherry Tomatoes

Ingredients:

Serves 7

- 1 box Barilla® ProteinPLUS® Penne
- ¼ cup extra virgin olive oil
- 1 tbsp lemon juice
- ¾ lb. green beans, cut in half
- 1 pint cherry tomatoes, halved
- ½ cup reduced-fat feta cheese, cubed
- 1 bunch green onions, sliced thin
- ½ cup sliced roasted almonds

Calories 380, Fat 16g, Protein 15g
Carbohydrates 47g, Fiber 7g

Per serving

Directions:

Prep Time 10 min Cook Time 10 min
+ 30 min resting time

1. Bring a large pot of water to a boil.
2. Cook the pasta according to the directions. When there are 3 minutes left in the cooking time, add the green beans.
3. Drain and toss the pasta and green beans with 1 tbsp of olive oil and set aside.
4. When the pasta is cool, combine with all the remaining ingredients and serve.



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“You could say I’m an on-the-go kind of person, so I appreciate fast and delicious meals.”



Spring Peas & Basil Pesto Spaghetti

Ingredients:

Serves 7

1 box Barilla® ProteinPLUS® Spaghetti

2 ice cubes

1 cup spring peas

10 basil leaves

½ cup Parmesan cheese, grated

5 tbsp extra virgin olive oil

1 pint cherry tomatoes, halved
salt & pepper to taste

Calories 360, Fat 14g, Protein 14g
Carbohydrates 44g, Fiber 6g

Per serving

Directions:

Prep Time 15 min Cook Time 10 min

1. Bring a large pot of water to a boil and preheat oven to 425°F.
2. Meanwhile in a blender, make the pesto by combining the peas, basil, and half of the cheese with salt and pepper. Puree very well while slowly drizzling in 4 tbsp of olive oil and ice cubes – and set aside.
3. In a medium bowl, coat the cherry tomatoes with 1 tbsp of olive oil and season with salt and pepper. Place on a cookie sheet and roast in the oven for 10 minutes.
4. Cook the pasta according to the directions. Drain and add ½ cup of the cooking water to the pesto and mix thoroughly.
5. In a large bowl, combine the pasta with the pesto.
6. Top with the roasted cherry tomatoes and remaining cheese before serving.



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“To lead a healthy life, you need good sources of protein – like Barilla® ProteinPLUS™.”



Gluten Free Fresh Lemon & Basil Penne

Ingredients:

Serves 6

1 box Barilla® Gluten Free Penne

5 tbsp extra virgin olive oil

1 clove garlic, chopped

3 cups arugula leaves

½ cup basil, sliced thin

2 lemons, juiced

½ cup Parmesan cheese, grated

1 cup sliced almonds

salt & pepper to taste

Calories 440, Fat 23g, Protein 11g

Carbohydrates 50g, Fiber 3g

Per serving

Directions:

Prep Time 10 min Cook Time 15 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet, sauté the garlic in olive oil for 1-2 minutes.
3. Cook the pasta according to the directions. Drain and save ½ cup of the cooking water.
4. Add the cooking water to the skillet and bring to a simmer, then toss the pasta with the garlic and add the arugula, basil and lemon juice to the skillet. Season with salt and pepper.
5. Remove the skillet from the flame and fold in the cheese. Then top with almonds.



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“For my friends who are eating gluten free, this is the perfect one pot meal.”



Crispy Bread Crumb Spaghetti

Ingredients:

Serves 7

1 box Barilla® ProteinPLUS®
Thin Spaghetti
2 pints cherry tomatoes, halved
7 tbsp extra virgin olive oil
½ lb. green beans, cut in half
½ cup panko breadcrumbs
1 tbsp parsley, chopped
1 tsp rosemary, chopped
1 clove garlic, chopped
½ cup Parmesan cheese, grated
salt & pepper to taste

Calories 420, Fat 18g, Protein 15g
Carbohydrates 50g, Fiber 7g

Per serving

Directions:

Prep Time 10 min Cook Time 20 min

1. Bring a large pot of water to a boil and preheat oven to 425°F.
2. In a medium bowl, coat the cherry tomatoes with 2 tbsp of olive oil and season with salt and pepper.
3. Place on a cookie sheet and roast in the oven for 10 minutes, until they are blistered.
4. In a second bowl, combine the breadcrumbs, parsley, rosemary, garlic and remaining olive oil and spread out the mixture on a second cookie sheet.
5. Bake the breadcrumbs until they are golden brown.
6. Cook the pasta along with the green beans according to the directions. Drain and toss the pasta and green beans with the cherry tomatoes.
7. Top with the breadcrumbs and sprinkle with cheese before serving.



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“The unexpected crunch in this dish is a fun, tasty surprise.”



COMFORT CLASSICS REMIX

Rotini Cheeseburger Casserole

Bacon Shells & Cheese

Ski Lodge Chili Mac

Taco Lasagne

Gluten Free South of the Border Spaghetti



Rotini Cheeseburger Casserole

Ingredients:

Serves 6

- 1 box Barilla® White Fiber Rotini
- 1 jar Barilla® Marinara Sauce
- 3 tbsp extra virgin olive oil
- 1 medium onion, chopped
- 1 lb. lean ground beef
- 1 cup water
- ½ cup low-fat mayonnaise
- 2 tbsp mustard
- ¾ cup bread and butter pickles, diced
- 2 Roma tomatoes, diced
- 2 cups sharp cheddar cheese, shredded
- salt and pepper to taste

Calories 680, Fat 45g, Protein 25g
Carbohydrates 41g, Fiber 6g

Per serving

Directions:

Prep Time 15 min Cook Time 40 min

1. Bring a large pot of water to a boil and preheat oven to 375°F.
2. Cook the pasta according to the directions – but remove it from the heat and drain it halfway through. Toss with 1 tbsp of olive oil and place on a tray to cool down.
3. In a large skillet, cook the onions in 1 tbsp of the olive oil over medium heat for about 10 minutes, then remove them from the skillet.
4. Add the remaining olive oil and ground beef to the skillet and sauté for 5-6 minutes or until lightly browned and cooked through. Season with salt and pepper to taste.
5. Add the marinara sauce and water to the ground beef. Bring to a simmer and fold in the pasta.
6. Transfer to a 13" x 9" baking dish and top with a layer of mayonnaise, dollops of mustard, pickles, tomatoes, onions, and spread the cheddar cheese over the top.
7. Cover with foil and bake for 25 minutes. Remove the foil and brown the cheese for 5 minutes.



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“When I travel overseas, I miss the occasional indulgence of cheeseburgers.”



Bacon Shells & Cheese

Ingredients:

Serves 6

- 1 box Barilla® White Fiber Shells
- 1 cauliflower, cut into small florets
- 5 tbsp extra virgin olive oil
- 1 cup crispy bacon, crumbled
- ½ cup Parmesan cheese, grated
- 1 tbsp parsley, chopped
- salt & pepper to taste

Calories 480, Fat 24g, Protein 19g
Carbohydrates 49g, Fiber 8g

Per serving

Directions:

Prep Time 15 min Cook Time 15 min

1. Bring a large pot of water to a boil and preheat oven to 425°F.
2. Meanwhile in a medium bowl, toss the cauliflower with olive oil, salt and pepper and place on a cookie sheet.
3. Roast in the oven until slightly golden brown. Remove from the oven and set aside to cool.
4. In a large skillet, cook the bacon until crispy and remove it from the skillet and set aside.
5. Cook the pasta according to the directions. Drain and save ½ cup of the cooking water.
6. Add the cauliflower and ½ cup of cooking water to the skillet and bring to a simmer. Add the pasta and sauté for 1 minute.
7. Remove from the heat and fold in the cheese and parsley and top with crispy bacon before serving.



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“After a big race, I love coming home to this.”



Ski Lodge Chili Mac

Ingredients:

Serves 8

- 1 box Barilla® Whole Grain Elbows
- 4 tbsp extra virgin olive oil
- 1 small onion, diced
- 1 lb. lean ground beef (80/20)
- 1 small red bell pepper, diced
- 1 small green bell pepper, diced
- 1 can pinto beans, drained and rinsed
- 1 can black beans, drained and rinsed
- 1 can diced green chilies
- 1 tsp cumin
- 1 tsp chili powder
- ¼ tsp cayenne pepper
- 1½ quarts water
- ¾ cup tomato paste
- ¾ cup cheddar cheese, shredded
- 1 bunch green onions, sliced diagonally
- salt & pepper to taste

Directions:

Prep Time 15 min Cook Time 45 min

1. Bring a large pot of water to a boil.
2. Meanwhile in medium-sized pot, heat 3 tbsp of olive oil over medium heat. Add the onions and slowly cook them for 4-5 minutes or until slightly translucent.
3. Increase the heat to high, add the ground beef and cook for 5 minutes or until well browned.
4. Add the red and green bell peppers and sauté for 1 minute. Add all the remaining ingredients except the pasta, cheese and green onion.
5. Simmer for approximately 40 minutes or until desired thickness has been reached.
6. Cook the pasta according to the directions – one minute less than required. Drain and toss with the remaining olive oil and set aside in a bowl.
7. To serve, place some pasta in each bowl, pour in the chili and top with cheese and green onions.

Calories 550, Fat 23g, Protein 25g
Carbohydrates 62g, Fiber 12g

Per serving

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“This chili mac is a great way to warm up after a walk in the woods.”



Taco Lasagne

Ingredients:

Serves 7

- 1 box Barilla® Whole Grain Lasagne
- 1 jar Barilla® Marinara Sauce
- 4 tbsp extra virgin olive oil
- ½ lb. lean ground beef
- 1 package (8 oz.) light cream cheese
- ¾ cup light sour cream
- 1 can black beans, drained and rinsed
- ¾ cup queso fresco
- 1 cup pico de gallo
- 1 avocado, diced
- 1 lime, juiced
- salt & pepper to taste

Calories 490, Fat 30g, Protein 17g
Carbohydrates 41g, Fiber 9g

Per serving

Directions:

Prep Time 15 min Cook Time 40 min

1. Bring a large pot of water to boil and preheat oven to 375°F.
2. Cook the lasagne according to the directions. Drain and toss with 2 tbsp of olive oil and place flat on a tray to cool down.
3. In a large skillet, sauté the ground beef with 2 tbsp of olive oil until golden brown and cooked through. Season with salt and pepper.
4. Add the marinara sauce and bring to a simmer.
5. In a large bowl, combine the cream cheese, sour cream and black beans. Stir to combine and season with salt and pepper.
6. In a 13" x 9" baking dish, spread 1 cup of the meat sauce and top with 4 sheets of lasagne.
7. Spread 1½ cups of sauce and half the cream cheese mixture then top with 4 more sheets of lasagne. Repeat for one additional layer.
8. For the top layer, add the remaining meat sauce and queso fresco. Cover with foil and bake for 25 minutes. Remove the foil to let the top brown (approximately 5 minutes).
9. Remove from the oven and top with pico de gallo, avocado and a drizzle of lime juice before serving.

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“Chef Yury and I both love tacos, so we occasionally treat ourselves with this tasty dish.”



Gluten Free South of the Border Spaghetti

Ingredients:

Serves 6

- 1 box Barilla® Gluten Free Spaghetti
- 2 clove garlic, chopped
- 1 tbsp extra virgin olive oil
- 1 lb. ground turkey
- 1 cup corn
- 3 plum tomatoes, diced
- ½ small onion, diced
- 2 tbsp parsley, chopped
- 1 Anaheim or jalepeño pepper, chopped
- 2 limes, juiced
- ½ cup sour cream
- ½ cup Cotija cheese
- salt & pepper to taste

Calories 650, Fat 20g, Protein 31g

Carbohydrates 67g, Fiber 3g

Per serving

Directions:

Prep Time 15 min Cook Time 15 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a large skillet, sauté the garlic in 1 tbsp of olive oil over medium heat for about 1 minute.
3. Add the ground turkey and brown well. Season with salt and pepper and set aside.
4. In a small bowl, make the salsa by combining the corn, tomatoes, onion, parsley, Anaheim pepper and lime juice. Season with salt to taste, mix well and set aside.
5. Cook the pasta according to the directions. Add 1 cup of the cooking water to the ground turkey and bring to a simmer. Add the sour cream and stir to combine.
6. Drain the pasta and toss with the turkey and sauce. Remove the skillet from the heat and add half of the cheese and half of the salsa. Stir to combine.
7. Before serving, top with the remaining cheese and salsa.



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“When I’m home, my mom and I love making this dish for our gluten free family members.”



**“OUT OF THE BOX”
PASTA
CREATIONS**

Breakfast Pasta Frittata

Nutty Rotini with Chicken & Raisins

Gluten Free Autumn Squash Soup

Penne with Grilled Steak & Arugula



Breakfast Pasta Frittata

Ingredients:

Serves 8

- 1 box Barilla® Whole Grain Spaghetti
- 4 tbsp extra virgin olive oil
- 8 eggs
- ½ cup milk
- ½ cup Parmesan cheese, grated
- 1 onion, diced
- 1 zucchini, sliced in quarters
- ½ lb. small button mushrooms, halved
- salt & pepper to taste

Sauce:

- 4 tbsp extra virgin olive oil
- 1 clove garlic
- ¼ cup parsley
- 6 basil leaves
- salt & pepper to taste

Calories 350, Fat 25g, Protein 14g
Carbohydrates 18g, Fiber 2g

Per serving

Directions:

Prep Time 15 min Cook Time 30 min

1. Bring a large pot of water to a boil and preheat oven to 400°F.
2. Cook the pasta according to the directions – one minute less than required. Drain and toss with 1 tbsp of olive oil. Place on tray to cool down.
3. In a large bowl, combine the eggs, milk and cheese. Season with salt and pepper and stir well.
4. In an oven safe large skillet, sauté the onion in 3 tbsp of olive oil for 3-4 minutes. Add the zucchini and mushrooms and sauté for 2 minutes.
5. Season with salt and pepper, add the pasta and sauté for 1 more minute.
6. Add the egg mixture to the skillet and cook for 2 minutes – then put the skillet directly into the oven. Cook until eggs have set and are lightly browned.
7. In a blender, combine all the ingredients for the sauce and pulse to make it smooth.
8. Top each portion with sauce before serving.



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*“Lazy weekends, great food and family.
That means ‘home’ to me.”*



Nutty Rotini with Chicken & Raisins

Ingredients:

Serves 7

1 box Barilla® ProteinPLUS® Rotini
4 tbsp extra virgin olive oil
2 ice cubes
15 basil leaves
¼ cup almonds
¼ cup hazelnuts
¼ cup toasted cashews
1 clove garlic
2 tbsp Parmesan cheese, grated
2 tbsp Romano cheese, grated
1 rotisserie chicken
(about 3 cups, cooked & shredded)
¼ cup golden raisins
¼ cup red raisins
salt & pepper to taste

Calories 460, Fat 21g, Protein 19g
Carbohydrates 52g, Fiber 6g

Per serving

Directions:

Prep Time 15 min Cook Time 15 min

1. Bring a large pot of water to a boil.
2. Meanwhile in a blender, make the pesto by combining basil, nuts and garlic.
3. Pulse for 15 seconds. Then turn the blender to medium speed and drizzle in the olive oil and add in the ice cubes. Season with salt and pepper.
4. Cook the pasta according to the directions. Drain and save 1 cup of the cooking water.
5. In a large bowl, fold the pesto and two cheeses together along with 1 cup of pasta cooking water.
6. Fold in the chicken, raisins and pasta. Toss together until well combined.
7. Serve warm or at room temperature and garnish with fresh basil leaves and extra cheese.



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“This is race day food.”



Gluten Free Autumn Squash Soup

Ingredients:

Serves 6

- 1 box Barilla® Gluten Free Elbows
- 4 tbsp extra virgin olive oil
- 1 small onion, diced
- 2 Granny Smith apples, diced
- 1 tbsp sage
- ¼ tsp nutmeg
- ½ tsp cinnamon
- ¼ tsp cloves
- 1 cup whole milk
- 3 quarts low-sodium chicken broth
- 1 large butternut squash, diced
- ¼ cup unsalted pumpkin seeds
- salt & pepper to taste

Calories 400, Fat 14g, Protein 11g
Carbohydrates 27g, Fiber 2g

Per serving



Directions:

Prep Time 15 min Cook Time 40 min

1. In a large soup pot, sauté the apples with olive oil, onion, sage, nutmeg, cinnamon and cloves for 4-5 minutes or until slightly softened. Season with salt and pepper.
2. Add the milk, chicken broth and squash, and bring the mixture to a simmer. Cook for approximately 15 minutes or until the squash is nice and soft.
3. In a blender, purée the soup in small batches to achieve a nice, smooth consistency.
4. When finished, transfer the soup back to the pot and bring it back to simmer. Season with salt and pepper.
5. Add the uncooked pasta to the soup and continue to cook for 3.5 minutes— while stirring frequently.
6. Set the soup aside and let it rest for 25-30 minutes. In a small skillet, toast the pumpkin seeds over medium heat for approximately 5 minutes, or until they are slightly golden.
7. Sprinkle the pumpkin seeds over each bowl before serving.



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“Autumn days call for autumn soup.”



Penne with Grilled Steak & Arugula

Ingredients:

Serves 8

- 1 box Barilla® Whole Grain Penne
- 3 tbsp extra virgin olive oil
- 1 pint cherry tomatoes, halved
- 1 pint yellow cherry tomatoes, halved
- 8 basil leaves, sliced thin
- 4 sirloin steaks, 4 oz. each
- 1 tsp garlic powder
- 3 cups arugula leaves
- 2 tbsp lemon juice
- salt & pepper to taste

Calories 410, Fat 17g, Protein 21g
Carbohydrates 43g, Fiber 7g

Per serving

Directions:

Prep Time 15 min Cook Time 20 min

1. Bring a large pot of water to a boil and preheat the grill to high heat.
2. In a large bowl, combine the cherry tomatoes, basil, 2 tbsp of olive oil, lemon juice, salt and pepper – then set aside.
3. On a large plate, season the steaks with the remaining olive oil, salt, pepper and garlic powder – then set aside.
4. Cook the pasta according to the directions, while grilling the steaks any way you like them done. Let them rest for a few minutes and slice them into thin strips.
5. Drain the pasta and toss with the tomatoes, basil and arugula. Top each portion with the strips of steak.



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“Lean beef is a great choice when you mix it with fresh flavors.”



“Thank you for checking out my Winning Recipes. I hope you enjoy them as much as I do. You know that eating right is the key ingredient to keeping yourself and loved ones fueled and feeling unbeatable every day. So I’m glad I could share some of my Barilla pasta favorites, and make fresh meal ideas easy.”

Miki

– Mikaela Shiffrin