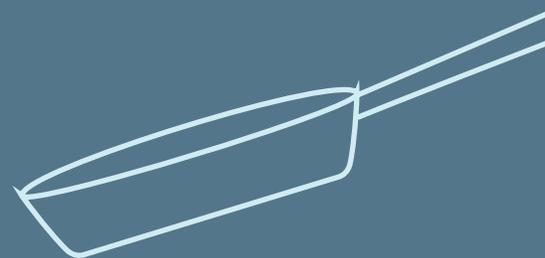
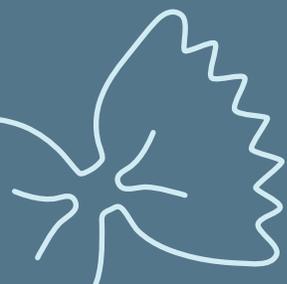
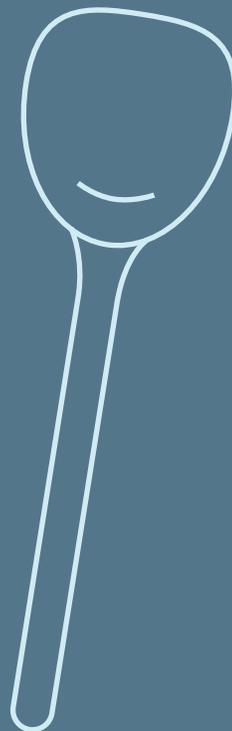
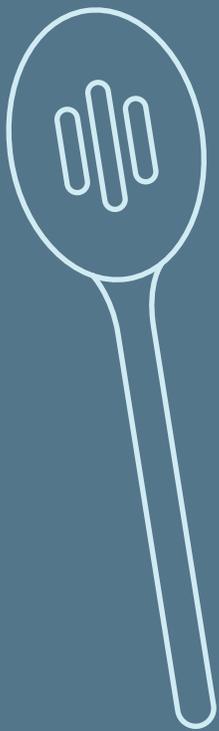
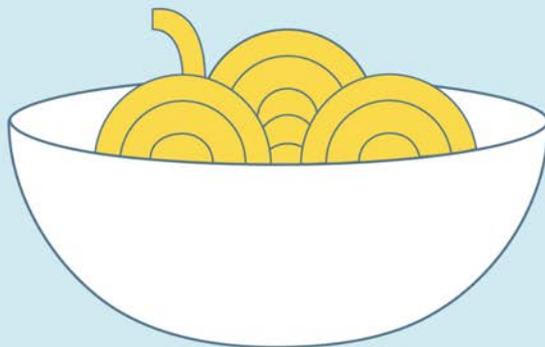


PASTA

RECIPE

BUILDERS



ABOUT BARILLA PASTA RECIPE BUILDERS

These days, getting out is not so easy. Our ability to travel the world, our country, our favorite restaurants or even our own grocery store is limited. We are all cooking at home more and more, and maybe running out of ideas or limited to what we have on hand. That's why we designed this Pasta Recipe Builder-cooking technique that allows you to use ingredients you may have on hand in your pantry, refrigerator or freezer, or explore different global culinary flavors to easily add variety to dinner time.

Our series of Pasta Recipe Builders make it easy to create a myriad of different pasta dishes without relying on a recipe, and without having to have a lot of cooking skills. It gives you the freedom to stretch your culinary creativity and think about pasta beyond Italian to explore different cultures through food. The idea is simple: layer the flavors to bring out the best of all your ingredients. The more you use this technique, the more you will evolve your natural cooking instincts!

Through the Pasta Recipe Builders, our chefs and nutritionists created this technique to show not only how pasta can offer variety and flavor, but also well-being:

CULINARY: Inspired by global cuisines the recipe builders were designed to help you explore the different flavors of the world. Giving you the freedom to customize based on what you have on hand.

NUTRITION: Pasta is a staple of the Mediterranean diet, a complex carbohydrate with a good source of fiber and low glycemic index. Our Recipe Builders take the guess work out of building balanced pasta recipes. Each one is designed to create dishes with 500 calories or less per serving. No matter which items you choose or how you match, if you follow the amounts, you'll have a wholesome delicious meal.

MINDFULNESS: Chopping an onion, sautéing vegetables, or even boiling water, all of these bring forward our senses and connect us to the present. Welcome a mindful moment into your day while using these builders. Breathe in the aromas, pause while the water boils and catch up with a loved one while you're cooking or sharing your meal.

SUSTAINABILITY: Plant forward diets, like the Mediterranean Diet, are widely recognized to be both good for you and good for the planet. While our recipe builders include a variety of meat-, poultry-, and fish-based proteins, they are built in as a complementary partner to the overall dish, and not the center of the recipe. Focusing on plant-based ingredients each builder offers a range of options to meet your personal lifestyle and preferences.

HOW TO USE THE PASTA RECIPE BUILDERS

1. Start at the bottom with step 1, by simply selecting your favorite pasta shape
2. Begin to go up the builder, following the numeric order and reading the corresponding numerical instruction until you simply finish your recipe.
3. Some tips to keep in mind:
 - Feel free to mix and match your favorite vegetables and/or spices
 - Omit dairy if you are vegan
 - Try the recipe with your favorite legumes or tofu if you are vegetarian or vegan
 - Use Barilla Gluten Free or Legume varieties if you have a gluten intolerance

ABOUT OUR CONTRIBUTORS

FROM OUR CHEF

As an Italian, I grew up with traditional pasta dishes every day. No longer living in Italy, making these recipes remind me of home. I left Italy when I was 19 years old, and traveled the world with my work, being inspired by other cultures, flavors and ingredients. While a past Pasta Bolognese is still one of my favorite ways to enjoy pasta, I also love to combine my Italian heritage with flavors from around the world.

We created the first recipe builder in 2015 as a tool to teach kids how to make their own pasta recipes. Our culinary team built and refined several versions of our recipe builder over the last years. We are excited to share this easy to-use guide with you. We hope you enjoy exploring global flavors, and inspire you to make custom recipes in your own kitchens. Join us in exploring the flavors of global cuisines.

Buon appetito,
Lorenzo
Executive Chef, Barilla America

FROM OUR NUTRITIONIST

Food should be balanced and nourishing but that doesn't mean it cannot also be delicious, interesting and full of flavor. Being a registered dietitian nutritionist with Barilla for 9 years I'm constantly being asked for ways to make healthier pasta dishes. I always start by sharing that pasta, all pastas, are healthy. The challenge is making sure you pair it in a balanced way.

Whether the pastas are made from durum wheat, whole grains or legumes, they're all complex carbohydrate sources that have around 200 calories per a serving. Pasta is a perfect foundation for building a healthful meal. With this in mind, our nutrition team partnered with our chefs to put together our Barilla Pasta Recipe Builders. We structured the contents to create balanced recipes with 500 calories or less per serving. Customize all you want, explore flavors and ingredients that inspire you and no matter which way you go, if you follow the builders guidance you'll have a balanced wholesome recipe to enjoy.

Now when people ask me for a pasta recipe or even when I'm at a loss for what to make my family for dinner, I always look at one of our builders. I hope you enjoy exploring them in your own kitchens.

In good health,
Anna
Director of Nutrition & Science Communications, Barilla America



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.

GLOBAL INSPIRATION

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 | GROUPEL, 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® ROTINI | BARILLA® COLLEZIONE RIGATONI | BARILLA® LINGUINI

*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.



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF CHINA*

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. Combine SPICE with 1 TBSP. dry sherry or water and 1/4 tsp. cornstarch.
3. Add PROTEIN to small bowl with SPICE mixture; set aside to marinate for 5 minutes.
4. Heat half the OIL in large skillet over medium-high heat. Add marinated PROTEIN; cook until lightly browned. Transfer PROTEIN to clean plate.
5. Heat remaining OIL in same skillet. Add BASE FLAVORING; cook until fragrant.
6. Add VEGETABLES; cook until tender-crisp.
7. Add GREENS and stir.
8. Add FLAVORING and reserved pasta water. Adjust seasoning with salt and pepper, to taste; stir and cook until liquid is mostly evaporated and GREENS are wilted.
9. Add PROTEIN and PASTA; toss to coat. Garnish with TOPPINGS.

8 2 TBSP. FLAVORING
BLACK BEAN SAUCE
OR
HOISIN SAUCE, DARK CHINESE SOY SAUCE, BLACK RICE VINEGAR

6 2 CUPS VEGETABLES
RED BELL PEPPERS, CHOPPED
OR
CHINESE EGGPLANT, SLICED; CARROTS, SLICED; SNOW PEAS, TRIMMED; CANNED BAMBOO SHOOTS, RINSED & SLICED

4 3 TBSP. OIL
VEGETABLE OIL
OR
PEANUT OIL, CANOLA OIL, SAFFLOWER OIL, TOASTED SESAME OIL

2 1/2 tsp. SPICE
5 SPICE POWDER
OR
BLACK PEPPER, GROUND; DRIED WHOLE RED CHILIS; WHITE PEPPER, GROUND; CASSIA (CHINESE CINNAMON)

9 2 TBSP. TOPPINGS
SCALLIONS, SLICED
OR
CHIVES, CHOPPED; DRY ROASTED PEANUTS, CHOPPED; CILANTRO, CHOPPED

7 2.5 CUPS GREENS
GAI LAN, (CHINESE BROCCOLI) CUT INTO 2 INCH PIECES
OR
CABBAGE, CHOPPED; BABY BOK CHOY, HALVED; PEA SPROUTS; ONG CHOY (CHINESE WATER SPINACH), CHOPPED

5 2 TBSP. BASE FLAVORING
GARLIC, FINELY CHOPPED
OR
GINGER, FRESHLY GRATED; SHALLOTS, CHOPPED; YELLOW ONION, SLICED

3 1 LB. PROTEIN
PORK TENDERLOIN, THINLY SLICED
OR
LEAN FLANK STEAK, THINLY SLICED; CHICKEN BREAST, BONELESS & SKINLESS, THINLY SLICED; EXTRA FIRM TOFU, PRESSED & CUBED

1 1 BOX OF PASTA
BARILLA® SPAGHETTI
OR
BARILLA® ORZO; BARILLA® COLLEZIONE SPAGHETTI; BARILLA® FETTUCINE; BARILLA® WHOLE GRAIN LINGUINE



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF FRANCE*

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 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 VEGETABLES are softened. Add PASTA and toss.
6. Add WINE and simmer until reduced by half.
7. Add BROTH and simmer.
8. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
9. Garnish with TOPPINGS.

8 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
COMTÉ, GRATED
OR
CHÈVRE, TOMME DE SAVOIE, GRATED; ROQUFERT, CRUMBLÉ; CAMEMBERT

9 1 TBSP. TOPPINGS
CHIVES, SLICED
OR
CHERVIL, THYME LEAVES ONLY, DILL, CHOPPED

7 1/4 CUP BROTH
CHICKEN BROTH
OR
CHICKEN, VEGETABLE, SEAFOOD, BEEF

5 2 CUPS VEGETABLES
MIXED MUSHROOMS, SLICED
OR
FENNEL, SLICED; BABY SPINACH; BUTTERNUT SQUASH, SMALL DICE; GREEN BEANS, SLICED; CABBAGE, CUT INTO 1 INCH PIECES

3 1/4 CUP BASE FLAVORING
SHALLOTS, CHOPPED
OR
LEEKS, CHOPPED; YELLOW ONION, CHOPPED; GARLIC, MINCED (2 CLOVES)

1 1 BOX OF PASTA
BARILLA® COLLEZIONE SPAGHETTI
OR
BARILLA® COLLEZIONE PENNE; BARILLA® GLUTEN FREE ELBOWS; BARILLA® TRI-COLOR PENNE; BARILLA® ROTINI; BARILLA® WHOLE GRAIN LINGUINI

6 1/4 CUP WINE
MARSALA WINE
OR
PINOT NOIR, CHARDONNAY, SAUVIGNON BLANC

4 12 OZ. PROTEIN
DUCK CONFIT (10 OZ)
OR
GROUND BEEF, GROUND PORK, GROUND LAMB, SHRIMP, PEELED & DEVEINED



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF INDIA*

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 TOASTING SPICE to skillet for 2-3 minutes until fragrant.
4. Add BASE FLAVORING and stir.
5. Immediately following, add GROUND SPICE to skillet; cook until softened.
6. Add PROTEIN; cook, stirring frequently, until done.
7. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; cook 5-7 minutes stirring occasionally until cooked through. Add PASTA and toss.
8. Remove skillet from heat. Stir in CHEESE, DAIRY, & OTHER FINISHING TOUCHES.

8 2 TBSP. CHEESE, DAIRY & OTHER FINISHING TOUCHES
FAT-FREE PLAIN YOGURT
OR



7 2 CUPS VEGETABLES
CANNED TOMATOES, CRUSHED
OR



6 12 OZ. PROTEIN
CANNED CHICKPEAS, RINSED & DRAINED
OR



5 2 tsp. GROUND SPICE
GARAM MASALA
OR



4 1 TBSP. BASE FLAVORING
GINGER, GRATED
OR



3 1 TBSP. TOASTING SPICE
MUSTARD SEEDS
OR



2 2 TBSP. OIL OR BUTTER
GHEE (CLARIFIED BUTTER)
OR



1 1 BOX OF PASTA
BARILLA® FARFALLE
OR



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF IRELAND*

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 VEGETABLES. Adjust seasoning with salt and pepper, to taste. Sauté.
5. Add SEASONING and stir; cover and cook until VEGETABLES are 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 DAIRY
AGED CHEDDAR CHEESE, SHREDDED
OR



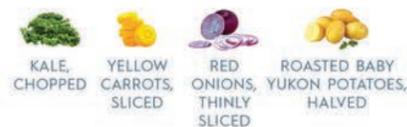
7 1/4 CUP TOPPINGS
PARSLEY, CHOPPED
OR



5 1 TBSP. SEASONING
SPICY WHOLE GRAIN MUSTARD
OR



4 2 CUPS VEGETABLES
SAVOY CABBAGE, SLICED
OR



3 12 OZ. PROTEIN
CORNERED BEEF, COOKED & CHOPPED
OR



2 1 TBSP. OIL OR BUTTER
CANOLA OIL
OR



1 1 BOX OF PASTA
BARILLA® COLLEZIONE SPAGHETTI
OR





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

ASIAGO, SHREDDED | FRESH MOZZARELLA, CHOPPED | FONTINA, SHREDDED
HEAVY CREAM | PECORINO ROMANO, GRATED

7 1/4 CUP TOPPINGS
BASIL, CHOPPED
OR

CHIVES, THINLY SLICED | ITALIAN PARSLEY, CHOPPED | MINT, CHOPPED

5 2 CUPS VEGETABLES
ASPARAGUS, THINLY SLICED
OR

CHERRY TOMATOES, HALVED | BROCCOLI FLORETS | CREMINI MUSHROOMS, THINLY SLICED
BABY SPINACH LEAVES | ZUCCHINI, THINLY SLICED

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

LEAN GROUND BEEF | CHICKEN BREAST, BONELESS & SKINLESS, THINLY SLICED | CANNED WHITE BEANS, RINSED & DRAINED
CANNED TUNA, DRAINED | SALMON, RAW, CUBED

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

CELERY, CHOPPED | GARLIC, SLICED (2 CLOVES) | LEEKS, CHOPPED
SHALLOTS, CHOPPED | WHITE ONION, CHOPPED

2 1/4 CUP OIL
EXTRA VIRGIN OLIVE OIL
OR

VEGETABLE OIL | BASIL OIL | WALNUT OIL | CANOLA OIL

1 1 BOX OF PASTA
BARILLA® FETTUCCINE
OR

BARILLA® COLLEZIONE PENNE | BARILLA® GLUTEN FREE ELBOWS | BARILLA® TRI-COLOR PENNE
BARILLA® ROTINI | BARILLA® WHOLE GRAIN LINGUINI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF JAPAN* 🇯🇵

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. Add BASE FLAVOR to bowl.
3. Add FLAVORING to same bowl.
4. Add PROTEIN to bowl with BASE FLAVOR & FLAVORING and toss. Set aside and marinate for 5 minutes.
5. Heat OIL in large skillet over medium-high heat. Add PROTEIN and cook until done.
6. Add VEGETABLES to skillet. Adjust seasoning with salt and pepper, to taste. Cook until tender-crisp. Add PASTA and reserved pasta water; cook until most liquid is absorbed.
7. Remove skillet from heat. Garnish with TOPPINGS.

6 3 CUPS VEGETABLES
FROZEN EDAMAME, SHELLED
OR

SHITAKE MUSHROOMS, SLICED | SHISHITO PEPPERS, WHOLE | NAPA CABBAGE, THINLY SLICED
JAPANESE EGGPLANT, THINLY SLICED | CARROTS, SHREDDED

7 1/4 CUP TOPPINGS
IKRA (CURED SALMON ROE)
OR

PICKLED SUSHI GINGER, SLICED | EGG, SCRAMBLED OR HARD BOILED, CRUMBLed | SCALLIONS, SLICED
DAIKON RADISH SPROUTS | NORI SEAWEED STRIPS, THINLY SLICED

5 3 TBSP. OIL
VEGETABLE OIL
OR

PEANUT OIL | CANOLA OIL | SOYBEAN OIL | SAFFLOWER OIL

4 1 LB. OF PROTEIN
TUNA OR SALMON, RAW, BONELESS & CUBED
OR

BEEF SIRLOIN, BONELESS & THINLY SLICED | SHRIMP, PEELED & DEVEINED | CHICKEN THIGHS, BONELESS, SKINLESS & CHOPPED
PORK LOIN, BONELESS & THINLY SLICED | MEDIUM FIRM TOFU, PRESSED & CUBED

3 1 TBSP. FLAVORING
WASABI PASTE
OR

TOGARASHI (JAPANESE 5 SPICE) | FERMENTED BLACK GARLIC CLOVES, GENTLY PRESSED | GINGER, FRESHLY GRATED
MIRIN | MISO PASTE

2 4 TBSP. BASE FLAVOR
PONZU SAUCE (JAPANESE CITRUS SEASONED SOY SAUCE)
OR

SEASONED RICE VINEGAR | TERIYAKI SAUCE | SHOYU (JAPANESE SOY SAUCE) | SAKE

1 1 BOX OF PASTA
BARILLA® WHOLE GRAIN SPAGHETTI
OR

BARILLA® LINGUINE | BARILLA® ORZO | BARILLA® COLLEZIONE BUCATINI
BARILLA® ANGEL HAIR | BARILLA® THIN SPAGHETTI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF KOREA* 🇰🇷

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. Add OIL to bowl.
3. Add VINEGAR to same bowl.
4. Add SPICE in same bowl to VINEGAR & OIL and add 3 cloves of garlic, minced.
5. Add PROTEIN to the bowl and toss. Set aside and marinate for 5 minutes. Heat large skillet over medium-high heat; add PROTEIN. Stir frequently until done.
6. Add VEGETABLES to skillet. Adjust seasoning with salt and pepper, to taste. Cook stirring frequently until tender-crisp.
7. Stir in PASTA, reserved pasta water and FLAVORING; continue cooking until most of the liquid is absorbed.
8. Remove skillet from heat. Garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
NAPA CABBAGE, CHOPPED KIMCHI
OR

SCALLIONS, SLICED | MILD CHILI THREADS (1 TBSP) | CRUSHED GIM (KOREAN SEAWEED) | SESAME SEEDS (1 TBSP) | EGG, SCRAMBLED OR HARD BOILED, CRUMBLed

6 4 CUPS OF VEGETABLES
BEAN SPROUTS
OR

NAPA CABBAGE, CHOPPED | SPINACH, CHOPPED | CARROTS, SHREDDED | KING OYSTER MUSHROOMS, SLICED

4 2 tsp. SPICE
BLACK PEPPER, GROUND
OR

SESAME SEEDS, TOASTED & GROUND | GOCHUCARU (DRIED CHILI POWDER)

2 2 TBSP. OIL
CANOLA OIL
OR

SESAME OIL | RICE BRAN OIL | VEGETABLE OIL

7 3 TBSP. OF FLAVORING
GOCHUJANG (SPICY FERMENTED PEPPER PASTE)
OR

GANJANG (KOREAN SOY SAUCE) | FRESH GINGER, GRATED | TOASTED SESAME OIL | DOENJIANG (SALTY FERMENTED SOY BEAN PASTE)

5 12 OZ. PROTEIN
BEEF FLANK STEAK, THINLY SLICED
OR

FROZEN MIXED SEAFOOD BLEND, THAWED | KOREAN FISH CAKES, SLICED | CHICKEN BREAST, BONELESS, SKINLESS & CHOPPED | FLANKEN BEEF SHORT RIBS, CUT INTO RIB SECTIONS | MEDIUM FIRM TOFU, PRESSED & CUBED

3 1 TBSP. VINEGAR
BROWN RICE VINEGAR
OR

UNSEASONED RICE VINEGAR | APPLE CIDER VINEGAR | YUJA VINEGAR (YUZU JUICE)

1 1 BOX OF PASTA
BARILLA® COLLEZIONE SPAGHETTI
OR

BARILLA® ORZO | BARILLA® ANGEL HAIR | BARILLA® LINGUINE | BARILLA® WHOLE GRAIN SPAGHETTI | BARILLA® THIN SPAGHETTI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF MEXICO* 🇲🇽

EACH RECIPE SERVES 6-8

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 2 cups of pasta water.
2. Meanwhile, heat OIL in large skillet over medium-high heat.
3. Add PROTEIN and stir.
4. Add SPICE; cook, stirring frequently, until PROTEIN is done.
5. Add VEGETABLES.
6. Add FLAVORING. If necessary, bring to a simmer. Add PASTA and pasta water in 1/4 cup increments, as needed. Season with salt and pepper, to taste.
7. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
8. Garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
RADISHES, THINLY SLICED
OR

FRESH CILANTRO, CHOPPED | KNOB ONIONS, GRILLED & SLICED | PICKLED RED ONIONS, SLICED | FIRE ROASTED CORN KERNELS | PICKLED JALAPEÑO PEPPERS & CARROTS, CHOPPED

7 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
QUESO FRESCO, CRUMBLed
OR

COTIJA CHEESE, GRATED | CHIHUAHUA CHEESE, SHREDDED | PEPITAS, TOASTED | CREMA | AVOCADOS, CHOPPED | EXTRA VIRGIN OLIVE OIL (2 TBSP.)

6 1 CUP FLAVORING
SALSA VERDE
OR

GARLIC CLOVES, MINCED (3 CLOVES) | ROASTED TOMATO SALSA | BEEF, CHICKEN OR VEGETABLE BROTH

5 2 CUPS VEGETABLES
POBLANO PEPPERS, SEEDED & CHOPPED
OR

TOMATILLOS, HUSKED & CHOPPED | TOMATOES, CHOPPED | YELLOW ONIONS, CHOPPED | CHAYOTE SQUASH, SEEDED & THINLY SLICED

4 2 tsp. SPICE
DRIED MEXICAN OREGANO
OR

ANCHO CHILE POWDER | CHIPOTLE PEPPERS IN ADOBO SAUCE, MINCED | DRIED THYME

3 1 LB. PROTEIN
BEEF SKIRT STEAK, CUT AGAINST THE GRAIN INTO BITE-SIZE PIECES
OR

CANNED PINTO BEANS, RINSED & DRAINED (1, 15oz. CAN) | PORK CHOPS, CUT INTO THIN STRIPS | BONELESS, SKINLESS CHICKEN BREAST, CUT INTO BITE-SIZE PIECES | MEXICAN CHORIZO, CASING REMOVED (8 OZ.)

2 2 TBSP. OIL
CANOLA OIL
OR

EXTRA VIRGIN OLIVE OIL | VEGETABLE OIL | AVOCADO OIL

1 1 BOX OF PASTA
BARILLA® FIDEO CUT SPAGHETTI
OR

BARILLA® ORZO | BARILLA® FARFALLE | BARILLA® ELBOWS | BARILLA® COLLEZIONE SPAGHETTI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF THE MIDDLE EAST*

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.
4. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Cook until VEGETABLES are softened; Add PASTA and reserved cooking water to skillet; continue cooking until most of the liquid is absorbed.
5. Stir in PROTEIN; toss to combine.
6. Stir in FLAVORING; toss to combine and heat through.
7. Remove skillet from heat; Add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
8. Garnish with TOPPINGS.

8 2 TBSP. TOPPINGS
POMEGRANATE SEEDS, FRESH
OR

CILANTRO, CHOPPED | PARSLEY, CHOPPED | CHIVES, CHOPPED
DRIED APRICOTS, CHOPPED | MINT, CHOPPED

7 1 TBSP. CHEESE, DAIRY & OTHER FINISHING TOUCHES
PISTACHIOS, CHOPPED
OR

PINE NUTS, TOASTED | SESAME SEEDS, TOASTED | ALMONDS, TOASTED & SLIVERED
LABNEH (STRAINED YOGURT) | FETA CHEESE, CRUMBLER

6 2 TBSP. FLAVORING
PRESERVED LEMONS, CHOPPED
OR

TAHINI | GREEN SCHUG (HERBAL HOT SAUCE) | HARISSA | POMEGRANATE MOLASSES

5 12 OZ. PROTEIN
CANNED CHICKPEAS, RINSED & DRAINED
OR

KAFTA COOKED (MEATBALLS) | CHICKEN SHAWARMA (SEASONED, SPIT ROASTED MEAT) | GRILLED CHICKEN BREAST, THINLY SLICED | GROUND LAMB, BROWNED & DRAINED

4 1 CUP VEGETABLES
RED ONION, CHOPPED
OR

CANNED ARTICHOKE HEARTS, DRAINED & QUARTERED | YELLOW ONION, CHOPPED | RED PEPPER, ROASTED & SLICED

3 1 TBSP. SPICE
ZA'ATAR SPICE MIX
OR

SMOKED PAPRIKA | RAS EL HANOUT (SPICE MIX) | HAWAII (SPICE MIX)
SUMAC | GROUND CUMIN

2 1 TBSP. OIL
EXTRA VIRGIN OLIVE OIL
OR

SCHMALTZ (RENDERED CHICKEN FAT) | VEGETABLE OIL | CLARIFIED BUTTER | CANOLA OIL

1 1 BOX OF PASTA
BARILLA® ORZO
OR

BARILLA® CAMPANELLE | BARILLA® FARFALLE | BARILLA® GEMELLI
BARILLA® COLLEZIONE CASARECCE | BARILLA® FIDEO CUT SPAGHETTI



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, CRUMBLER
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



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF THE PHILIPPINES*

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. Add CITRUS or VINEGAR to bowl.
3. Add FLAVORING to same bowl.
4. Add SPICE to bowl and mix.
5. Add PROTEIN to bowl with SPICE mixture and toss; set aside to marinate for 5 minutes.
6. Heat OIL in large skillet over medium-high heat. Add PROTEIN and cook until done.
7. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Cook tossing frequently until VEGETABLES are tender-crisp.
8. Add GREENS; cook until wilted.
9. Add PASTA and reserved pasta water; cook until most of the liquid has been absorbed. Remove skillet from heat; garnish with TOPPINGS.

8 3 CUPS GREENS
BOK CHOY, CHOPPED
OR
SPINACH, CHOPPED | CABBAGE, CHOPPED | OKRA, SLICED | GREEN BEANS, TRIMMED

6 3 TBSP. OIL
VIRGIN UNREFINED COCONUT OIL
OR
VEGETABLE OIL | PEANUT OIL | CANOLA OIL

4 1 TBSP. SPICE
WHOLE BLACK PEPPER CORNS
OR
ANNATO SEEDS, GROUND | BAY LEAF (1 WHOLE) | BIRD'S EYE CHILI (1 WHOLE) | PAPRIKA

2 1/4 CUP CITRUS OR VINEGAR
COCONUT VINEGAR
OR
LEMON JUICE | CALAMANSI JUICE (SIMILAR TO KUMQUAT & KEY LIME) | LIME JUICE

9 2 TBSP. TOPPINGS
SHALLOTS, FRIED
OR
PORK CRACKLINGS, CRUMBLED | COCONUT MILK | UNSWEETENED FLAKED COCONUT | EGG, SCRAMBLED OR HARD BOILED, CRUMBLED | GREEN SCALLIONS, CHOPPED

7 2 CUPS VEGETABLES
GREEN BEANS, TRIMMED
OR
OKRA, SLICED | GREEN TOMATOES, CHOPPED | CARROTS, JULIENNED

5 12 OZ. PROTEIN
LARGE SHRIMP, PEELED & DEVEINED
OR
MEDIUM FIRM TOFU, PRESSED & CUBED | PORK LOIN, CUBED | CHICKEN THIGHS, BONELESS, SKINLESS & CUBED

3 2 TBSP. FLAVORING
SOY SAUCE
OR
FISH SAUCE | FRESH GINGER, SLICED | OYSTER SAUCE | GARLIC CLOVES, SMASHED

1 1 BOX OF PASTA
BARILLA® LINGUINE
OR
BARILLA® ANGEL HAIR | BARILLA® ORZO | BARILLA® THICK SPAGHETTI | BARILLA® FETTUCINE | BARILLA® COLLEZIONE SPAGHETTI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF THAILAND*

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. Add OIL to bowl.
3. Add BASE FLAVORING to same bowl.
4. Add SPICE to OIL and BASE FLAVOR mixture.
5. Add PROTEIN to the bowl and toss. Set aside and marinate for 5 minutes. Heat large skillet over medium-high heat; add PROTEIN. Stir frequently until done.
6. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Add reserved pasta cooking water; cook until softened. Add PASTA and toss.
7. Stir in FLAVORING.
8. Remove skillet from heat; garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
THAI BASIL, CHOPPED
OR
DRY ROASTED PEANUTS, CHOPPED | CILANTRO, CHOPPED | MINT, CHOPPED

7 2 TBSP. FLAVORING
COCONUT MILK
OR
CHILI GARLIC PASTE | TAMARIND PASTE | NAM PLA (FISH SAUCE) | PEANUT SAUCE | OYSTER SAUCE

6 3 CUPS VEGETABLES
BELL PEPPERS, THINLY SLICED
OR
CARROTS, SHREDDED | MUSHROOMS, SLICED | RED CABBAGE, SHREDDED | TOMATOES, CHOPPED

5 12 OZ. PROTEIN
CHICKEN BREAST, BONELESS, SKINLESS & THINLY SLICED
OR
BEEF SIRLOIN, THINLY SLICED | CRABMEAT | EXTRA FIRM TOFU, PRESSED & CUBED | PORK CHOPS, BONELESS & THINLY SLICED | LARGE SHRIMP, PEELED & DEVEINED

4 1/2 tsp. SPICE
BIRD'S EYE CHILI (1 WHOLE)
OR
CARDAMOM PODS | TURMERIC, GROUND | CORIANDER SEEDS | STAR ANISE, GROUND | LIME LEAVES, CHOPPED

3 4 TBSP. BASE FLAVOR
GREEN THAI CURRY PASTE
OR
GARLIC, SLICED | LEMON GRASS, TENDER INNER PARTS ONLY, MINCED | CILANTRO STEMS, CHOPPED | RED THAI CURRY PASTE

2 2 TBSP. OIL
CANOLA OIL
OR
UNREFINED VIRGIN COCONUT OIL | SAFFLOWER OIL | VEGETABLE OIL

1 1 BOX OF PASTA
BARILLA® COLLEZIONE BUCATINI
OR
BARILLA® COLLEZIONE SPAGHETTI | BARILLA® ORZO | BARILLA® WHOLE GRAIN LINGUINE | BARILLA® ANGEL HAIR | BARILLA® FETTUCINE



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF VIETNAM*

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. Immediately add BASE FLAVOR to skillet and stir.
4. Immediately add SPICE to same skillet and heat until fragrant.
5. Add PROTEIN; cook, stirring frequently, until done. Transfer PROTEIN to plate.
6. Add GREENS to same skillet; cook, tossing frequently, until wilted.
7. Stir in PASTA, reserved pasta cooking water and FLAVORING; toss to coat. Cook until heated through; add cooked PROTEIN to skillet and toss.
8. Remove from heat; add your choice of VEGETABLES.
9. Garnish with TOPPINGS. Serve with lime wedges.

8 2 CUPS VEGETABLES
**RADISH & CARROTS,
PICKLED & SHREDDED**
OR







BEAN SPROUTS BANANA BLOSSOMS, SHREDDED KHOLRABI, SHREDDED PEAPODS, JULIENNED

6 2 CUPS GREENS
CABBAGE, CHOPPED
OR






WATERCRESS, COARSELY CHOPPED MUSTARD LEAVES, CHOPPED CHINESE WATER SPINACH (ONG CHOY), COARSELY CHOPPED

4 1 TBSP. SPICE
STAR ANISE (1 WHOLE)
OR








BIRDSEYE CHILI (1 WHOLE) JALAPENO PEPPER, SLICED CARDAMOM PODS VIETNAMESE PEPPERCORNS CASSIA CINNAMON (1 STICK)

2 3 TBSP. OIL
PEANUT OIL
OR






SESAME OIL CANOLA OIL VEGETABLE OIL

9 1/4 CUP OF TOPPINGS
MINT, CHOPPED
OR








CILANTRO, CHOPPED SHALLOTS, FRIED & CHOPPED CHIVES, CHOPPED THAI BASIL, CHOPPED EGG, SCRAMBLED OR HARD BOILED, CRUMBLed

7 3 TBSP. FLAVORING
VIETNAMESE FISH SAUCE (NUOC MAM)
OR






SOY SAUCE VEGETARIAN OYSTER SAUCE (MADE FROM MUSHROOMS) SAMBAL OELEK (CHILI GARLIC PASTE)

5 12 OZ. PROTEIN
**BEEF FLANK STEAK,
THINLY SLICED**
OR








CHICKEN BREAST, BONELESS, SKINLESS & THINLY SLICED DUCK BREAST, THINLY SLICED WHITE FISH FILLETS, CUBED PORK LOIN, BONELESS & THINLY SLICED MEDIUM FIRM TOFU, PRESSED & CUBED

3 4 TBSP. BASE FLAVORING
GARLIC, CHOPPED
OR







SHALLOTS, CHOPPED GINGER, SLICED FERMENTED SHRIMP PASTE LEMONGRASS, TENDER INNER WHITE PART ONLY

1 1 BOX OF PASTA
**BARILLA®
ORZO**
OR








BARILLA® SPAGHETTI BARILLA® ANGEL HAIR BARILLA® LINGUINE BARILLA® COLLEZIONE BUCATINI BARILLA® WHOLE GRAIN SPAGHETTI

REGIONAL AMERICAN FLAVORS

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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.



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF CALIFORNIA*

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 FRUITS OR VEGETABLES; cook, stirring frequently, until cooked through.
4. Add FLAVORING OR SPICE and saute for 1 min.
5. Add PROTEIN to skillet Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; cook PROTEIN until done. Add PASTA and combine with sauce.
6. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
7. Drizzle with CITRUS OR VINEGAR.
8. Garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
CHIVES, CHOPPED
OR

CILANTRO, CHOPPED | PARSLEY, CHOPPED | WASABI PEAS | SWEET BASIL, TORN

6 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
AVOCADO, SLICED
OR

TOASTED WALNUTS, CHOPPED | GOAT CHEESE, CRUMBLed | BLUE CHEESE, CRUMBLed | MINI FRESH MOZZARELLA BALLS

4 1/4 CUP FLAVORING OR SPICE
DRY WHITE WINE
OR

TOGARASHI (JAPANESE 7 SPICE) (1 tsp.) | SRIRACHA HOT SAUCE (1 TBSP.) | TAMARI SAUCE | DIJON MUSTARD (1 TBSP.) | MEXICAN CHILI-LIME SPICE (1 tsp.)

2 2 TBSP. OIL
AVOCADO OIL
OR

CANOLA OIL | SUNFLOWER OIL | SAFFLOWER OIL | VIRGIN UNREFINED COCONUT OIL | EXTRA VIRGIN OLIVE OIL

7 2 TBSP. CITRUS OR VINEGAR
LEMON JUICE
OR

LIME JUICE | YUZU JUICE | CHAMPAGNE VINEGAR | WHITE BALSAMIC VINEGAR

5 12 OZ. PROTEIN
FRESH TUNA OR SALMON, CUBED
OR

SHRIMP, PEELED & DEVEINED | CANNED GARBANZO BEANS, RINSED & DRAINED | TOFU, FIRM & CUBED | ORGANIC LEAN GROUND BEEF

3 1 CUP FRUITS OR VEGETABLES
HEIRLOOM CHERRY TOMATOES, HALVED
OR

NAPA CABBAGE, SHREDDed | RED SEEDLESS GRAPES, HALVED | SWEET ONIONS, THINLY SLICED | BABY ARTICHOKEs, CLEANED & THINLY SLICED

1 1 BOX OF PASTA
BARILLA® SPAGHETTI
OR

BARILLA® PROTEIN™ SPAGHETTI | BARILLA® ELBOWS | BARILLA® PENNE | BARILLA® ROTINI | BARILLA® COLLEZIONE ORRECHETTE



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

CREAM CHEESE | LIGHT CREAM | PIMENTO CHEESE

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

CHICKEN BREAST, GRILLED, BONELESS, SKINLESS & THINLY SLICED | CRAYFISH TAIL MEAT, CLEANED, DEVEINED & STEAMED | FROZEN SUCCOTASH BLEND (LIMA BEANS & SWEET CORN) THAWED & DRAINED

4 1 tsp. SPICE
GARLIC POWDER
OR

BLACK PEPPER, FRESHLY GROUND | PAPRIKA | CREOLE SEASONING BLEND | SAGE, GROUND | THYME, DRIED

2 2 TBSP. OIL OR BUTTER
BUTTER
OR

PEANUT OIL | VEGETABLE OIL | CANOLA OIL

9 1/4 CUP TOPPINGS
PARSLEY, CHOPPED
OR

CILANTRO, CHOPPED | SCALLIONS, SLICED | TOASTED PANKO BREAD CRUMBS | CHIVES, CHOPPED | DILL, CHOPPED

7 1 TBSP. FLAVORING
HOT SAUCE
OR

FRESH LEMON JUICE | WHITE WINE

5 1 CUP VEGETABLES
COLLARD GREENS, CHOPPED
OR

OKRA, CHOPPED | BRUSSEL SPROUTS, TRIMMED & QUARTERED | TOMATOES, CHOPPED | CHARD, CHOPPED | GREEN TOMATOES, CHOPPED

3 1 CUP BASE FLAVORING
YELLOW ONION, CHOPPED
OR

SHALLOTS, SLICED | RED ONION, CHOPPED | VIDALIA ONION, CHOPPED

1 1 BOX OF PASTA
BARILLA® RIGATONI
OR

BARILLA® ELBOWS | BARILLA® FARFALLE | BARILLA® FETTUCCINE | BARILLA® COLLEZIONE SPAGHETTI



PASTA RECIPE BUILDER INSPIRED BY THE FLAVORS OF TEX-MEX*

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 and stir.
4. Add SPICE. Cook, stirring frequently, until BASE FLAVORING is softened.
5. Reduce heat to low; add FLAVORING and stir.
6. ADD PROTEIN and stir; cook until done.
7. Add FRUITS OR VEGETABLES. Adjust seasoning with salt and pepper, to taste. Add reserved pasta water; stir and cook until done. Add PASTA and toss with sauce.
8. Remove from heat. Garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
CILANTRO, CHOPPED
OR

- BASIL, CHOPPED
- CELERY LEAVES, CRUMBLD
- SCALLIONS, SLICED
- CHIVES, CHOPPED
- PARSLEY, CHOPPED

7 2 CUPS FRUITS OR VEGETABLES
MULTI-COLORED MINI BELL PEPPERS, GRILLED & SLICED
OR

- CUBED MANGO
- CHARD, SLICED
- GREEN & RED CABBAGE, FINELY SHREDDED
- CORN KERNELS, FIRE ROASTED

6 12 OZ. PROTEIN
PULLED PORK SHOULDER, COOKED
OR

- RIBEYE, GRILLED, THINLY SLICED
- CANNED PINTO BEANS, RINSED & DRAINED
- BEEF BRISKET, SMOKED, CHOPPED
- ROTTISSEERIE CHICKEN MEAT, PULLED
- SMOKED CHICKEN SAUSAGE

5 1/4 CUP FLAVORING
MOJO SAUCE
OR

- BBQ SAUCE
- HICKORY SMOKE BBQ SAUCE
- MUSTARD BBQ SAUCE
- SALSA VERDE

4 1 tsp. SPICE
CUMIN, GROUND
OR

- CELERY SEED
- FRESH CITRUS ZEST (LEMON, LIME, ORANGE)
- RED PEPPER FLAKES
- BLACK PEPPER, CRACKED
- HOT SAUCE

3 1 CUP BASE FLAVORING
RED ONION, CHOPPED
OR

- WHITE ONION, CHOPPED
- TOMATOES, CHOPPED
- YELLOW ONION, CHOPPED
- SWEET ONION, CHOPPED

2 2 TBSP. OIL OR BUTTER
CANOLA OIL
OR

- PEANUT OIL
- EXTRA VIRGIN OLIVE OIL
- SAFFLOWER OIL
- BUTTER

1 1 BOX OF PASTA
BARILLA® ELBOWS
OR

- BARILLA® COLLEZIONE SPAGHETTI
- BARILLA® CELLENTANI
- BARILLA® COLLEZIONE BUCATINI

SPECIALTY PRODUCTS



LEGUME RECIPE BUILDER

EACH RECIPE SERVES 4-5

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 SPICES and sauté for 1 min.
5. Add VEGETABLES; cook until softened; stir in reserved cooking water. Add PASTA and toss. Adjust seasoning with salt and pepper, to taste.
6. Add WINE and deglaze.
7. Remove skillet from heat; add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
8. Garnish with TOPPINGS.

8 1/4 CUP TOPPINGS
PARSLEY, CHOPPED
OR



6 1/4 CUP WINE
DRY WHITE WINE
OR



4 2 tsp. SPICES
SMOKED PAPRIKA, GROUND
OR



2 1/4 CUP OIL
EXTRA VIRGIN OLIVE OIL
OR



7 1/4 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
PARMIGIANO REGGIANO, GRATED
OR



5 2 CUPS VEGETABLES
CAULIFLOWER FLORETS
OR



3 1/4 CUP BASE FLAVORING
SHALLOTS, SLICED
OR



1 1 BOX OF PASTA
BARILLA® RED LENTIL PENNE
OR



PROTEIN+™ PASTA RECIPE BUILDER

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.

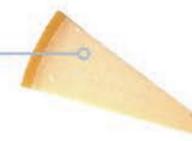
6 1/2 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
PARMIGIANO REGGIANO, GRATED
OR



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



2 1/4 CUP OIL
EXTRA VIRGIN OLIVE OIL
OR



7 1/4 CUP TOPPINGS
BASIL, CHOPPED
OR



5 2 CUPS VEGETABLES
CHERRY TOMATOES, HALVED
OR



3 1/4 CUP BASE FLAVORING
WHOLE GARLIC, MINCED
OR



1 1 BOX OF PASTA
BARILLA® PROTEIN+™ ANGEL HAIR
OR

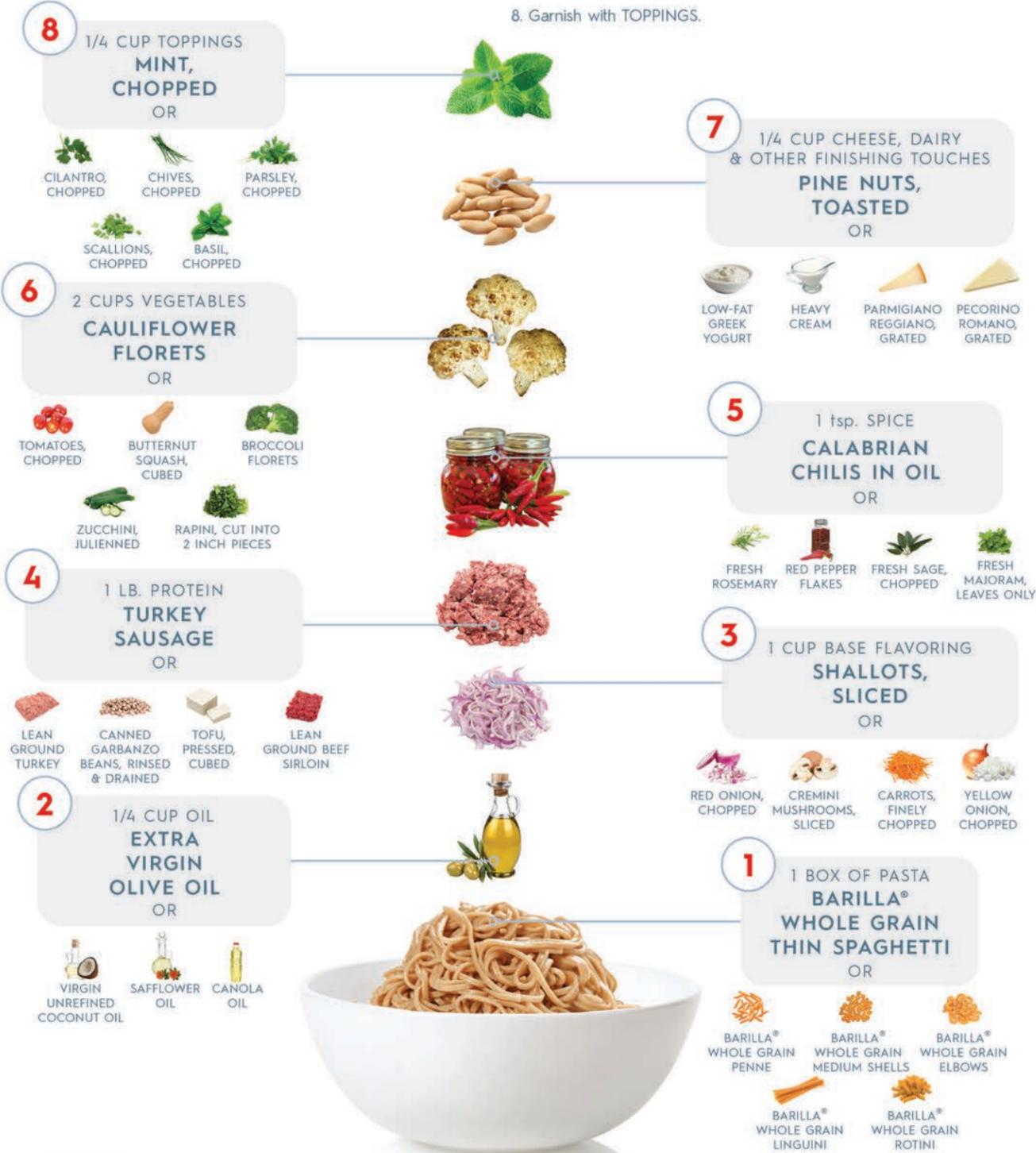




WHOLE GRAIN RECIPE BUILDER

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

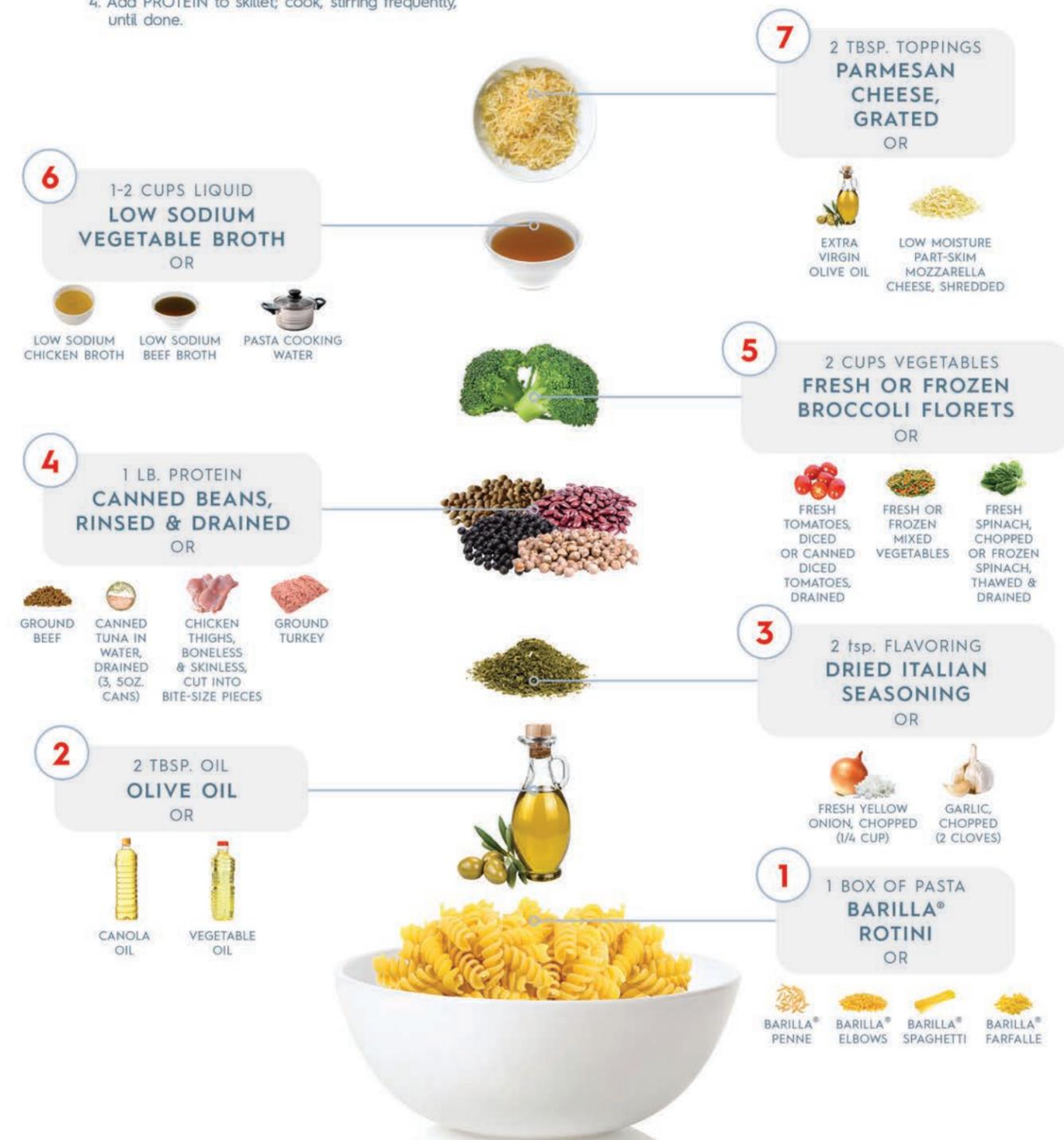


7 EASY STEPS TO QUICK AFFORDABLE FAMILY MEALS

EACH RECIPE SERVES 6-8

Each recipe = \$10.00 or less & less than 500 calories per serving

1. Pick your favorite PASTA; cook one minute less than package directions. Drain; reserve 2 cups of pasta water.
2. Meanwhile, heat OIL in large skillet over medium heat.
3. Add FLAVORING to skillet and cook until softened and fragrant.
4. Add PROTEIN to skillet; cook, stirring frequently, until done.
5. Add VEGETABLES. Adjust seasoning with salt and pepper, to taste. Sauté.
6. Add BROTH or reserved pasta water; continue to cook until VEGETABLES are softened. Add PASTA and toss with sauce.
7. Remove skillet from heat. Garnish with TOPPINGS.



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PASTA SALAD RECIPE BUILDER

EACH RECIPE SERVES 6-8

1. Pick your favorite PASTA, cook it 1 minute less than the package directions, drain, and toss with 1 TBSP. of OLIVE OIL. Place on a cookie sheet to cool down.
2. Place OIL in large bowl.
3. Add CITRUS OR VINEGAR to bowl and whisk.
4. Add VEGETABLES to bowl. Adjust seasoning with salt and pepper, to taste.
5. Add cooked PROTEIN and cooled PASTA to bowl; toss until incorporated.
6. Add CHEESE, DAIRY & OTHER FINISHING TOUCHES.
7. Garnish with TOPPINGS.

7 1/4 CUP TOPPINGS
OREGANO, CHOPPED
OR



5 12 OZ. PROTEIN
GRILLED CHICKEN, THINLY SLICED
OR



3 3 TBSP. CITRUS OR VINEGAR
LEMON JUICE
OR



1 1 BOX OF PASTA
BARILLA® TRI-COLOR PENNE
OR



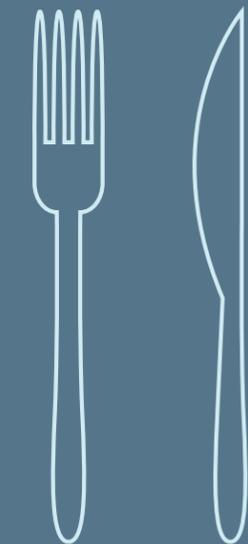
6 1 CUP CHEESE, DAIRY & OTHER FINISHING TOUCHES
MOZZARELLA, DICED
OR



4 1.5 CUPS VEGETABLES
ZUCCHINI, DICED
OR



2 4 TBSP. OIL
EXTRA VIRGIN OLIVE OIL
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.



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