

HEALTHIER TRADITIONS COOKBOOK™

# ITALIAN

*18 Classic Italian Dishes*

Cauliflower  
Alfredo



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# HEALTHIER TRADITIONS COOKBOOKS™

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We are pleased to share this edition of the Transamerica Institute® Healthier Traditions Cookbook™ series focused on Italian food. This book includes a wide variety of recipes that can be made any day of the week. We took traditional favorite recipes that are based in Italian culture and modified them to be more nutritious while just as flavorful. Some of these recipes are healthier twists on classic Italian recipes that are beloved here in the US (such as the Cauliflower Alfredo or Meatballs). Others are unique variations on traditional recipes (such as the Socca Pizza or Panzanella Caponata). And others have Italian roots but have been modified into the versions we commonly see made in the US (such as the Cioppino or Chicken Piccata). We added some short points about the history and cultural context for many of these recipes; you may find these spark your interest to read further into the origin of recipes and history of their ingredients, both within Italy and in the US. A couple of suggested resources to learn more about the history of Italian cuisine in America are the websites of the Italian Sons and Daughters of America and the Order of the Sons and Daughters of Italy.

To get started, you'll want to stock up on fresh extra virgin olive oil, which is so healthy for your heart and brain. Many of the ingredients (such as chickpeas, pasta, and canned tomatoes) are pantry staples. The fresh ingredients can be found easily at your local grocery store or probably even farmers market. When possible, we encourage you to substitute fruits or vegetables based on what is in season. For example, you can swap sliced oranges for the berries on the Panna Cotta in the winter. Or, you could add roasted beets or butternut squash to your Socca Pizza in the winter, when zucchini are not in season. And many of the tips and techniques that you will learn in these recipes—such as blending vegetables into a creamy pasta sauce or using oats instead of breadcrumbs in meatballs—can be easily replicated in your other favorite recipes from other cultures.

These recipes are written to be nutritious for everyone, but they can also be modified to meet different dietary needs. While not all are vegetarian, these recipes are full of vegetables and are largely plant-based. Most of the recipes that call for meat can be easily modified by using cooked lentils or quinoa in place of meat. Though not traditional, piccata could be made with tofu or tempeh. And many of the dishes that call for dairy could be substituted with vegan ingredients. For example, the Panna Cotta could be made with a plant-based yogurt and agar agar instead of gelatin. Also, the Lasagna or Cannoli could be made with a nut-based cheese.

Most of these recipes are also naturally gluten-free. The farro in the Mushroom Farrotto could be substituted with another grain of choice (such as brown rice or sorghum) and the bread (or pane) in the Panzanella Caponata could be substituted with any gluten-free bread (though we recommend a whole grain variety).

We truly hope you enjoy trying these recipes and learning from the cooking tips and cultural tidbits shared throughout the book. Please let us know if you have any feedback about this book and would like to receive copies to share with your community group, patients, or other people who might be interested.

Mangiamo!

# SPECIAL THANKS

## *to collaborators & contributors*

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Stacy is a New York-based registered dietitian nutritionist and yoga instructor focusing on mindful eating and plant-based health. She has experience working with individuals and families from a variety of cultural backgrounds, including adolescents and pregnant women. She takes a holistic approach when working with clients, looking at overall lifestyle and habits in addition to food. Stacy believes everything can fit when it's kept simple, honest, and joyful. Learn more about her at [www.stacykleung.com](http://www.stacykleung.com) or follow her on Instagram @stacykleungrd.



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DISCLAIMER: All recipes assume that produce is washed and ready for consumption. Nutrition facts are per serving and do not include optional toppings (unless otherwise stated).



**Antipasto** means “before the meal” and refers to an appetizer that often includes cured meats, cheeses, and roasted vegetables. While this salad can be served as an appetizer, the addition of whole grain bread and chickpeas make it balanced and filling enough for a meal.

## Dressing

- 1 tablespoon Dijon mustard
- 4 tablespoons red wine vinegar
- 4 tablespoons extra virgin olive oil
- ¼ teaspoon fine sea salt
- ½ teaspoon black pepper
- 2 teaspoons fresh parsley or basil, minced
- ¼ teaspoon red pepper flakes

1. Prepare dressing by whisking ingredients together in a small bowl or shaking in a sealed jar.



# ANTIPASTO SALAD

## Antipasto Insalata

1 hour

Serves 6

### Nutrition Facts

348 calories | 23g fat | 7g saturated fat | 631mg sodium  
25g carbohydrate | 4g fiber | 4g sugar | 12g protein

## Ingredients

- 2 large red peppers (or 1 12-ounce jar of whole roasted peppers, drained)
- 2 hearts of romaine lettuce, roughly chopped
- 8 ounces fresh mozzarella or sharp provolone cheese, cut into 1-inch pieces
- ½ cup olives, halved
- 1 15.5-ounce can (about 1¾ cups) cooked chickpeas
- ½ large red onion, thinly sliced
- 1 cup marinated artichoke hearts, drained and quartered
- 8 ounces whole grain sourdough bread, cut into 1-inch cubes
- 1 tablespoon extra virgin olive oil

## Directions

1. Preheat oven to 400°F.
2. If using a jar of roasted peppers, skip this step. Cut peppers into halves, removing stem and seeds. Roast, face down, on glass baking sheet for 30 minutes, until soft and lightly browned. Cut into thin slices.
3. Meanwhile, combine other salad ingredients in a large bowl. Prepare dressing (see page 6). Toss bread cubes with 1 tablespoon olive oil.
4. When peppers have finished, lower heat to 350°F and bake bread cubes on a glass baking dish for 15 minutes, until browned and slightly crispy.
5. Add bread to salad bowl and top with dressing. Toss before serving.

# CALAMARI

Calamari — 45 Mins — Serves 6

## Nutrition Facts

133 calories | 3g fat | 0g saturated fat  
215mg sodium | 12g carbohydrate  
1g fiber | 1g sugar | 13g protein

## Ingredients

- 1 pound fresh calamari tubes, cut into  $\frac{1}{2}$ -inch rings, or defrosted frozen calamari rings and tentacles, rinsed and patted dry
- $\frac{3}{4}$  cup cornmeal or almond meal
- $\frac{1}{2}$  teaspoon baking soda
- 1 teaspoon dried parsley
- $\frac{1}{4}$  teaspoon fine sea salt
- $\frac{1}{4}$  teaspoon black pepper
- 1 small lemon, cut into 6 wedges
- 2 cups marinara sauce (see page 9)

## Directions

- Preheat oven to 425°F. Line baking sheet with parchment paper.
- Combine cornmeal or almond meal, baking soda, parsley, salt, and pepper in a large bowl.
- In a few batches, add all calamari pieces to bowl and toss to coat evenly.
- Bake for about 20 minutes, until golden brown and crisp.
- Serve with a lemon wedge and  $\frac{1}{2}$  cup marinara sauce per serving.



## Marinara Sauce

- |                                     |  |
|-------------------------------------|--|
| 1 tablespoon extra virgin olive oil | 1 28-ounce can crushed tomatoes, no salt added |
| $\frac{1}{2}$ small onion, chopped  | $\frac{1}{4}$ teaspoon fine sea salt           |
| 2 garlic cloves, minced             | $\frac{1}{4}$ teaspoon black pepper            |
| $\frac{1}{2}$ teaspoon dried basil  | 1 dried bay leaf                               |

- In a medium pot, heat oil over medium heat. Add onion and sauté until fragrant, about 2 minutes. Add garlic and sauté for 1 minute.
- Add tomatoes, basil, salt, pepper, and bay leaf. Cover and simmer for about 15 minutes.
- Season with additional salt and pepper to taste. Discard bay leaf before serving.

# PANZANELLA CAPONATA

Panzanella Caponata — 45 Mins — Serves 6 —

## Nutrition Facts

222 calories | 13g fat | 2g saturated fat | 456mg sodium  
22g carbohydrate | 5g fiber | 7g sugar | 4g protein



**Caponata** refers to a sweet and sour vegetable dish, similar to the French ratatouille, and comes from Sicily. This unique recipe creates a **panzanella**, or bread salad—which likely comes from Tuscany—using the vegetables found in **caponata**.

## Ingredients

- 5 tablespoons extra virgin olive oil, divided
- 1 large eggplant, cut into 1-inch pieces
- $\frac{1}{2}$  red onion, chopped
- 1 large clove garlic, minced
- 1 teaspoon dried thyme or oregano
- 2 tablespoons red wine vinegar
- 2 cups fresh tomatoes, chopped
- 1 tablespoon capers
- $\frac{1}{4}$  cup green olives, pitted and chopped
- 4 cups torn whole grain sourdough bread pieces
- $\frac{1}{4}$  teaspoon fine sea salt
- $\frac{1}{4}$  teaspoon black pepper
- $\frac{1}{4}$  teaspoon red pepper flakes
- $\frac{1}{4}$  cup fresh parsley, chopped



## Directions

1. Preheat oven to 350°F.
2. Heat 3 tablespoons of olive oil in a large pot over medium heat. Add eggplant and sauté about 5 minutes, stirring occasionally to prevent sticking. Add onions, garlic, thyme, salt, black pepper, and red pepper, cooking until fragrant (up to 3 minutes). Add olive oil if necessary to prevent sticking.
3. Add vinegar, tomatoes, capers, and olives. Simmer 10–15 minutes, until tomatoes and eggplant are soft. Remove from heat.
4. Meanwhile, place bread pieces on glass baking sheet and toss in 2 tablespoons of olive oil, coating evenly. Bake until golden brown, up to 15 minutes.
5. Add bread pieces to vegetable mixture and top with chopped parsley just before serving.



Using whole grain sourdough bread adds fiber, is easier to digest, and triggers a lesser rise in glucose than plain white bread.

# MINESTRONE

Minestrone — 45 Minutes — Serves 6 —

## Nutrition Facts

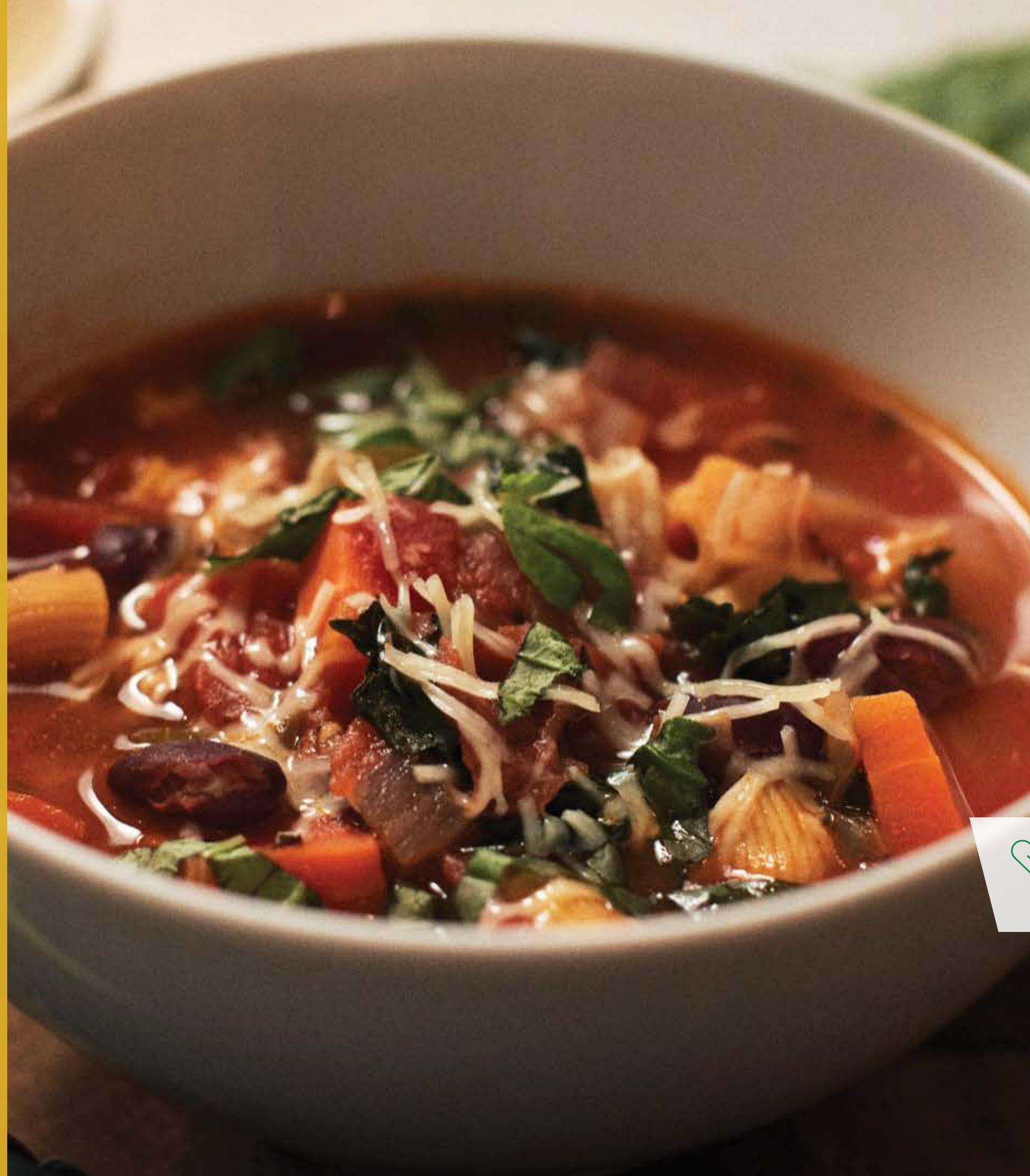
297 calories | 6g fat | 1g saturated fat | 453mg sodium  
51g carbohydrate | 9g fiber | 4g sugar | 10g protein



**Minestrone** soup likely dates back to Ancient Rome, where it was originally made of simple vegetables.

## Ingredients

- 2 tablespoons extra virgin olive oil
- ½ large onion, chopped
- 1 large celery stalk, chopped
- 1 large carrot, chopped
- 1 large garlic clove, minced
- ¾ teaspoon fine sea salt
- ¼ teaspoon black pepper
- 1 28-ounce can crushed or diced tomatoes, no salt added
- 4 cups low-sodium vegetable or chicken broth
- ⅛ teaspoon red pepper flakes
- 1 teaspoon dried basil
- ½ teaspoon dried oregano
- 1 15.5-ounce can (about 1½ cups) cooked kidney beans
- 2 cups kale, chopped
- 1 cup whole grain or legume-based small pasta (such as macaroni)
- 2 tablespoons fresh basil, chopped
- ¼ cup shredded Parmesan cheese (optional)



## Directions

1. Heat olive oil in a large pot over medium-high heat. Add onion, celery, and carrot. Cook until soft, about 5 minutes. Add garlic, salt, and pepper, and cook for 1 minute.
2. Add the tomatoes, broth, and dried herbs. Bring to a boil. Reduce the heat to medium-low and simmer 10 minutes.
3. Stir in the kidney beans, kale, and pasta and cook until the pasta and vegetables are tender, about 10 minutes (depending on recommended cooking time of pasta).
4. To serve, ladle into bowls and top with Parmesan (optional) and fresh basil.



A combination of whole grain pasta, beans, and vegetables yields a balanced and light meal or a first course perfect for cold winter nights.

# SAUTÉED SPINACH

*Spinaci Saltati* — 20 Minutes —

Serves 6

## Nutrition Facts

63 calories | 5g fat | 1g saturated fat | 239mg sodium  
4g carbohydrate | 2g fiber | 0g sugar | 2g protein



This versatile recipe can accompany any main dish in this cookbook. Did you know that cooking spinach actually makes some nutrients more available to our bodies? Spinach contains a molecule called oxalic acid, which blocks our absorption of calcium and iron. But this is greatly reduced by heating, so your body can use these important minerals.

## Ingredients

1 pound baby spinach	$\frac{1}{2}$ teaspoon fine sea salt
2 tablespoons extra virgin olive oil, plus more for optional garnish	$\frac{1}{2}$ teaspoon black pepper
3 large garlic cloves, minced	1 lemon wedge
$\frac{1}{2}$ teaspoon red pepper flakes	3 tablespoons shredded Parmesan cheese

## Directions

1. Rinse the spinach well and dry with a towel or in a salad spinner.
2. Heat olive oil over medium-low heat in a large, deep pan. Add the red pepper and garlic, cooking for 1 minute.
3. Add the spinach, salt, and black pepper. Cover with a lid and cook for 1-2 minutes.
4. Take the lid off, stir the spinach, and cook, stirring, for 1-2 minutes or until wilted.
5. Use a slotted spoon to transfer the spinach onto a serving dish. Squeeze lemon juice, garnish with cheese, and drizzle with olive oil, if desired.



# ITALIAN MEATBALLS

Polpette

45 Minutes

Serves 6

## Nutrition Facts

162 calories | 8g fat | 3g saturated fat | 351mg sodium | 5g carbohydrate | 1g fiber | 1g sugar | 17g protein

## Ingredients

½ cup whole milk	½ small onion, finely chopped	¼ teaspoon black pepper
½ cup rolled oats	2 garlic cloves, minced	2 cups marinara sauce (see page 9)
1 pound ground beef (90% lean or other ground meat of choice)	1 large egg, lightly beaten	fresh parsley, chopped (optional)
	¼ cup fresh parsley, minced	
	½ teaspoon fine sea salt	



Using ground oats instead of traditional breadcrumbs increases the B vitamins and minerals, such as magnesium and phosphorus, in this family favorite.



In Italy, **polpette** are not consumed with pasta, but rather as a dish served solely in sauce.

## Directions

- Preheat oven to 400°F. Mix oats and milk in small bowl and soak for at least 10 minutes.
- In a large bowl, combine beef, onion, garlic, egg, parsley, salt, and pepper. Mix in soaked oats. Use hands to mix evenly.
- Shape into 1½-inch balls. Arrange on glass baking dish and bake for 20–25 minutes, until browned.
- Serve in warmed sauce and garnish with parsley, if desired.

### \*Note:

Before adding to sauce, meatballs can be cooled and stored in an air-tight container or freezer-safe bag for up to 3 months.

# CAULIFLOWER ALFREDO

Alfredo di Cavolfiore

45 Minutes

Serves 6

## Nutrition Facts

283 calories | 7g fat | 1g saturated fat | 111mg sodium | 49g carbohydrate | 4g fiber | 2g sugar | 9g protein

## Ingredients

12 ounces whole grain or legume-based pasta	4 garlic cloves, chopped	⅛ teaspoon black pepper
½ cup whole milk	½ cup shredded Parmesan cheese	⅔ teaspoon red pepper flakes
¾ cups cauliflower, cut into florets	⅓ cup fresh parsley, finely chopped	⅔ cup fresh parsley, finely chopped
2 tablespoons extra virgin olive oil, plus a small amount for pasta	⅓ teaspoon fine sea salt	



The original recipe for **Fettuccine Alfredo** was created in Rome by famous chef Alfredo di Leido. In Italy it is more often called **pasta al burro**.

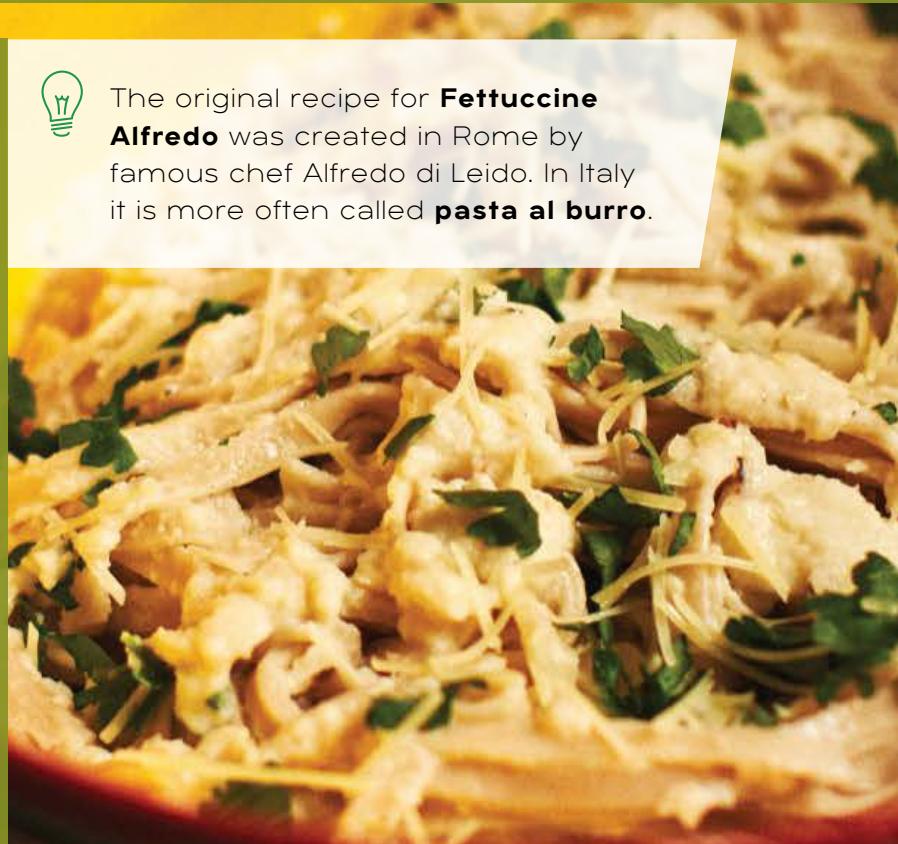


## Directions

- In a large pot of boiling water, cook pasta according to package instructions. Then turn off heat, drain pasta (keeping 1 cup of pasta water), add pasta back to pot, and stir in a drizzle of olive oil to prevent sticking. Cover pot with lid.
- Meanwhile, steam cauliflower florets until soft, about 15 minutes.
- Add oil to a large skillet over medium heat. Add garlic and cook until fragrant, about 1 minute. Combine garlic, cooled cauliflower, whole milk, Parmesan, salt, pepper, and red pepper flakes in food processor or large blender. If the sauce is too thick, add reserved pasta water, 1 tablespoon at a time.
- Over low heat, add sauce to cooked pasta and toss until coated. Remove from heat, garnish with parsley, and serve immediately.



This fettuccine dish uses cauliflower instead of cream to create a rich and delicious pasta dish with much less fat and sodium, and a boost of vitamins, fiber, and antioxidants.



# BOLOGNESE

Ragù Bolognese

45 Minutes

Serves 8

## Nutrition Facts (using dry white wine)

503 calories | 13g fat | 3g saturated fat | 259mg sodium  
69g carbohydrate | 11g fiber | 7g sugar | 27g protein

## Ingredients

1 pound ground beef (90% lean)	1 15-ounce can crushed tomatoes, no salt added
½ teaspoon fine sea salt	½ cup whole milk
3 tablespoons extra virgin olive oil, plus more for pasta	½ cup dry white wine*
1 medium onion, finely chopped	¼ teaspoon black pepper
1 large carrot, finely chopped	1½ cups water (more as needed)
1 small zucchini, finely chopped	½ teaspoon red pepper flakes
1 cup mushrooms, finely chopped	¼ cup fresh parsley, chopped
3 garlic cloves, minced	¼ cup shredded Parmesan cheese
1 cup dry red lentils	1 pound whole grain spaghetti (or pasta of choice)
2 tablespoons tomato paste	

## Directions

1. Cook beef in large saucepan over medium heat, crumbling into small pieces. Add salt and cook about 5 minutes, until lightly browned. Transfer to plate.
2. Heat oil in same saucepan over medium heat and add onion, carrot, and zucchini. Cook for 5 minutes or until beginning to soften. Add mushrooms and garlic, cooking for 1 minute.
3. Add lentils, tomatoes, tomato paste, milk, wine (or broth), black pepper, pepper flakes, and water. Cover and simmer for 20 minutes or until sauce has thickened.
4. Meanwhile, bring a large pot of water to a boil. Cook pasta according to instructions on package. Drain pasta and drizzle with oil to prevent sticking.
5. Add beef to lentils and vegetables, adding more water to thin sauce, if desired.
6. To serve, divide spaghetti between serving dishes, ladle sauce onto spaghetti, and top with Parmesan and parsley.

## \*Note:

To make this recipe without wine, substitute with equivalent amount of chicken or beef broth.



**Bolognese** sauce hails from the region of Bologna and is traditionally known as **ragù**. Using lentils in place of some of the meat in this recipe adds protein and fiber, while maintaining the traditional flavors of the beef, cheese, and wine.

# CIOPPINO

Cioppino — 1½ Hours — Serves 6 —

## Nutrition Facts (using dry white wine)

352 calories | 9g fat | 2g saturated fat  
687mg sodium | 18g carbohydrate | 4g fiber  
8g sugar | 39g protein

## Ingredients

- 3 tablespoons extra virgin olive oil
- 1 large fennel bulb, cored and thinly sliced (frond tips set aside)
- 1 large sweet onion, chopped
- 3 shallots, chopped
- ½ teaspoon fine sea salt
- 4 large garlic cloves, minced
- ¾ teaspoon red pepper flakes
- ¼ cup tomato paste
- 1 28-ounce can crushed tomatoes, no salt added
- 1½ cups dry white wine\*
- 4 cups fish stock
- 1 cup water
- 1 bay leaf
- 1 pound clams, cleaned
- 1 pound mussels, cleaned
- 1 pound uncooked large shrimp, peeled and deveined
- 1½ pounds firm white fish (such as haddock), cut into 1½-inch pieces
- ½ cup fresh parsley, chopped
- ¼ cup green fennel fronds (from the fennel bulbs), chopped

## \*Note:

To make this recipe without wine, substitute with equivalent amount of fish stock or vegetable broth, plus 1 tablespoon white wine vinegar.



## Directions

1. Heat the oil in a large pot over medium heat. Add the fennel, onion, shallots, and salt and sauté until translucent, about 10 minutes.
2. Add the garlic and red pepper flakes; cook 2 minutes.
3. Add tomato paste, crushed tomatoes, wine (or stock and vinegar), stock, water, and bay leaf. Cover and bring to a simmer.
4. Reduce the heat to medium-low. Cover and simmer for about 30 minutes.
5. Add the clams and mussels to the pot. Cover and cook until they begin to open, about 2 minutes.
6. Add the shrimp and fish. Turn up heat to simmer gently until fish and shrimp are barely cooked through and clams are completely open, stirring gently, about 4-5 minutes longer. Discard any clams and mussels that do not open.
7. To serve, ladle the soup into bowls and add parsley and ¼ cup fennel fronds to garnish.



**Cioppino** is a seafood stew that actually originated in San Francisco, California. The name is derived from “ciuppin,” meaning small soup, originally made in Genoa to use chopped, leftover vegetables and seafood. This traditional recipe is full of heart-healthy seafood and vegetables.



# EGGPLANT PARMESAN

*Parmigiana di Melanzane* — 1½ Hours — Serves 6

## Nutrition Facts

244 calories | 11g fat | 4g saturated fat | 480mg sodium  
29g carbohydrate | 9g fiber | 9g sugar | 11g protein

## Ingredients

2 large eggplants (3-4 pounds)	$\frac{1}{2}$ teaspoon dried basil
1 large egg	$\frac{1}{4}$ teaspoon fine sea salt
2 tablespoons water	$\frac{1}{8}$ teaspoon black pepper
$\frac{3}{4}$ cup oats, coarsely ground (or oat flour)	1 cup shredded mozzarella cheese
$\frac{1}{2}$ cup + 2 tablespoons grated Parmesan cheese, divided	6 cups marinara sauce (see page 9)
$\frac{1}{2}$ teaspoon dried oregano	fresh basil or parsley, for garnish

## Directions

1. Preheat oven to 375°F. Brush 2 baking sheets with oil or line with parchment paper.
2. In a wide, shallow bowl, whisk together egg and water. In another bowl, combine oats,  $\frac{1}{2}$  cup Parmesan, oregano, basil, salt, and pepper.
3. Dip each eggplant slice in egg, letting excess drip off, then coat with breadcrumb mixture. Place on baking sheet. Bake until golden brown on bottom, about 20 minutes. Flip and continue baking until browned on other side, 20 minutes more. Remove from oven and raise heat to 400°F.
4. In a 9x13-inch baking dish (not baking sheet), spread 2 cups of marinara sauce. Arrange half the eggplant slices; cover with 2 cups of sauce, then  $\frac{1}{2}$  cup mozzarella. Repeat with remaining eggplant, sauce, and mozzarella. Sprinkle with remaining 2 tablespoons Parmesan. Bake about 15-20 minutes until sauce is bubbling and cheese is melted. Let stand 5 minutes before serving and add fresh parsley or basil, if desired.



**Eggplant Parmesan** likely comes from the south of Italy, taking advantage of the local **Parmigiano Reggiano** (Parmesan) cheese. While traditional **Parmigiana di Melanzane** requires pan-frying or deep-frying to create a crispy crust, the eggplant slices are here baked in an oat and Parmesan crust, creating a crunchy coating that does not require frying or white flour.

# GNOCCHI

Gnocchi ⌚ 1½ Hours ✖ Serves 8

## Nutrition Facts

340 calories | 7g fat | 2g saturated fat | 311mg sodium  
62g carbohydrate | 10g fiber | 7g sugar | 9g protein

## Ingredients

2 large sweet potatoes (~3 pounds)	2 tablespoons unsalted butter
2½ cups whole wheat or spelt flour	2 tablespoons extra virgin olive oil
¾ teaspoon fine sea salt, divided	15 sage leaves, thinly sliced

## Directions

1. Preheat oven to 400°F. Prick sweet potatoes several times with a fork and bake for about 50 minutes, until completely soft and a fork can be poked all the way through. Remove from oven and let cool.
2. Remove skins and mash sweet potato flesh (saving skins to make chips, to avoid wasting them). Form a small mound with a hole in the middle and fill with flour and salt. Knead to combine, being careful to not overwork the dough to avoid making it tough. Add more flour as necessary to prevent sticking, but avoid adding too much to keep gnocchi light and tender.
3. Roll into a ball and divide into four small balls. Use your fingers to roll out each into a rope, roughly 1 foot long. Use a knife to cut each into 1-inch nuggets. Then create classic ridges in each by quickly rolling across the back of a fork.
4. Boil the gnocchi in a large pot of boiling water in 3 or 4 batches, giving a quick stir after adding them to the pot. Gnocchi will rise to the top when done cooking, 1-2 minutes. Use a slotted spoon to transfer to a plate or colander to drain and repeat with subsequent batches.
5. Heat the butter in a large sauté pan over medium-high heat. Allow the butter to melt. When the butter is just beginning to turn a light golden color, add the olive oil and heat for about 30 seconds, and then brown. Add sage and fry until fragrant, about 1 minute. Add gnocchi and ¼ teaspoon salt. Cook, tossing to combine, for about 3 minutes. Serve immediately.



**Gnocchi** are named after either **nocca**, meaning knuckle, or **nocchio**, meaning a knot in wood. The earliest version of these dumplings likely arose during the Renaissance, but the potato-filled version was probably developed by the 17th century, after explorers brought potatoes back from the New World.



These **gnocchi** are made with sweet potatoes instead of white potatoes, providing a greater source of beta-carotene, which our bodies convert into vitamin A. Using whole wheat flour provides more fiber, vitamins, and minerals than a recipe using refined wheat flour.

# MUSHROOM FARROTTTO

*Farrotto ai Funghi*

1 Hour

Serves 6



**Farro** is an ancient variety of wheat that is more nutrient-dense than those commonly grown today.

**\*Note:**

To make this recipe without wine, substitute with equivalent amount of vegetable broth plus 1 tablespoon of white wine vinegar.

**Nutrition Facts** (using dry white wine)

181 calories | 11g fat | 4g saturated fat | 191mg sodium  
14g carbohydrate | 3g fiber | 2g sugar | 4g protein

## Ingredients

3	cups low-sodium vegetable broth	¼	teaspoon fine sea salt
2	tablespoons + 1 tablespoon extra virgin olive oil, divided	⅛	teaspoon black pepper
10	ounces cremini mushrooms, sliced	2	sprigs fresh thyme, destemmed
½	cup chopped onion	1	clove garlic, minced
1	cup dry farro, rinsed	1	tablespoon unsalted butter
1	cup dry white wine*	¾	cup frozen green peas, thawed
		½	cup shredded Parmesan cheese

## Directions

1. Add vegetable broth to a small pan and hold over low heat.
2. In a heavy saucepan, add 2 tablespoons olive oil over medium heat. Add mushrooms and cook until liquid is released and mushrooms are tender, 8-10 minutes. Use a slotted spoon to move from the pan to a plate and drain the pan.
3. Heat another 1 tablespoon of olive oil in the same heavy saucepan and add the onions, cooking until softened and translucent, about 3 minutes. Add garlic and cook for 30 seconds. Add farro and toast, stirring occasionally, up to 3 minutes. Add the white wine (or broth and vinegar) to deglaze the pan and continue to cook until it is almost absorbed.
4. Lower heat to medium-low. Add 1 cup of broth from step 1 and cook until absorbed, stirring often. Continue to add 1 cup of broth at a time, stirring often, as the farro cooks. Continue cooking until the farro is tender but still slightly chewy, 30 to 40 minutes.
5. Season with salt, pepper, and thyme. Add mushrooms and butter, stirring to combine.
6. Remove from heat. Add Parmesan and peas, stirring to combine.



This healthy take on mushroom risotto cuts down on the amount of butter used in a traditional risotto recipe, relying on pungency from the mushrooms and wine, and creaminess released by the starch in the farro following continuous stirring.

# LASAGNA

Lasagne —  1½ Hours —  Serves 8

## Nutrition Facts (using whole milk ricotta)

351 calories | 16g fat | 8g saturated fat | 355mg sodium  
34g carbohydrate | 4g fiber | 2g sugar | 19g protein

## Bulk Sausage

1 tablespoon extra virgin olive oil  
½ pound ground dark meat turkey  
1 small garlic clove, minced  
¼ teaspoon fine sea salt  
½ teaspoon dried oregano leaves  
½ teaspoon fennel seeds  
¼ teaspoon dried marjoram or thyme leaves  
¼ teaspoon red pepper flakes  
⅛ teaspoon black pepper

## Lasagna

8 ounces whole grain lasagna noodles, broken into thirds  
1 tablespoon extra virgin olive oil  
½ pound sausage, recipe above  
3 cups marinara sauce (see page 9)  
2 cups whole milk or part-skim ricotta cheese  
1 large egg  
½ pound baby spinach  
1 tablespoon fresh parsley, chopped  
¼ cup fresh basil, chopped  
10 ounces cremini mushrooms, chopped  
2 cups shredded mozzarella cheese  
3 tablespoons shredded Parmesan cheese



**Lasagna** is likely named after the Greek word **laganon**, named after its flat pasta sheets, and then transitioned into its own version known as **pastitsio**. The current version involving layers of tomato sauce likely originated in Naples. Using chopped mushrooms adds flavor, while reducing the amount of meat in this recipe. The addition of spinach adds moisture as well as vitamin K, folate, and other vitamins and minerals.

## Directions

1. Preheat oven to 350°F.
2. In a large bowl, add ground turkey, garlic, and spices. Use your hands to mix thoroughly, ensuring spices are distributed evenly.
3. Heat 1 tablespoon olive oil in a large pan over medium heat, add turkey, and stir frequently to cook until beginning to brown, up to 5 minutes. Add chopped mushrooms and cook until tender and water has evaporated, about 8 more minutes. Add spinach and remove from heat.
4. If using no-boil noodles, skip this step. Bring a large pot of water to a boil. Add noodles and cook until not quite tender, about 2 minutes less than the package directions. Drain; return the noodles to the pot, cover with cool water and set aside.
5. To assemble lasagna:
  - Spread ½ cup of the tomato sauce in the prepared baking dish.
  - Arrange a layer of noodles on top, trimming to fit, if necessary.
  - Spread half the ricotta over the noodles.
  - Top with half of the sausage mixture, ½ of the remaining tomato sauce and one-third of the mozzarella.
  - Continue with another layer of noodles, the remaining ricotta, the remaining sausage, half the remaining tomato sauce, and half the remaining mozzarella.
  - Top with a third layer of noodles and the remaining tomato sauce.
6. Cover with aluminum foil and bake for 50 minutes.
7. Remove foil, add remaining mozzarella and Parmesan, and bake for 5 minutes. Let cool for 10 minutes before serving.

# CHICKEN PICCATA

Pollo alla Piccata — 45 Mins — Serves 4

## Nutrition Facts (using dry white wine)

222 calories | 11g fat | 3g saturated fat  
501mg sodium | 7g carbohydrate | 1g fiber  
1g sugar | 22g protein

## Ingredients

- 2 tablespoons arrowroot flour (can substitute cornstarch if needed)
- $\frac{3}{8}$  teaspoon fine sea salt, divided
- $\frac{1}{2}$  teaspoon black pepper, divided
- 1 pound boneless skinless chicken thighs
- 1 tablespoon extra virgin olive oil
- $\frac{1}{2}$  small onion, thinly sliced
- 1 medium garlic clove, minced
- 1 tablespoon lemon juice
- $\frac{1}{4}$  cup dry white wine\*
- $\frac{1}{2}$  cup low-sodium chicken broth
- 2 tablespoons capers
- $\frac{1}{2}$  tablespoon unsalted butter
- 2 tablespoons fresh parsley, chopped



**Piccata** means larded or embellished in Italian, and refers to the style of preparation involving sautéing and serving in a sauce with lemon juice, butter, and capers.



### \*Note:

To make this recipe without wine, substitute with equivalent amount of chicken broth plus 1 teaspoon lemon juice.



Serve this chicken over a whole grain and/or vegetable of choice for a complete meal. For a thinner sauce, remove the arrowroot flour entirely and skip step 2.



This recipe uses much less butter than a traditional version but maintains all of the moisture and other sources of flavor."

## Directions

- Place arrowroot flour,  $\frac{1}{4}$  teaspoon salt, and  $\frac{1}{2}$  teaspoon pepper in a wide shallow bowl and set aside.
- Pat chicken dry and coat each piece in the arrowroot flour, shaking off excess.
- In a large pan over medium-high heat, heat 1 tablespoon oil. Add chicken, working in batches if needed, to brown on both sides, about 3 minutes per side. Transfer to a plate and set aside. Add more oil between batches, if necessary.
- Once chicken is finished, reduce heat to medium. Add onion and garlic to pan and sauté until soft, about 3 minutes.
- Add lemon juice, wine, broth, capers,  $\frac{1}{2}$  tablespoon butter, and  $\frac{1}{2}$  teaspoon pepper to the skillet and bring to boil, scraping up any browned bits and stirring to combine.
- Reduce heat to simmer and return chicken to pan, cooking until sauce has thickened, about 5 minutes.
- Turn off heat and add parsley just before serving.

# SOCCA PIZZA WITH PESTO & ROASTED VEGETABLES

*Socca al Pesto e Verdure* — ⏳ 1 Hour Active | 1½ Hours Total — ✨ Serves 2 —

## Nutrition Facts

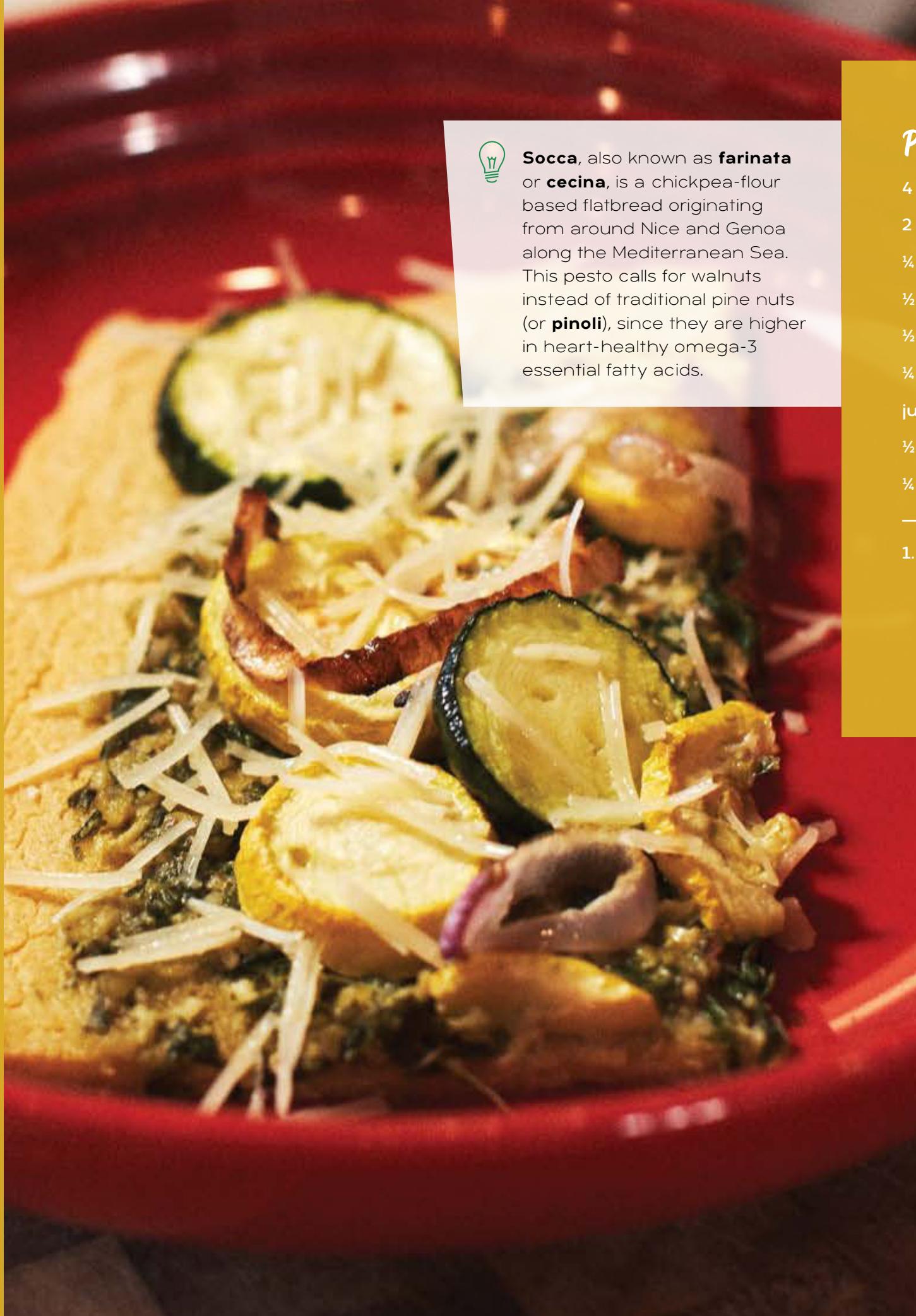
376 calories | 18g fat | 3g saturated fat | 457mg sodium | 41g carbohydrate  
8g fiber | 14g sugar | 15g protein

## Ingredients

1 cup chickpea flour (also known as garbanzo bean flour)	¼ teaspoon fine sea salt
1 tablespoon + 1 teaspoon extra virgin olive oil, divided	1 small summer squash, sliced into ¼-inch thick circles
1 cup water	¼ cup red onion, thinly sliced
1 garlic clove, minced	⅓ cup pesto ( <a href="#">see page 33</a> )
1 small zucchini, sliced into ¼-inch thick circles	butter, for greasing dish
	2 tablespoons shredded Parmesan cheese (optional)

## Directions

1. For socca batter, whisk together chickpea flour, 1 tablespoon olive oil, water, minced garlic, and salt. Let rest for 1 hour.
2. While waiting, prepare pesto ([see page 33](#)).
3. Preheat oven to 400°F.
4. Lightly coat vegetables on both sides with 1 teaspoon olive oil and roast on glass baking dish until lightly browned, about 15 minutes.
5. Line 9x13-inch baking sheet with parchment paper, greased with butter. Pour on batter, spreading evenly. Return to oven and bake until browned on the edges and beginning to pull away from paper, up to 20 minutes. Remove from oven.
6. Spread pesto over cooked socca and top with roasted vegetables. Return to oven to bake for an additional 4–5 minutes. Before serving, garnish with 1–2 tablespoons Parmesan cheese, if desired.



**Socca**, also known as **farinata** or **cecina**, is a chickpea-flour based flatbread originating from around Nice and Genoa along the Mediterranean Sea. This pesto calls for walnuts instead of traditional pine nuts (or **pinoli**), since they are higher in heart-healthy omega-3 essential fatty acids.

## Pesto

4 cups fresh basil, lightly packed
2 large garlic cloves, chopped
¼ teaspoon red pepper flakes
½ teaspoon fine sea salt
½ teaspoon black pepper
¼ cup shredded Parmesan cheese
juice of 1 small lemon
½ cup chopped walnuts
¼ cup extra virgin olive oil

1. Make pesto by combining basil, garlic, spices, ¼ cup Parmesan cheese, lemon, and walnuts in a food processor. Blend to combine while streaming in ¼ cup olive oil, stopping before forming a smooth puree.



While summer squash can be found most abundantly during the warm summer months, you can substitute more seasonal vegetables, such as butternut squash or broccoli, in the winter.

# CANNOLI

*Cannoli* —— 2 Hours Active | 10 Hours Total —— Serves ~10 ——

## Nutrition Facts (using whole milk ricotta)

203 calories | 9g fat | 5g saturated fat | 133mg sodium  
22g carbohydrate | 2g fiber | 9g sugar | 5g protein

## Cannoli Shells

1 tablespoon safflower or coconut oil	1 cup whole wheat pastry or spelt flour, plus a small amount for dusting
2 tablespoons granulated sugar	1 teaspoon cocoa powder
$\frac{1}{2}$ teaspoon cinnamon	$\frac{1}{8}$ teaspoon fine sea salt
$\frac{1}{3}$ cup Marsala wine	

1. At least 8 hours before preparing cannoli, line a strainer with a coffee filter or cheesecloth and suspend over a bowl. Add ricotta cheese and allow liquid to drain.
2. To make dough, combine the flour, sugar, cinnamon, cocoa powder, and salt together in a large bowl. Add oil and mix until it resembles large pebbles. Add wine and mix until dough barely begins to hold together. Transfer the dough to a floured surface and knead until smooth, up to 5 minutes. Wrap in wax paper and refrigerate for at least 1 hour, until firm.
3. Meanwhile, make filling (see page 35). Preheat oven to 350°F.
4. When dough for shells is chilled, coat with additional flour and use a rolling pin to roll out to  $\frac{1}{8}$ -inch on a lightly floured surface. Use a 4-inch round cookie cutter to cut circles from the dough. Repeat with the excess dough, kneading it back together and cutting it until about 10 circles are formed.
5. Wrap each circle of dough loosely around a cannoli form\* with at least  $\frac{1}{2}$ -inch overlap and press down to seal. Repeat with remaining circles.
6. Arrange seam side-down on a parchment-lined baking sheet and bake for approximately 15 minutes or until pastry is golden and firm. Let cool completely before removing tubes and adding filling.
7. Just before serving, place the filling in a pastry bag with a large tip or zip-top bag and cut a  $\frac{1}{2}$ -inch diameter piece off the end/corner. Insert the tip into 1 end of a shell and pipe the filling in halfway, then pipe to fill from the other end. Repeat with the remaining shells. Garnish with chopped pistachios and/or chocolate, if desired.



## Filling

1½ cups whole milk or part-skim ricotta cheese
3 tablespoons honey
$\frac{1}{2}$ teaspoon vanilla extract
$\frac{1}{2}$ teaspoon orange zest
$\frac{1}{4}$ cup (about 1½ ounces) dark chocolate, chopped, for garnish (optional)
$\frac{1}{4}$ cup unsalted pistachios, chopped, for garnish (optional)

1. Make filling by combining ricotta, honey, vanilla, orange zest, and chocolate. Mix until evenly distributed.



**Cannoli** are named after the diminutive of **canna**, meaning cane or tube. They originated in Palermo, Sicily, initially eaten during the celebration of Carnevale (preceding Lent). **Cannolis** are traditionally deep-fried, yielding a product higher in calories. Particularly problematic is the creation of trans fats through the heating process.

### \*Note:

A piece of dry manicotti pasta, lined with greased parchment paper, will also work, but may be more difficult to remove or may require breaking the pasta.

# PANNA COTTA WITH FRESH BERRIES

*Panna Cotta con Bacche* — 30 Mins Active | 2½ Hours Total — Serves 6 —

## Nutrition Facts

177 calories | 4g fat | 2g saturated fat | 139mg sodium  
30g carbohydrate | 1g fiber | 28g sugar | 7g protein

## Ingredients

2 cups whole milk	2 cups low-fat plain yogurt (or plain yogurt of choice)
1 $\frac{1}{4}$ -ounce pouch (2½ teaspoons) unflavored gelatin powder	$\frac{1}{8}$ teaspoon fine sea salt
$\frac{1}{4}$ cup raw sugar	2 cups fresh berries, such as raspberries or blueberries
2 tablespoons honey	Honey, for garnish
1 teaspoon vanilla extract	

## Directions

1. Pour 1 cup milk into a small bowl and sprinkle gelatin over top. Let sit for 5 minutes to soften the gelatin, then stir to combine.
2. Pour remaining milk, sugar, and honey in a small pan. Simmer over medium-high heat, stirring constantly. Remove after 1 minute and stir in gelatin mixture.
3. Transfer to a medium bowl and whisk in yogurt, vanilla, and salt.
4. Pour into 8 6-ounce small cups. Cover each with plastic wrap and chill until firm, at least 2 hours.
5. To serve, spoon berries over top and drizzle with honey.

**Panna cotta** means “cooked cream” in Italian and is thought to have originated in the Piedmont region. It is similar to the more famous French **crème brûlée**, but is cooked on the stove and then chilled, rather than cooked in the oven, and doesn’t include eggs. While traditionally made with heavy cream, this lighter version uses whole milk and yogurt, which provides beneficial live probiotics because heat is not added.



# TIRAMISU

Tiramisu

⌚ 1½ Hours Active | 9½ Hours Total

✖ Serves 16

## Nutrition Facts

210 calories | 9g fat | 4g saturated fat | 273mg sodium

27g carbohydrate | 2g fiber | 15g sugar | 6g protein

## Sponge Cake

2 large eggs, beaten	1 teaspoon vanilla extract	1 teaspoon honey
½ cup whole milk (or milk of choice)	2 cups oat flour	1 cup raw sugar
	1 tablespoon baking powder	1 teaspoon fine sea salt

1. Preheat the oven to 350°F. Line 1 8x8-inch or 2 loaf pans with parchment paper, and grease with butter.
2. To make the sponge cake, whisk the eggs, milk, honey, sugar, and vanilla together in a large bowl. In a separate bowl, mix together the oat flour, baking powder, and salt. Add the oat mixture to the egg mixture and stir to combine. Let rest for 10 minutes.
3. Pour into pan(s) and bake for 20–25 minutes, until firm to the touch and pulling away from sides. Transfer to a wire rack and set aside to cool. Once the sponge cake has cooled, cut into 2 layers and then into 1-inch rectangles (resembling traditional ladyfinger cookies).

## Cream

2 large eggs, yolks separated	1 tablespoon raw sugar
¼ cup oat flour	1 cup whole milk
4 teaspoons vanilla extract	1 cup mascarpone cheese

1. Whisk together the egg yolks, flour, vanilla, sugar, and milk. Pour into a medium saucepan over low heat and cook for 10 minutes, whisking constantly. Be sure to not let the eggs curdle.
2. Remove from heat, pour the egg mixture into a bowl, and set aside to cool completely. Then add the mascarpone and mix until combined.
3. In another bowl, beat the egg whites and sugar until they form soft peaks. Carefully stir into the cooled cream.



**Tiramisu** means “pick me up” in Italian (from the verb **tirare**, meaning ‘to pull’), named appropriately for the coffee and other strong flavors in this traditional dessert. This version contains more fiber, protein, and less saturated fat by using oat flour to make a sponge cake, rather than using ladyfinger cookies.

## Coffee Sauce

½ cup strong coffee
¼ cup brandy

1. Whisk the coffee and brandy together in a shallow bowl.

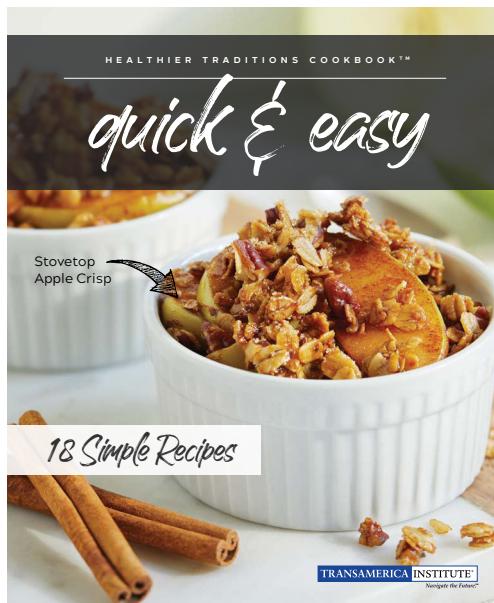
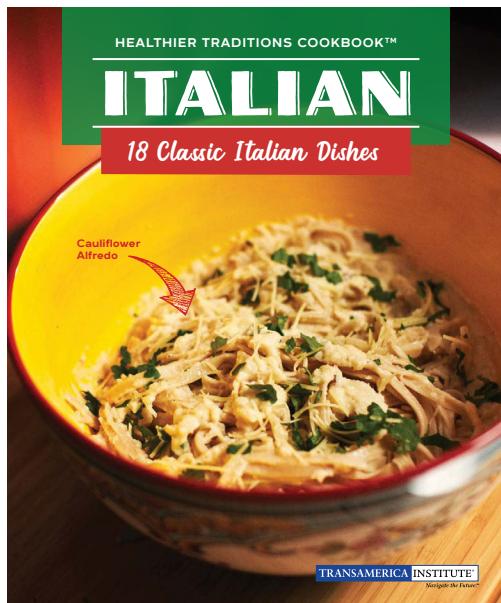
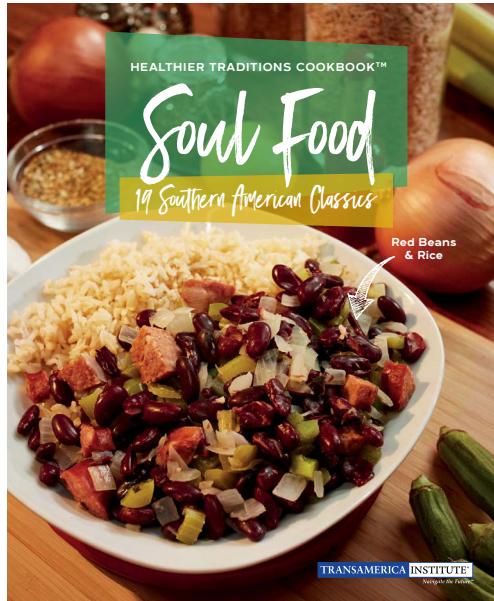
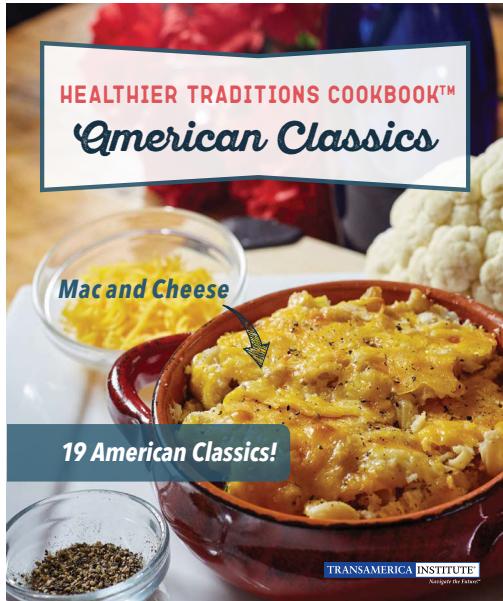
## Assemble

cinnamon, for garnish

1. Line a loaf pan (roughly 9x5-inch) with wax paper or plastic wrap, leaving an overhang on at least 2 opposite sides.
2. Dunk each piece of sponge into coffee sauce and add a layer to the dish. Pour over half of cream, ensuring even distribution.
3. Repeat with second layer.
4. Cover and leave in refrigerator to set, at least 8 hours.
5. When ready to serve, use wax paper to gently invert tiramisu onto serving dish and dust with cinnamon to garnish.

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## ITALIAN INSPIRED RECIPES

MADE WITH LOW  
PROTEIN PASTA



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*In the United States, Loprofin products are Medical Foods. These products are used for the dietary management of inherited metabolic disorders and other conditions requiring a low protein diet, and must be used under medical supervision.*

# ITALIAN INSPIRED RECIPES

Welcome to our low protein Italian recipe book. It features a collection of Italian-inspired recipes, some information about our low protein pasta and some practical tips for those of you wishing to recreate your favorite Italian dishes. We hope you find this useful. The recipes are quick, easy and delizioso!

The protein content indicated in the recipes in this book are provided as a guide only. Nutrient analysis was performed using standard U.S. measuring cups (237 mL). Use of Canadian measuring cups (250 mL) for preparation may underestimate the total protein by up to 0.5 g and the amino acids by up to 25 mg per recipe. Please check the protein content on individual ingredients and food labels. Always consult your healthcare professional before making any changes to your low protein diet.

Buon appetito!

The Nutricia Metabolic Team



# Loprofin Pasta A Family Legacy

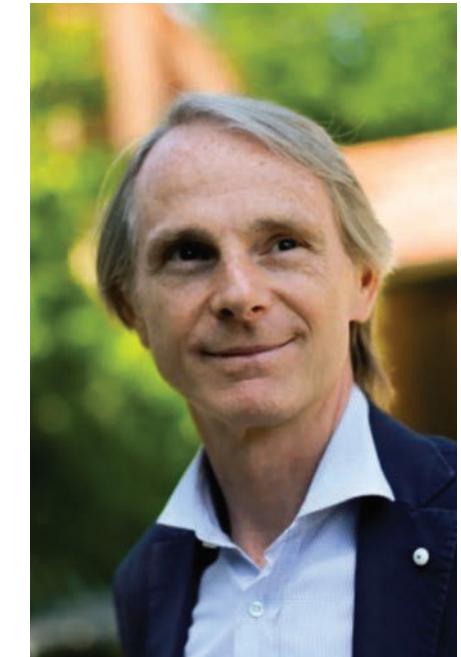


## INTRODUCTION

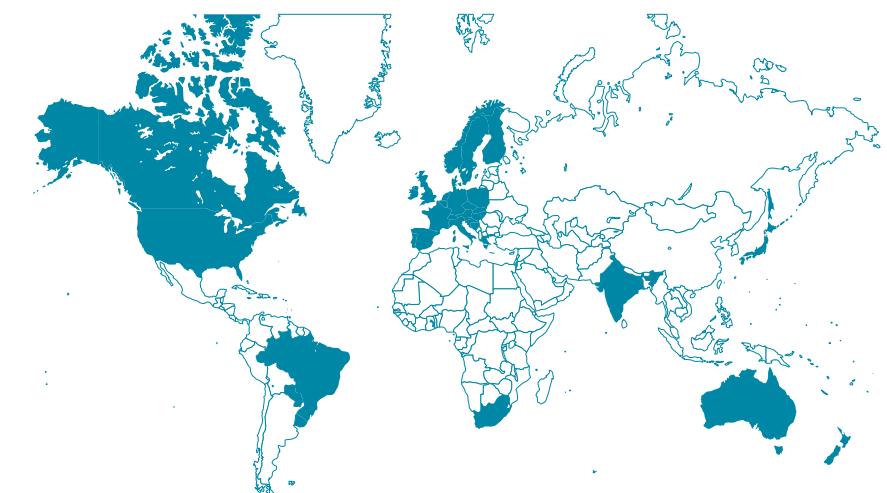
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The Mennucci family began making Loprofin pasta almost 50 years ago in Tuscany. It is now in its fifth generation and is managed by Lorenzo Mennucci.

In 1877, Giuseppe Mennucci started making pasta in a small grocery store in the countryside of Tuscany. At that time, the process of making and drying the pasta was carried out in the courtyard under the sun. This all nearly ended during the Second World War, when the company was bombed and partially destroyed. After the bombing, the Mennucci family was quick to rebuild the factory. During the rebuilding process, all pasta machines that were not destroyed were moved into local homes near Tuscany to maintain the production of pasta.



Lorenzo Mennucci, 5th generation of the Mennucci Family



The Mennucci Family produce pasta for all over the world

The Mennucci family is very passionate about using the highest quality of ingredients which are mainly sourced from Italy. There are only four ingredients in low protein pasta which are mainly starches; corn, potato, rice and coloring (annatto). Lorenzo believes that when there are so few ingredients in a product it is important that you use the highest quality of ingredients.

The main difference in the production of low protein pasta and ordinary pasta is that gluten is the protein that binds the dough in ordinary pasta. For low protein pasta, steam is used instead to bind the starches together to make a dough.

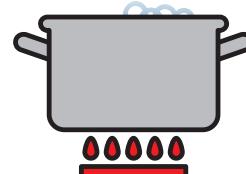
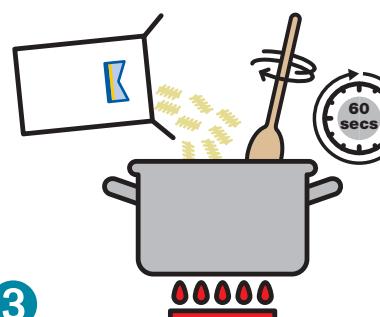
The Mennucci's Low Protein Pasta is made using spring water that comes from the Tuscan mountains.



The Mennucci Family produce a variety of pasta shapes



## Tips for cooking the perfect low protein pasta

-  1 Make sure the water is boiling vigorously.
-  2 Add a little oil to the water.
-  3 Add the low protein pasta and stir for 1 minute until the water is brought back to a boil. Check the product packaging for cooking time.
-  4 Occasionally stir the pasta during cooking to stop it from sticking together.
-  5 Drain the pasta straight away.
-  6 Rinse thoroughly with cold water to stop it from sticking together.

1

## APPETIZERS



CAPARZO

LA CASA

Brunello di Montalcino



IL PARETO



CASTELLO DI BOLGHERI

BOLGHERI SUPERIORE





## Fettunta

### **Garlic Bread**

Serves: 1

This is a traditional dish in Tuscany and similar to garlic bread. It was originally associated with the month of November as the locals celebrated the harvest of olives.

---

#### **INGREDIENTS:**

2 slices of low protein bread  
1 garlic clove, halved  
1 tbsp extra virgin olive oil  
Pinch of coarse sea salt

#### **METHOD:**

1. Toast the slices of low protein bread.
2. Once toasted rub it generously with the garlic clove.
3. Drizzle each slice with extra virgin olive oil.
4. Sprinkle with coarse sea salt.

#### **NUTRITION INFORMATION:**

##### **Per Recipe:**

Protein	0.4 g
Leucine	23 mg
Phenylalanine	14 mg
Tyrosine	8 mg

# Caponata

## Eggplant Relish

Serves: 8

This is a famous dish in Sicily and goes really well on an antipasti menu. Serve at room temperature with some toasted Fettunta (see page 3). This freezes well for up to 3 months.

### INGREDIENTS:

1 tbsp olive oil  
 1 small eggplant, cut in  $\frac{3}{4}$ " (2 cm) cubes  
 Salt and pepper  
 1 sweet onion, chopped  
 2 celery stalks, finely sliced  
 1 cup tomato sauce  
 3 tbsp capers  
 1  $\frac{1}{2}$  tbsp white wine vinegar  
 1 tbsp sugar  
 $\frac{1}{2}$  cup green olives

### METHOD:

1. Place the eggplant cubes in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Heat some olive oil in a large frying pan. Fry the eggplant until it is soft and golden in color.
3. Heat some olive oil in a pan, sauté the onion and celery on a low heat for 5 minutes.
4. Add the tomato sauce, capers, vinegar and sugar and simmer for 5 minutes.
5. Add the eggplant and olives and cook for another 10 minutes.
6. Season with salt and pepper.
7. Allow to cool and refrigerate for 24 hours before serving.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	13 g
Leucine	603 mg
Phenylalanine	485 mg
Tyrosine	263 mg

#### Per Serving:

Protein	1.6 g
Leucine	75 mg
Phenylalanine	61 mg
Tyrosine	33 mg



# Peperoni Marinati

## Marinated Peppers

Serves: 4

These marinated peppers are a perfect addition to an antipasti platter. These are known as peperonata and originate in the south of Italy. This will keep refrigerated for about 1 week. It is delicious in salads and sandwiches.

### INGREDIENTS:

$\frac{1}{4}$  cup extra virgin olive oil  
1 onion, thinly sliced  
 $\frac{1}{2}$  green pepper, thinly sliced  
1 yellow pepper, thinly sliced  
 $\frac{1}{2}$  red pepper, thinly sliced  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp balsamic vinegar  
Salt and pepper

### METHOD:

- Heat the oil in a large frying pan. Add the onions, peppers and rosemary and sauté on a low heat for 10 minutes, until the vegetables are very tender.
- Remove from the heat and stir in the balsamic vinegar.
- Season with salt and pepper.
- Serve hot or cold.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	6.7 g
Leucine	267 mg
Phenylalanine	307 mg
Tyrosine	104 mg

#### Per Serving:

Protein	1.7 g
Leucine	67 mg
Phenylalanine	77 mg
Tyrosine	26 mg

# Olive Marinati

## Marinated Olives

Serves: 1

Olives are really popular all over Italy. The leftover marinades can be used as a salad dressing.

### INGREDIENTS:

#### COMBINATION 1

Handful of black olives  
Zest of  $\frac{1}{2}$  lemon  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp extra virgin olive oil

#### COMBINATION 2

Handful of green olives  
1 tbsp fresh parsley, chopped  
1 garlic clove, finely chopped  
1 tsp lemon juice  
1 tbsp extra virgin olive oil

### METHOD:

- Choose your combination and combine all of the ingredients.
- Refrigerate for at least 12 hours for the flavors to develop.
- Serve at room temperature.

### NUTRITION INFORMATION:

#### Per Recipe: (Combo 1)

Protein	0.9 g
Leucine	50 mg
Phenylalanine	30 mg
Tyrosine	21 mg

#### Per Recipe: (Combo 2)

Protein	1.3 g
Leucine	71 mg
Phenylalanine	38 mg
Tyrosine	26 mg



*Marinated Olives and Peppers with Caponata*

# Fungi Portobello alla Griglia con Limone e Olio Rosmarino

## Grilled Portobello Mushrooms with Lemon and Rosemary Oil

Serves: 2

Mushrooms are popular all over Italy. You could experiment with different fillings such as chili, parsley and roasted red peppers. They are also delicious served with a sage butter sauce (see page 42).

### INGREDIENTS:

2 medium portobello mushrooms, stems removed  
 $\frac{1}{4}$  cup of low protein breadcrumbs  
 1 garlic clove, diced  
 Zest of  $\frac{1}{2}$  lemon  
 1 tbsp olive oil  
 1 tsp chopped parsley  
 Salt and pepper

### For the lemon and rosemary oil:

Zest of  $\frac{1}{2}$  lemon  
 1 tbsp lemon juice  
 2 tbsp extra virgin olive oil  
 1 small sprig (or 1 tsp) of rosemary, finely chopped  
 Salt and pepper

### METHOD:

- Preheat the grill to a moderate temperature.
- Brush the mushrooms on both sides with a little olive oil and season with salt and pepper.

- Place the low protein breadcrumbs, garlic, lemon zest and parsley in a bowl with a little salt and pepper. Add in the remaining olive oil and spoon the mixture into the mushrooms.
- Grill the mushrooms for 6–7 minutes, or until just cooked through.
- Meanwhile, make the lemon and rosemary oil by mixing all of the ingredients together.
- Drizzle each mushroom with the lemon dressing and serve with a green salad.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	4.5 g
Leucine	287 mg
Phenylalanine	173 mg
Tyrosine	49 mg

#### Per Serving:

Protein	2.3 g
Leucine	144 mg
Phenylalanine	87 mg
Tyrosine	25 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.





## Panzanella

### Tuscan Bread Salad

Serves: 4

This is extremely popular all over Italy but mainly in Tuscany. It uses delicious summer vegetables and leftover bread. It's such a fresh salad and so full of flavor. It's important that the salad isn't mixed too far in advance or the bread will go soggy.

#### INGREDIENTS:

- ¾ cup stale low protein bread, cubed
- 1 cup cherry tomatoes, diced
- 1 garlic clove, minced
- 1 celery stalk, sliced thinly on the diagonal
- ½ red pepper, diced
- ½ cucumber, diced
- 1 tsp capers, chopped
- 2 tbsp basil, chopped

#### For the red wine vinaigrette:

- 2 tbsp red wine vinegar
- ½ tsp Dijon mustard
- ½ shallot, minced
- ¼ cup extra virgin olive oil
- Salt and pepper
- 1 tsp sugar

#### METHOD:

1. To make the vinaigrette, combine all of the ingredients in the "For the red wine vinaigrette" section.
2. To prepare the salad, combine everything in a large bowl. Add the vinaigrette and toss.
3. Serve immediately.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	4 g
Leucine	170 mg
Phenylalanine	141 mg
Tyrosine	69 mg

##### Per Serving:

Protein	1 g
Leucine	43 mg
Phenylalanine	35 mg
Tyrosine	17 mg



## Fettunta al Pomodoro

### **Bruschetta**

Serves: 2

This dish is a Tuscan bruschetta. For this recipe, make sure your tomatoes are perfectly ripe, red and sweet.

#### **INGREDIENTS:**

2 slices of low protein bread  
1 garlic clove, halved  
1 tbsp extra virgin olive oil  
2 ripe tomatoes, deseeded and chopped  
3 sundried tomatoes, chopped  
¼ red onion, finely sliced  
5 fresh basil leaves  
Coarse sea salt and pepper

#### **METHOD:**

1. Toast the bread and rub it with the garlic clove.
2. Drizzle each slice with extra virgin olive oil.
3. Sprinkle with coarse sea salt.
4. Mix the chopped tomatoes, sun-dried tomatoes and red onion together in a bowl.
5. Spoon the mixture onto the garlic toasted bread.
6. Drizzle with more olive oil, sprinkle with pepper and scatter with the basil leaves.

#### **NUTRITION INFORMATION:**

##### **Per Recipe:**

Protein	2.6 g
Leucine	94 mg
Phenylalanine	80 mg
Tyrosine	45 mg

##### **Per Serving:**

Protein	1.3 g
Leucine	47 mg
Phenylalanine	40 mg
Tyrosine	23 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

2

MAINS





# Melanzane alla Parmigiana

## Eggplant Parmesan

Serves: 3

This is probably the most famous dish to originate from Naples.

### INGREDIENTS:

1 medium eggplant, sliced  $\frac{3}{4}$ " (2 cm) thick  
Salt and pepper  
Extra virgin olive oil  
1 cup of tomato sauce  
1 bunch of fresh basil  
 $\frac{1}{3}$  cup low protein cheese

### METHOD:

1. Preheat the oven to 350°F (180°C).
2. Place the eggplant slices in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
3. Heat the oil in a frying pan and fry the eggplant in batches over medium heat for a few minutes. Season with salt and pepper.
4. Spread half of the tomato sauce over the bottom of a small baking dish. Cover with a layer of eggplant and a layer of basil leaves.
5. Continue with another layer of eggplant, ending with the remaining tomato sauce.
6. Sprinkle the low protein cheese on top and bake for 20–25 minutes.
7. Finish with a drizzle of extra virgin olive oil and lots of fresh basil.
8. Serve with a green salad and some fettunta (see page 3).

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	9.3 g
Leucine	501 mg
Phenylalanine	382 mg
Tyrosine	230 mg

#### Per Serving:

Protein	3.1 g
Leucine	167 mg
Phenylalanine	127 mg
Tyrosine	77 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Pasta e Fagioli

## Italian Vegetable Soup

Serves: 4

Tuscany is famous for its variety of soups. This soup tastes better the next day. The Loprofin rice resembles orzo pasta which is commonly served in Italian soups. Remove the beans if the listed protein is too high.

### INGREDIENTS:

1 tbsp olive oil  
 1 red onion, chopped  
 2 garlic cloves, crushed  
 1 carrot, cubed  
 2 sticks of celery, finely sliced  
 1 tbsp tomato purée  
 1 bay leaf and 4 sprigs of thyme  
 1 zucchini, cubed  
 $\frac{1}{4}$  cup white beans\*, drained  
 $\frac{3}{4}$  cup chopped tomatoes  
 2  $\frac{1}{2}$  cups vegetable stock\*  
 50 g Loprofin rice  
 Small bunch of basil  
 Salt and pepper

### METHOD:

- Heat the oil in a large saucepan. Add the onion, carrots and celery and gently cook for 20 minutes, or until soft. Add a little water if they stick.
- Add the garlic, tomato purée, herbs and zucchini and cook for 4–5 minutes on a medium heat until they brown a little.

- Pour in the chopped tomatoes and vegetable stock and simmer for 20 minutes.
- Meanwhile, cook the Loprofin rice according to the package instructions. Once cooked, add the Loprofin rice and beans and simmer.
- Season with salt and pepper.
- Sprinkle with basil and drizzle with some extra virgin olive oil.
- This soup will freeze well for up to 6 months.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	14 g
Leucine	766 mg
Phenylalanine	512 mg
Tyrosine	286 mg

#### Per Serving:

Protein	3.5 g
Leucine	192 mg
Phenylalanine	128 mg
Tyrosine	72 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

\*Check the protein content on the food label.





## Cannelloni Zucchine e Funghi

### Zucchini and Mushroom Cannelloni

Serves: 3 (2 rolls per serving)

This is a classic Italian dish. The nutmeg gives a gorgeous flavor.

#### INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 large onion, chopped
- 2 medium zucchini, chopped
- 1 cup mushrooms, chopped
- ½ cup low protein cheese
- 1 tsp freshly grated nutmeg
- Salt and pepper
- 6 Loprofin lasagne sheets
- 1 cup tomato sauce
- Fresh basil Leaves
- 1 tbsp balsamic vinegar

#### METHOD:

1. Preheat the oven to 350°F (180°C).
2. In a large frying pan, fry the onion in the olive oil until softened.
3. Add the zucchini and mushrooms and cook until soft.
4. Mix in the low protein cheese and season the mix with grated nutmeg, salt and pepper.
5. To prepare the Loprofin lasagne sheets: In a pot of boiling water add the Loprofin lasagne sheets and boil for 4 minutes until soft and easy to fold. Do this with two separate batches to prevent the lasagne sheets from sticking together.

6. Divide the zucchini and mushroom filling between the 6 Loprofin lasagne sheets and fold into 6 rolls.
7. Place the lasagna rolls in a small baking dish.
8. Cover the rolls with your tomato sauce and drizzle with some extra virgin olive oil.
9. Bake in the oven for 30 minutes. If the top starts to go brown you can cover the dish with tin foil.
10. Serve with some fresh basil leaves and a drizzle of balsamic vinegar.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	13.5 g
Leucine	640 mg
Phenylalanine	463 mg
Tyrosine	296 mg

##### Per Serving:

Protein	4.5 g
Leucine	213 mg
Phenylalanine	154 mg
Tyrosine	99 mg

# Spaghetti alla Puttanesca

Serves: 2

This recipe originates from Naples. It's fiery, spicy, salty and absolutely delicious.

## INGREDIENTS:

1 tbsp extra virgin olive oil  
1 garlic clove, minced  
8.5 oz (240 g) canned crushed tomatoes  
Salt and pepper  
 $\frac{1}{2}$  tsp of crushed chili flakes  
1 tbsp chopped parsley  
1 tsp dried oregano  
200 g Loprofin spaghetti  
1 tbsp capers, chopped  
4 black olives, pitted and sliced

## METHOD:

- Heat a little oil in a frying pan. Sauté the garlic until it is just starting to brown.
- Add the tomatoes, salt, pepper, chili flakes and cook the mixture over medium heat for 3–4 minutes until the tomato liquid is slightly reduced.
- Lower the heat, add the parsley and oregano and simmer the sauce gently for 20 minutes.
- Cook the Loprofin spaghetti as per packet instructions.

- Add the capers and olives to the pan.
- Toss the cooked Loprofin spaghetti into the sauce. If the sauce appears dry, add a splash of water from the pasta pot.

## NUTRITION INFORMATION:

### Per Recipe:

Protein	6.2 g
Leucine	257 mg
Phenylalanine	168 mg
Tyrosine	95 mg

### Per Serving:

Protein	3.1 g
Leucine	129 mg
Phenylalanine	84 mg
Tyrosine	48 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



# Tagliatelle con Dollette di Melanzane

## Tagliatelle with Eggplant Balls

Serves: 2

These eggplant balls are light, full of flavor and absolutely addictive.

### INGREDIENTS:

- 1 large eggplant
- 1 tbsp extra virgin olive oil
- 1 cup low protein breadcrumbs
- 2 large garlic cloves, finely chopped
- 1 tsp chopped mint
- 1 tsp dried oregano leaves
- 1 tbsp of egg replacer
- Pinch of freshly grated nutmeg
- 1 cup tomato sauce
- Salt and pepper
- 150 g Loprofin tagliatelle

### METHOD:

1. Preheat the oven to 350°F (180°C).
2. Cut the eggplant in half, rub with olive oil and sprinkle with salt and pepper. Place on a baking tray and roast for about 30 minutes. Allow to cool slightly before scooping out the flesh. Discard the eggplant peel.
3. Mash the garlic with the eggplant flesh.
4. Combine the breadcrumbs with the mint, oregano, egg replacer and nutmeg and add to the eggplant flesh. Salt and pepper to taste.
5. Mold the mixture into 10 even sized balls.
6. Heat 1 tbsp of olive oil in a frying pan. Fry the balls until turning to brown on all sides.



Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

7. Once cooked, remove the eggplant balls from the pan and add tomato sauce to heat.
8. Cook the Loprofin tagliatelle as per packet instructions.
9. Dish on each plate  $\frac{1}{2}$  of the pasta and  $\frac{1}{2}$  of the tomato sauce with 2 eggplant balls. Drizzle with olive oil and fresh basil. Eggplant balls will keep in the fridge up to 1 week and can be frozen up to 6 months.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	11.1 g
Leucine	660 mg
Phenylalanine	462 mg
Tyrosine	270 mg

#### Per Serving:

Protein	5.6 g
Leucine	330 mg
Phenylalanine	231 mg
Tyrosine	135 mg

### IDEAS FOR LEFTOVER EGGPLANT BALLS:

- Pack for lunch and plate with a nice green salad
- Mid-day snack option throughout the week
- Freeze to use for meal on another date

# Spaghetti Aglio e Olio

## Spaghetti with Garlic and Oil

Serves: 2

Essentially this recipe is pasta in garlic oil, but cooked correctly, this dish results in something really special: a perfectly scented, garlic and chili-infused extra virgin oil wrapped around al dente pasta.

### INGREDIENTS:

150 g Loprofin spaghetti  
 6 garlic cloves, sliced thinly  
 $\frac{1}{2}$  tsp dried red chili flakes  
 2 tbsp fresh parsley, finely chopped  
 3 tbsp extra virgin olive oil  
 Sea salt and black pepper

### METHOD:

- Cook the Loprofin spaghetti as per packet instructions. While the spaghetti is cooking, place a large frying pan over a medium-high heat and add the olive oil.
- Fry the garlic until slightly golden. Add in the red chili flakes and fry for a further minute. Before draining the pasta, reserve 1 cup of the cooking water to make the sauce.
- Add the oil with garlic and chili flakes, 3 fl oz (90 mL) of reserved cooking water and chopped parsley to the cooked pasta and toss until the pasta is evenly coated. Season with salt and pepper.
- Serve immediately.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	2.2 g
Leucine	117 mg
Phenylalanine	64 mg
Tyrosine	27 mg

#### Per Serving:

Protein	1.1 g
Leucine	59 mg
Phenylalanine	32 mg
Tyrosine	14 mg

Allergens may be present; please check individual product and ingredient labels.  
 If concerned about allergens please contact your healthcare professional.





## Penne alla Norma

Serves: 2

This dish is named after the famous opera, Norma, composed by Bellini from Catania in Sicily.

### INGREDIENTS:

1 eggplant, finely sliced and quartered  
1  $\frac{1}{2}$  tbsp salt  
4 tbsp extra virgin olive oil  
1 cup tomato sauce  
150 g Loprofin penne pasta  
 $\frac{1}{3}$  cup low protein cheese  
Salt and pepper  
5 fresh basil leaves

### METHOD:

1. Place the eggplant quarters in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Fry the eggplant in the olive oil in 2 batches until soft and golden. Set aside and keep warm.
3. Pour the tomato sauce in a saucepan and heat through.
4. Meanwhile, cook the Loprofin penne as per packet instructions, drain and reserve some of the cooking water.
5. Add the pasta into the heated tomato sauce. If the pasta is a little sticky, loosen it with the reserved cooking water.

6. Transfer to a serving platter, spoon over any remaining sauce and place the eggplant on top.
7. Shred the basil on top and sprinkle with the low protein cheese.
8. Season with salt and pepper
9. Drizzle with some extra virgin olive oil.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	10 g
Leucine	539 mg
Phenylalanine	397 mg
Tyrosine	232 mg

#### Per Serving:

Protein	5 g
Leucine	270 mg
Phenylalanine	199 mg
Tyrosine	116 mg

# Fusilli agli Asparagi

## Fusilli with Asparagus

Serves: 2

Historically, Sicilians would sprinkle dried breadcrumbs over pasta dishes instead of parmesan cheese to save money. The crunchy herb topping beautifully contrasts this dish.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 garlic clove, chopped
- 1 onion, chopped
- $\frac{1}{3}$  cup white wine<sup>†</sup>
- 1 cup asparagus, chopped
- 2 tbsp butter
- 1 cup vegetable stock\*
- 2 tbsp of fresh rosemary, finely chopped
- Salt and pepper
- 150 g Loprofin fusilli

### Breadcrumb topping

- $\frac{1}{2}$  cup low protein breadcrumbs
- 1 garlic clove, finely chopped
- $\frac{1}{2}$  tbsp olive oil
- Zest of 1 lemon
- 1 tbsp rosemary, chopped

### METHOD:

1. Heat the olive oil in a frying pan and sauté the garlic and onion until soft.
2. Add the white wine<sup>†</sup> and allow to simmer for 2 minutes.
3. Add the chopped asparagus and fresh rosemary. Season with salt and pepper.

4. Add the vegetable stock and butter, and allow to come to a gentle simmer for 10 minutes.
5. Cook the Loprofin fusilli as per packet instructions.
6. While the pasta is cooking, make the breadcrumb topping by frying the breadcrumbs, garlic, rosemary and lemon zest in the olive oil for 3 minutes.
7. Add the cooked Loprofin fusilli into the asparagus sauce and finish by sprinkling with the golden breadcrumbs.
8. Serve with a drizzle of olive oil and seasoning.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	8.3 g
Leucine	435 mg
Phenylalanine	281 mg
Tyrosine	171 mg

#### Per Serving:

Protein	4.2 g
Leucine	218 mg
Phenylalanine	141 mg
Tyrosine	86 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.

\*Check the protein content on the food label.





## Salsa di Pomodoro

### **Tomato Sauce**

Makes: ~3 cups

This is a core recipe in Italy. It is used in many dishes and is worth making in large batches for freezing. Its versatility means it can be used with pasta, pizza, lasagne and soup. If you have ripe red tomatoes during the summer you could use them instead of canned tomatoes.

### **INGREDIENTS:**

- ½ cup extra virgin olive oil
- 3 garlic cloves, finely chopped
- 1 tsp tomato puree
- 28 oz (800 g) canned petite diced tomatoes
- Salt and pepper
- 10 large basil leaves

### **NUTRITION INFORMATION:**

#### **Per Recipe:**

Protein	8.1 g
Leucine	320 mg
Phenylalanine	225 mg
Tyrosine	140 mg

### **METHOD:**

1. Heat the olive oil in a large pan. Add the garlic and cook for about 2–3 minutes on a low heat until soft. Add the tomato puree and cook for another minute. Add the tomatoes along with their juices and season with salt and pepper.
2. Bring to a boil, reduce heat and simmer for about 30 minutes, or until the sauce has thickened.
3. At the last minute shred the basil and add to the sauce.
4. The sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Pesto

Makes: ~2 cups

This originates in Genoa. Traditionally pesto includes parmesan and pine nuts but this low protein version is bursting with a fresh herby flavor.

## INGREDIENTS:

2 garlic cloves  
 Juice of  $\frac{1}{2}$  lemon (1-2 tbsp)  
 2 cups of fresh basil leaves  
 $\frac{1}{2}$  cup olive oil  
 Salt and pepper

## METHOD:

1. To make the pesto, using a hand blender, blend<sup>‡</sup> the basil, lemon juice, olive oil and garlic together and set aside. Season with salt and pepper. If you want a thinner consistency you can add more olive oil.
2. This will keep in the fridge for up to 1 week.

## NUTRITION INFORMATION:

### Per Recipe:

Protein	2 g
Leucine	113 mg
Phenylalanine	76 mg
Tyrosine	42 mg

Allergens may be present; please check individual product and ingredient labels.  
 If concerned about allergens please contact your healthcare professional.

<sup>‡</sup>Always follow the manufacturer's instructions for safe blending.





# Arrabbiata

## **Spicy Tomato Sauce**

Makes: 1 ½ cups

This is a spicy tomato sauce. Delicious with all types of pasta.

### **INGREDIENTS:**

1 ½ cups of Salsa di Pomodoro (page 36)  
 ½ tbsp red pepper chili flakes (or to taste)  
 1 tbsp lemon juice  
 Salt and pepper  
 Chopped parsley (to taste)  
 Chopped basil (to taste)

### **METHOD:**

1. Add sauce, chili flakes and lemon juice to saucepan and bring to a simmer.
2. Cook for 30 minutes. Season with salt, pepper.
3. Finish by adding parsley and basil to taste.
4. This sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

# Burro alla Salvia e Limon

## **Sage and Lemon Butter**

Makes: ½ cup

A simple sauce that is delicious drizzled over pasta, soups or toast.

### **INGREDIENTS:**

1 stick (8 tbsp) butter  
 1 ½ tbsp chopped sage leaves  
 1 tbsp lemon juice  
 Salt and pepper

### **METHOD:**

1. Melt the butter in a large frying pan.
2. Add the sage and fry for a few seconds.
3. Quickly remove the pan from the heat and add the lemon juice and season with salt and pepper.
4. This will keep for about 1 week in the fridge.

### **NUTRITION INFORMATION:**

#### **Per Recipe:**

Protein	1 g
Leucine	95 mg
Phenylalanine	48 mg
Tyrosine	47 mg

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## DESSERTS





## Pesche al Forno Ripiene

### Baked Peaches

Serves: 2

This dessert is so simple to make but looks really special. It is perfectly light and sweet. The peaches are equally delicious served hot or cold.

#### INGREDIENTS:

- 2 peaches
- 2 low protein sugar cookies, crushed
- 1 tsp sugar
- 1 tbsp simple syrup
- ½ cup non-dairy whipped cream
- ½ tsp vanilla seeds from a pod or ½ tsp vanilla extract

#### SIMPLE SYRUP INGREDIENTS:

- 1 cup sugar
- 1 cup water
- 1 tsp almond extract

#### METHOD:

1. Preheat the oven to 400°F (200°C). Grease a baking tray with butter.
2. Halve the peaches and remove the pits. Scoop out some of the flesh with a small spoon, dice, and place into a bowl.

3. Mix the crushed cookies, sugar and simple syrup with the peach flesh.
4. Place the peaches on the greased baking tray. Spoon the peach, cookie, sugar, and simple syrup mixture into the peaches.
5. Bake for 15–20 minutes.
6. Mix the vanilla with the whipped cream and serve with the peaches.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	3.2 g
Leucine	105 mg
Phenylalanine	72 mg
Tyrosine	54 mg

##### Per Serving:

Protein	1.6 g
Leucine	53 mg
Phenylalanine	36 mg
Tyrosine	27 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



# Affogato al Caffe

## Frozen Dessert Drowned in Coffee

Serves: 1

A true authentic Italian dessert. A perfect sweet pick-me-up after a rich meal.

---

### INGREDIENTS:

$\frac{1}{2}$  cup of vanilla non-dairy frozen dessert\*  
1 shot of espresso

### METHOD:

Scoop the frozen dessert into a serving bowl, pour the hot espresso over it and serve.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	0.7 g
Phenylalanine	26 mg

\*Leucine and Tyrosine content for vanilla non-dairy frozen dessert not available

Allergens may be present; please check individual product and ingredient labels.  
If concerned about allergens please contact your healthcare professional.

\*Check the protein content on the food label.

# Prugne al Vino Rosso

## Prunes Soaked in Red Wine with Orange Whipped Cream

Serves: 2

These are rich, indulgent and absolutely delicious. The orange whipped cream is the perfect creamy tangy accompaniment.

### INGREDIENTS:

$\frac{3}{4}$  cup pitted prunes  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  cup red wine<sup>†</sup>  
2 tsp of honey  
1 vanilla pod, cut in half lengthwise  
1 tsp of ground cinnamon  
Zest of  $\frac{1}{2}$  orange

### Orange whipped cream

3 tbsp non-dairy whipped cream  
Juice and zest of  $\frac{1}{2}$  orange  
1 tsp of confectioners' sugar (also called powdered sugar)

### METHOD:

- Place the prunes in a bowl and cover with boiling water. Leave to sit for 5 minutes and drain.
- Gently heat the wine, honey, cinnamon and vanilla pod seeds in a saucepan until simmering.

- Add the prunes to the simmering wine. Cover and simmer 10 minutes. Turn off the heat and stir in the orange zest.
- To make the orange whipped cream, mix together the whipped cream, orange juice, orange zest and confectioners' sugar.
- Serve the prunes warm or at room temperature with some of the remaining liquid and the orange whipped cream.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.6 g
Leucine	122 mg
Phenylalanine	90 mg
Tyrosine	46 mg

#### Per Serving:

Protein	1.8 g
Leucine	61 mg
Phenylalanine	45 mg
Tyrosine	23 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.





# Fragole al Vino Rosso

## Red Wine Soaked Strawberries

Serves: 2

This is such a delicate dish and is very popular during the summer months in Chianti, an area in Italy famous for their wine. Ripe strawberries work best for this recipe.

### INGREDIENTS:

16 oz (454 g) of strawberries  
½ cup of red wine<sup>†</sup>  
1 tbsp of granulated sugar  
Zest of ½ lemon  
Seeds from ½ vanilla pod  
¼ cup non-dairy whipped cream

### METHOD:

1. Mix the wine, sugar, lemon zest and vanilla seeds together in a bowl.
2. Add in strawberries and chill in the fridge for up to 1 hour.
3. Serve berries at room temperature in small bowls with some of their juices and a dollop of whipped cream.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.7 g
Leucine	179 mg
Phenylalanine	103 mg
Tyrosine	114 mg

#### Per Serving:

Protein	1.9 g
Leucine	90 mg
Phenylalanine	52 mg
Tyrosine	57 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.





For more information contact your dietitian,  
visit **MedicalFood.com** or call

**USA:** 1-800-605-0410

**CAN:** 1-877-636-8883

Food photography by **Roisin Gallagher**

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## ITALIAN INSPIRED RECIPES

MADE WITH LOW  
PROTEIN PASTA



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*In the United States, Loprofin products are Medical Foods. These products are used for the dietary management of inherited metabolic disorders and other conditions requiring a low protein diet, and must be used under medical supervision.*

# ITALIAN INSPIRED RECIPES

Welcome to our low protein Italian recipe book. It features a collection of Italian-inspired recipes, some information about our low protein pasta and some practical tips for those of you wishing to recreate your favorite Italian dishes. We hope you find this useful. The recipes are quick, easy and delizioso!

The protein content indicated in the recipes in this book are provided as a guide only. Nutrient analysis was performed using standard U.S. measuring cups (237 mL). Use of Canadian measuring cups (250 mL) for preparation may underestimate the total protein by up to 0.5 g and the amino acids by up to 25 mg per recipe. Please check the protein content on individual ingredients and food labels. Always consult your healthcare professional before making any changes to your low protein diet.

Buon appetito!

The Nutricia Metabolic Team



# Loprofin Pasta A Family Legacy



## INTRODUCTION

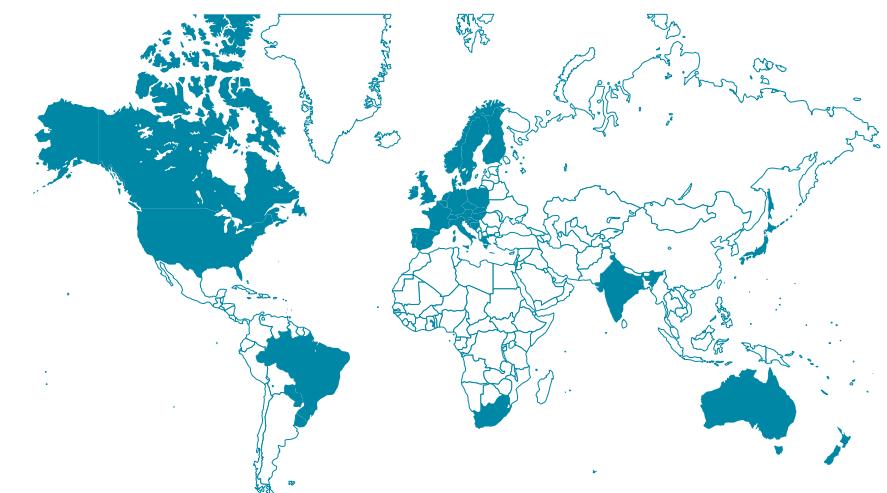
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The Mennucci family began making Loprofin pasta almost 50 years ago in Tuscany. It is now in its fifth generation and is managed by Lorenzo Mennucci.

In 1877, Giuseppe Mennucci started making pasta in a small grocery store in the countryside of Tuscany. At that time, the process of making and drying the pasta was carried out in the courtyard under the sun. This all nearly ended during the Second World War, when the company was bombed and partially destroyed. After the bombing, the Mennucci family was quick to rebuild the factory. During the rebuilding process, all pasta machines that were not destroyed were moved into local homes near Tuscany to maintain the production of pasta.



Lorenzo Mennucci, 5th generation of the Mennucci Family

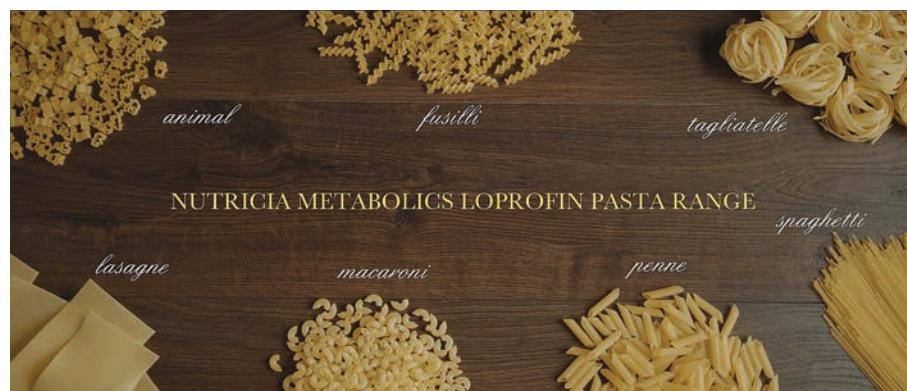


The Mennucci Family produce pasta for all over the world

The Mennucci family is very passionate about using the highest quality of ingredients which are mainly sourced from Italy. There are only four ingredients in low protein pasta which are mainly starches; corn, potato, rice and coloring (annatto). Lorenzo believes that when there are so few ingredients in a product it is important that you use the highest quality of ingredients.

The main difference in the production of low protein pasta and ordinary pasta is that gluten is the protein that binds the dough in ordinary pasta. For low protein pasta, steam is used instead to bind the starches together to make a dough.

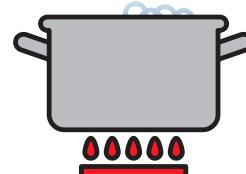
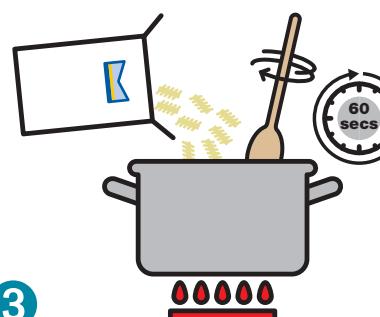
The Mennucci's Low Protein Pasta is made using spring water that comes from the Tuscan mountains.



The Mennucci Family produce a variety of pasta shapes



## Tips for cooking the perfect low protein pasta

-  1 Make sure the water is boiling vigorously.
-  2 Add a little oil to the water.
-  3 Add the low protein pasta and stir for 1 minute until the water is brought back to a boil. Check the product packaging for cooking time.
-  4 Occasionally stir the pasta during cooking to stop it from sticking together.
-  5 Drain the pasta straight away.
-  6 Rinse thoroughly with cold water to stop it from sticking together.

1

## APPETIZERS



CAPARZO

LA CASA

Brunello di Montalcino



IL PARETO



CASTELLO DI BOLGHERI

BOLGHERI SUPERIORE





## Fettunta

### **Garlic Bread**

Serves: 1

This is a traditional dish in Tuscany and similar to garlic bread. It was originally associated with the month of November as the locals celebrated the harvest of olives.

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#### **INGREDIENTS:**

2 slices of low protein bread  
1 garlic clove, halved  
1 tbsp extra virgin olive oil  
Pinch of coarse sea salt

#### **METHOD:**

1. Toast the slices of low protein bread.
2. Once toasted rub it generously with the garlic clove.
3. Drizzle each slice with extra virgin olive oil.
4. Sprinkle with coarse sea salt.

#### **NUTRITION INFORMATION:**

##### **Per Recipe:**

Protein	0.4 g
Leucine	23 mg
Phenylalanine	14 mg
Tyrosine	8 mg

# Caponata

## Eggplant Relish

Serves: 8

This is a famous dish in Sicily and goes really well on an antipasti menu. Serve at room temperature with some toasted Fettunta (see page 3). This freezes well for up to 3 months.

### INGREDIENTS:

1 tbsp olive oil  
 1 small eggplant, cut in  $\frac{3}{4}$ " (2 cm) cubes  
 Salt and pepper  
 1 sweet onion, chopped  
 2 celery stalks, finely sliced  
 1 cup tomato sauce  
 3 tbsp capers  
 1  $\frac{1}{2}$  tbsp white wine vinegar  
 1 tbsp sugar  
 $\frac{1}{2}$  cup green olives

### METHOD:

1. Place the eggplant cubes in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Heat some olive oil in a large frying pan. Fry the eggplant until it is soft and golden in color.
3. Heat some olive oil in a pan, sauté the onion and celery on a low heat for 5 minutes.
4. Add the tomato sauce, capers, vinegar and sugar and simmer for 5 minutes.
5. Add the eggplant and olives and cook for another 10 minutes.
6. Season with salt and pepper.
7. Allow to cool and refrigerate for 24 hours before serving.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	13 g
Leucine	603 mg
Phenylalanine	485 mg
Tyrosine	263 mg

#### Per Serving:

Protein	1.6 g
Leucine	75 mg
Phenylalanine	61 mg
Tyrosine	33 mg



# Peperoni Marinati

## Marinated Peppers

Serves: 4

These marinated peppers are a perfect addition to an antipasti platter. These are known as peperonata and originate in the south of Italy. This will keep refrigerated for about 1 week. It is delicious in salads and sandwiches.

### INGREDIENTS:

$\frac{1}{4}$  cup extra virgin olive oil  
1 onion, thinly sliced  
 $\frac{1}{2}$  green pepper, thinly sliced  
1 yellow pepper, thinly sliced  
 $\frac{1}{2}$  red pepper, thinly sliced  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp balsamic vinegar  
Salt and pepper

### METHOD:

- Heat the oil in a large frying pan. Add the onions, peppers and rosemary and sauté on a low heat for 10 minutes, until the vegetables are very tender.
- Remove from the heat and stir in the balsamic vinegar.
- Season with salt and pepper.
- Serve hot or cold.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	6.7 g
Leucine	267 mg
Phenylalanine	307 mg
Tyrosine	104 mg

#### Per Serving:

Protein	1.7 g
Leucine	67 mg
Phenylalanine	77 mg
Tyrosine	26 mg

# Olive Marinati

## Marinated Olives

Serves: 1

Olives are really popular all over Italy. The leftover marinades can be used as a salad dressing.

### INGREDIENTS:

#### COMBINATION 1

Handful of black olives  
Zest of  $\frac{1}{2}$  lemon  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp extra virgin olive oil

#### COMBINATION 2

Handful of green olives  
1 tbsp fresh parsley, chopped  
1 garlic clove, finely chopped  
1 tsp lemon juice  
1 tbsp extra virgin olive oil

### METHOD:

- Choose your combination and combine all of the ingredients.
- Refrigerate for at least 12 hours for the flavors to develop.
- Serve at room temperature.

### NUTRITION INFORMATION:

#### Per Recipe: (Combo 1)

Protein	0.9 g
Leucine	50 mg
Phenylalanine	30 mg
Tyrosine	21 mg

#### Per Recipe: (Combo 2)

Protein	1.3 g
Leucine	71 mg
Phenylalanine	38 mg
Tyrosine	26 mg



*Marinated Olives and Peppers with Caponata*

# Fungi Portobello alla Griglia con Limone e Olio Rosmarino

## Grilled Portobello Mushrooms with Lemon and Rosemary Oil

Serves: 2

Mushrooms are popular all over Italy. You could experiment with different fillings such as chili, parsley and roasted red peppers. They are also delicious served with a sage butter sauce (see page 42).

### INGREDIENTS:

2 medium portobello mushrooms, stems removed  
 $\frac{1}{4}$  cup of low protein breadcrumbs  
 1 garlic clove, diced  
 Zest of  $\frac{1}{2}$  lemon  
 1 tbsp olive oil  
 1 tsp chopped parsley  
 Salt and pepper

### For the lemon and rosemary oil:

Zest of  $\frac{1}{2}$  lemon  
 1 tbsp lemon juice  
 2 tbsp extra virgin olive oil  
 1 small sprig (or 1 tsp) of rosemary, finely chopped  
 Salt and pepper

### METHOD:

- Preheat the grill to a moderate temperature.
- Brush the mushrooms on both sides with a little olive oil and season with salt and pepper.

- Place the low protein breadcrumbs, garlic, lemon zest and parsley in a bowl with a little salt and pepper. Add in the remaining olive oil and spoon the mixture into the mushrooms.
- Grill the mushrooms for 6–7 minutes, or until just cooked through.
- Meanwhile, make the lemon and rosemary oil by mixing all of the ingredients together.
- Drizzle each mushroom with the lemon dressing and serve with a green salad.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	4.5 g
Leucine	287 mg
Phenylalanine	173 mg
Tyrosine	49 mg

#### Per Serving:

Protein	2.3 g
Leucine	144 mg
Phenylalanine	87 mg
Tyrosine	25 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.





## Panzanella

### Tuscan Bread Salad

Serves: 4

This is extremely popular all over Italy but mainly in Tuscany. It uses delicious summer vegetables and leftover bread. It's such a fresh salad and so full of flavor. It's important that the salad isn't mixed too far in advance or the bread will go soggy.

#### INGREDIENTS:

- $\frac{3}{4}$  cup stale low protein bread, cubed
- 1 cup cherry tomatoes, diced
- 1 garlic clove, minced
- 1 celery stalk, sliced thinly on the diagonal
- $\frac{1}{2}$  red pepper, diced
- $\frac{1}{2}$  cucumber, diced
- 1 tsp capers, chopped
- 2 tbsp basil, chopped

#### For the red wine vinaigrette:

- 2 tbsp red wine vinegar
- $\frac{1}{2}$  tsp Dijon mustard
- $\frac{1}{2}$  shallot, minced
- $\frac{1}{4}$  cup extra virgin olive oil
- Salt and pepper
- 1 tsp sugar

#### METHOD:

1. To make the vinaigrette, combine all of the ingredients in the "For the red wine vinaigrette" section.
2. To prepare the salad, combine everything in a large bowl. Add the vinaigrette and toss.
3. Serve immediately.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	4 g
Leucine	170 mg
Phenylalanine	141 mg
Tyrosine	69 mg

##### Per Serving:

Protein	1 g
Leucine	43 mg
Phenylalanine	35 mg
Tyrosine	17 mg



## Fettunta al Pomodoro

### **Bruschetta**

Serves: 2

This dish is a Tuscan bruschetta. For this recipe, make sure your tomatoes are perfectly ripe, red and sweet.

### **INGREDIENTS:**

2 slices of low protein bread  
1 garlic clove, halved  
1 tbsp extra virgin olive oil  
2 ripe tomatoes, deseeded and chopped  
3 sundried tomatoes, chopped  
¼ red onion, finely sliced  
5 fresh basil leaves  
Coarse sea salt and pepper

### **METHOD:**

1. Toast the bread and rub it with the garlic clove.
2. Drizzle each slice with extra virgin olive oil.
3. Sprinkle with coarse sea salt.
4. Mix the chopped tomatoes, sun-dried tomatoes and red onion together in a bowl.
5. Spoon the mixture onto the garlic toasted bread.
6. Drizzle with more olive oil, sprinkle with pepper and scatter with the basil leaves.

### **NUTRITION INFORMATION:**

#### **Per Recipe:**

Protein	2.6 g
Leucine	94 mg
Phenylalanine	80 mg
Tyrosine	45 mg

#### **Per Serving:**

Protein	1.3 g
Leucine	47 mg
Phenylalanine	40 mg
Tyrosine	23 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

2

MAINS





# Melanzane alla Parmigiana

## Eggplant Parmesan

Serves: 3

This is probably the most famous dish to originate from Naples.

### INGREDIENTS:

1 medium eggplant, sliced  $\frac{3}{4}$ " (2 cm) thick  
Salt and pepper  
Extra virgin olive oil  
1 cup of tomato sauce  
1 bunch of fresh basil  
 $\frac{1}{3}$  cup low protein cheese

### METHOD:

1. Preheat the oven to 350°F (180°C).
2. Place the eggplant slices in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
3. Heat the oil in a frying pan and fry the eggplant in batches over medium heat for a few minutes. Season with salt and pepper.
4. Spread half of the tomato sauce over the bottom of a small baking dish. Cover with a layer of eggplant and a layer of basil leaves.
5. Continue with another layer of eggplant, ending with the remaining tomato sauce.
6. Sprinkle the low protein cheese on top and bake for 20–25 minutes.
7. Finish with a drizzle of extra virgin olive oil and lots of fresh basil.
8. Serve with a green salad and some fettunta (see page 3).

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	9.3 g
Leucine	501 mg
Phenylalanine	382 mg
Tyrosine	230 mg

#### Per Serving:

Protein	3.1 g
Leucine	167 mg
Phenylalanine	127 mg
Tyrosine	77 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Pasta e Fagioli

## Italian Vegetable Soup

Serves: 4

Tuscany is famous for its variety of soups. This soup tastes better the next day. The Loprofin rice resembles orzo pasta which is commonly served in Italian soups. Remove the beans if the listed protein is too high.

### INGREDIENTS:

1 tbsp olive oil  
 1 red onion, chopped  
 2 garlic cloves, crushed  
 1 carrot, cubed  
 2 sticks of celery, finely sliced  
 1 tbsp tomato purée  
 1 bay leaf and 4 sprigs of thyme  
 1 zucchini, cubed  
 $\frac{1}{4}$  cup white beans\*, drained  
 $\frac{3}{4}$  cup chopped tomatoes  
 2  $\frac{1}{2}$  cups vegetable stock\*  
 50 g Loprofin rice  
 Small bunch of basil  
 Salt and pepper

### METHOD:

- Heat the oil in a large saucepan. Add the onion, carrots and celery and gently cook for 20 minutes, or until soft. Add a little water if they stick.
- Add the garlic, tomato purée, herbs and zucchini and cook for 4–5 minutes on a medium heat until they brown a little.

- Pour in the chopped tomatoes and vegetable stock and simmer for 20 minutes.
- Meanwhile, cook the Loprofin rice according to the package instructions. Once cooked, add the Loprofin rice and beans and simmer.
- Season with salt and pepper.
- Sprinkle with basil and drizzle with some extra virgin olive oil.
- This soup will freeze well for up to 6 months.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	14 g
Leucine	766 mg
Phenylalanine	512 mg
Tyrosine	286 mg

#### Per Serving:

Protein	3.5 g
Leucine	192 mg
Phenylalanine	128 mg
Tyrosine	72 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

\*Check the protein content on the food label.





## Cannelloni Zucchine e Funghi

### Zucchini and Mushroom Cannelloni

Serves: 3 (2 rolls per serving)

This is a classic Italian dish. The nutmeg gives a gorgeous flavor.

#### INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 large onion, chopped
- 2 medium zucchini, chopped
- 1 cup mushrooms, chopped
- ½ cup low protein cheese
- 1 tsp freshly grated nutmeg
- Salt and pepper
- 6 Loprofin lasagne sheets
- 1 cup tomato sauce
- Fresh basil Leaves
- 1 tbsp balsamic vinegar

#### METHOD:

1. Preheat the oven to 350°F (180°C).
2. In a large frying pan, fry the onion in the olive oil until softened.
3. Add the zucchini and mushrooms and cook until soft.
4. Mix in the low protein cheese and season the mix with grated nutmeg, salt and pepper.
5. To prepare the Loprofin lasagne sheets: In a pot of boiling water add the Loprofin lasagne sheets and boil for 4 minutes until soft and easy to fold. Do this with two separate batches to prevent the lasagne sheets from sticking together.

6. Divide the zucchini and mushroom filling between the 6 Loprofin lasagne sheets and fold into 6 rolls.
7. Place the lasagna rolls in a small baking dish.
8. Cover the rolls with your tomato sauce and drizzle with some extra virgin olive oil.
9. Bake in the oven for 30 minutes. If the top starts to go brown you can cover the dish with tin foil.
10. Serve with some fresh basil leaves and a drizzle of balsamic vinegar.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	13.5 g
Leucine	640 mg
Phenylalanine	463 mg
Tyrosine	296 mg

##### Per Serving:

Protein	4.5 g
Leucine	213 mg
Phenylalanine	154 mg
Tyrosine	99 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Spaghetti alla Puttanesca

Serves: 2

This recipe originates from Naples. It's fiery, spicy, salty and absolutely delicious.

## INGREDIENTS:

1 tbsp extra virgin olive oil  
1 garlic clove, minced  
8.5 oz (240 g) canned crushed tomatoes  
Salt and pepper  
 $\frac{1}{2}$  tsp of crushed chili flakes  
1 tbsp chopped parsley  
1 tsp dried oregano  
200 g Loprofin spaghetti  
1 tbsp capers, chopped  
4 black olives, pitted and sliced

## METHOD:

- Heat a little oil in a frying pan. Sauté the garlic until it is just starting to brown.
- Add the tomatoes, salt, pepper, chili flakes and cook the mixture over medium heat for 3–4 minutes until the tomato liquid is slightly reduced.
- Lower the heat, add the parsley and oregano and simmer the sauce gently for 20 minutes.
- Cook the Loprofin spaghetti as per packet instructions.

- Add the capers and olives to the pan.
- Toss the cooked Loprofin spaghetti into the sauce. If the sauce appears dry, add a splash of water from the pasta pot.

## NUTRITION INFORMATION:

### Per Recipe:

Protein	6.2 g
Leucine	257 mg
Phenylalanine	168 mg
Tyrosine	95 mg

### Per Serving:

Protein	3.1 g
Leucine	129 mg
Phenylalanine	84 mg
Tyrosine	48 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



# Tagliatelle con Dollette di Melanzane

## Tagliatelle with Eggplant Balls

Serves: 2

These eggplant balls are light, full of flavor and absolutely addictive.

### INGREDIENTS:

- 1 large eggplant
- 1 tbsp extra virgin olive oil
- 1 cup low protein breadcrumbs
- 2 large garlic cloves, finely chopped
- 1 tsp chopped mint
- 1 tsp dried oregano leaves
- 1 tbsp of egg replacer
- Pinch of freshly grated nutmeg
- 1 cup tomato sauce
- Salt and pepper
- 150 g Loprofin tagliatelle

### METHOD:

1. Preheat the oven to 350°F (180°C).
2. Cut the eggplant in half, rub with olive oil and sprinkle with salt and pepper. Place on a baking tray and roast for about 30 minutes. Allow to cool slightly before scooping out the flesh. Discard the eggplant peel.
3. Mash the garlic with the eggplant flesh.
4. Combine the breadcrumbs with the mint, oregano, egg replacer and nutmeg and add to the eggplant flesh. Salt and pepper to taste.
5. Mold the mixture into 10 even sized balls.
6. Heat 1 tbsp of olive oil in a frying pan. Fry the balls until turning to brown on all sides.



Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

7. Once cooked, remove the eggplant balls from the pan and add tomato sauce to heat.
8. Cook the Loprofin tagliatelle as per packet instructions.
9. Dish on each plate  $\frac{1}{2}$  of the pasta and  $\frac{1}{2}$  of the tomato sauce with 2 eggplant balls. Drizzle with olive oil and fresh basil. Eggplant balls will keep in the fridge up to 1 week and can be frozen up to 6 months.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	11.1 g
Leucine	660 mg
Phenylalanine	462 mg
Tyrosine	270 mg

#### Per Serving:

Protein	5.6 g
Leucine	330 mg
Phenylalanine	231 mg
Tyrosine	135 mg

### IDEAS FOR LEFTOVER EGGPLANT BALLS:

- Pack for lunch and plate with a nice green salad
- Mid-day snack option throughout the week
- Freeze to use for meal on another date

# Spaghetti Aglio e Olio

## Spaghetti with Garlic and Oil

Serves: 2

Essentially this recipe is pasta in garlic oil, but cooked correctly, this dish results in something really special: a perfectly scented, garlic and chili-infused extra virgin oil wrapped around al dente pasta.

### INGREDIENTS:

150 g Loprofin spaghetti  
 6 garlic cloves, sliced thinly  
 $\frac{1}{2}$  tsp dried red chili flakes  
 2 tbsp fresh parsley, finely chopped  
 3 tbsp extra virgin olive oil  
 Sea salt and black pepper

### METHOD:

- Cook the Loprofin spaghetti as per packet instructions. While the spaghetti is cooking, place a large frying pan over a medium-high heat and add the olive oil.
- Fry the garlic until slightly golden. Add in the red chili flakes and fry for a further minute. Before draining the pasta, reserve 1 cup of the cooking water to make the sauce.
- Add the oil with garlic and chili flakes, 3 fl oz (90 mL) of reserved cooking water and chopped parsley to the cooked pasta and toss until the pasta is evenly coated. Season with salt and pepper.
- Serve immediately.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	2.2 g
Leucine	117 mg
Phenylalanine	64 mg
Tyrosine	27 mg

#### Per Serving:

Protein	1.1 g
Leucine	59 mg
Phenylalanine	32 mg
Tyrosine	14 mg

Allergens may be present; please check individual product and ingredient labels.  
 If concerned about allergens please contact your healthcare professional.





## Penne alla Norma

Serves: 2

This dish is named after the famous opera, Norma, composed by Bellini from Catania in Sicily.

### INGREDIENTS:

1 eggplant, finely sliced and quartered  
1  $\frac{1}{2}$  tbsp salt  
4 tbsp extra virgin olive oil  
1 cup tomato sauce  
150 g Loprofin penne pasta  
 $\frac{1}{3}$  cup low protein cheese  
Salt and pepper  
5 fresh basil leaves

### METHOD:

1. Place the eggplant quarters in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Fry the eggplant in the olive oil in 2 batches until soft and golden. Set aside and keep warm.
3. Pour the tomato sauce in a saucepan and heat through.
4. Meanwhile, cook the Loprofin penne as per packet instructions, drain and reserve some of the cooking water.
5. Add the pasta into the heated tomato sauce. If the pasta is a little sticky, loosen it with the reserved cooking water.

6. Transfer to a serving platter, spoon over any remaining sauce and place the eggplant on top.
7. Shred the basil on top and sprinkle with the low protein cheese.
8. Season with salt and pepper
9. Drizzle with some extra virgin olive oil.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	10 g
Leucine	539 mg
Phenylalanine	397 mg
Tyrosine	232 mg

#### Per Serving:

Protein	5 g
Leucine	270 mg
Phenylalanine	199 mg
Tyrosine	116 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Fusilli agli Asparagi

## Fusilli with Asparagus

Serves: 2

Historically, Sicilians would sprinkle dried breadcrumbs over pasta dishes instead of parmesan cheese to save money. The crunchy herb topping beautifully contrasts this dish.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 garlic clove, chopped
- 1 onion, chopped
- $\frac{1}{3}$  cup white wine<sup>†</sup>
- 1 cup asparagus, chopped
- 2 tbsp butter
- 1 cup vegetable stock\*
- 2 tbsp of fresh rosemary, finely chopped
- Salt and pepper
- 150 g Loprofin fusilli

### Breadcrumb topping

- $\frac{1}{2}$  cup low protein breadcrumbs
- 1 garlic clove, finely chopped
- $\frac{1}{2}$  tbsp olive oil
- Zest of 1 lemon
- 1 tbsp rosemary, chopped

### METHOD:

1. Heat the olive oil in a frying pan and sauté the garlic and onion until soft.
2. Add the white wine<sup>†</sup> and allow to simmer for 2 minutes.
3. Add the chopped asparagus and fresh rosemary. Season with salt and pepper.

4. Add the vegetable stock and butter, and allow to come to a gentle simmer for 10 minutes.
5. Cook the Loprofin fusilli as per packet instructions.
6. While the pasta is cooking, make the breadcrumb topping by frying the breadcrumbs, garlic, rosemary and lemon zest in the olive oil for 3 minutes.
7. Add the cooked Loprofin fusilli into the asparagus sauce and finish by sprinkling with the golden breadcrumbs.
8. Serve with a drizzle of olive oil and seasoning.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	8.3 g
Leucine	435 mg
Phenylalanine	281 mg
Tyrosine	171 mg

#### Per Serving:

Protein	4.2 g
Leucine	218 mg
Phenylalanine	141 mg
Tyrosine	86 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.

\*Check the protein content on the food label.





3

## SAUCES

# Salsa di Pomodoro

### **Tomato Sauce**

Makes: ~3 cups

This is a core recipe in Italy. It is used in many dishes and is worth making in large batches for freezing. Its versatility means it can be used with pasta, pizza, lasagne and soup. If you have ripe red tomatoes during the summer you could use them instead of canned tomatoes.

### **INGREDIENTS:**

- ½ cup extra virgin olive oil
- 3 garlic cloves, finely chopped
- 1 tsp tomato puree
- 28 oz (800 g) canned petite diced tomatoes
- Salt and pepper
- 10 large basil leaves

### **NUTRITION INFORMATION:**

#### **Per Recipe:**

Protein	8.1 g
Leucine	320 mg
Phenylalanine	225 mg
Tyrosine	140 mg

### **METHOD:**

1. Heat the olive oil in a large pan. Add the garlic and cook for about 2–3 minutes on a low heat until soft. Add the tomato puree and cook for another minute. Add the tomatoes along with their juices and season with salt and pepper.
2. Bring to a boil, reduce heat and simmer for about 30 minutes, or until the sauce has thickened.
3. At the last minute shred the basil and add to the sauce.
4. The sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Pesto

Makes: ~2 cups

This originates in Genoa. Traditionally pesto includes parmesan and pine nuts but this low protein version is bursting with a fresh herby flavor.

## INGREDIENTS:

2 garlic cloves  
 Juice of  $\frac{1}{2}$  lemon (1-2 tbsp)  
 2 cups of fresh basil leaves  
 $\frac{1}{2}$  cup olive oil  
 Salt and pepper

## METHOD:

1. To make the pesto, using a hand blender, blend<sup>‡</sup> the basil, lemon juice, olive oil and garlic together and set aside. Season with salt and pepper. If you want a thinner consistency you can add more olive oil.
2. This will keep in the fridge for up to 1 week.

## NUTRITION INFORMATION:

### Per Recipe:

Protein	2 g
Leucine	113 mg
Phenylalanine	76 mg
Tyrosine	42 mg

Allergens may be present; please check individual product and ingredient labels.  
 If concerned about allergens please contact your healthcare professional.

<sup>‡</sup>Always follow the manufacturer's instructions for safe blending.





# Arrabbiata

## **Spicy Tomato Sauce**

Makes: 1 ½ cups

This is a spicy tomato sauce. Delicious with all types of pasta.

### **INGREDIENTS:**

1 ½ cups of Salsa di Pomodoro (page 36)  
 ½ tbsp red pepper chili flakes (or to taste)  
 1 tbsp lemon juice  
 Salt and pepper  
 Chopped parsley (to taste)  
 Chopped basil (to taste)

### **METHOD:**

1. Add sauce, chili flakes and lemon juice to saucepan and bring to a simmer.
2. Cook for 30 minutes. Season with salt, pepper.
3. Finish by adding parsley and basil to taste.
4. This sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

# Burro alla Salvia e Limon

## **Sage and Lemon Butter**

Makes: ½ cup

A simple sauce that is delicious drizzled over pasta, soups or toast.

### **INGREDIENTS:**

1 stick (8 tbsp) butter  
 1 ½ tbsp chopped sage leaves  
 1 tbsp lemon juice  
 Salt and pepper

### **METHOD:**

1. Melt the butter in a large frying pan.
2. Add the sage and fry for a few seconds.
3. Quickly remove the pan from the heat and add the lemon juice and season with salt and pepper.
4. This will keep for about 1 week in the fridge.

### **NUTRITION INFORMATION:**

#### **Per Recipe:**

Protein	1 g
Leucine	95 mg
Phenylalanine	48 mg
Tyrosine	47 mg

4

## DESSERTS





# Pesche al Forno Ripiene

## Baked Peaches

Serves: 2

This dessert is so simple to make but looks really special. It is perfectly light and sweet. The peaches are equally delicious served hot or cold.

### INGREDIENTS:

2 peaches  
2 low protein sugar cookies, crushed  
1 tsp sugar  
1 tbsp simple syrup  
½ cup non-dairy whipped cream  
½ tsp vanilla seeds from a pod or ½ tsp vanilla extract

### SIMPLE SYRUP INGREDIENTS:

1 cup sugar  
1 cup water  
1 tsp almond extract

### METHOD:

1. Preheat the oven to 400°F (200°C). Grease a baking tray with butter.
2. Halve the peaches and remove the pits. Scoop out some of the flesh with a small spoon, dice, and place into a bowl.

3. Mix the crushed cookies, sugar and simple syrup with the peach flesh.
4. Place the peaches on the greased baking tray. Spoon the peach, cookie, sugar, and simple syrup mixture into the peaches.
5. Bake for 15–20 minutes.
6. Mix the vanilla with the whipped cream and serve with the peaches.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.2 g
Leucine	105 mg
Phenylalanine	72 mg
Tyrosine	54 mg

#### Per Serving:

Protein	1.6 g
Leucine	53 mg
Phenylalanine	36 mg
Tyrosine	27 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



# Affogato al Caffe

## Frozen Dessert Drowned in Coffee

Serves: 1

A true authentic Italian dessert. A perfect sweet pick-me-up after a rich meal.

### INGREDIENTS:

$\frac{1}{2}$  cup of vanilla non-dairy frozen dessert\*  
1 shot of espresso

### METHOD:

Scoop the frozen dessert into a serving bowl, pour the hot espresso over it and serve.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	0.7 g
Phenylalanine	26 mg

\*Leucine and Tyrosine content for vanilla non-dairy frozen dessert not available

Allergens may be present; please check individual product and ingredient labels.  
If concerned about allergens please contact your healthcare professional.

\*Check the protein content on the food label.

# Prugne al Vino Rosso

## Prunes Soaked in Red Wine with Orange Whipped Cream

Serves: 2

These are rich, indulgent and absolutely delicious. The orange whipped cream is the perfect creamy tangy accompaniment.

### INGREDIENTS:

$\frac{3}{4}$  cup pitted prunes  
 $\frac{1}{2}$  cup boiling water  
 $\frac{1}{2}$  cup red wine<sup>†</sup>  
2 tsp of honey  
1 vanilla pod, cut in half lengthwise  
1 tsp of ground cinnamon  
Zest of  $\frac{1}{2}$  orange

### Orange whipped cream

3 tbsp non-dairy whipped cream  
Juice and zest of  $\frac{1}{2}$  orange  
1 tsp of confectioners' sugar (also called powdered sugar)

### METHOD:

- Place the prunes in a bowl and cover with boiling water. Leave to sit for 5 minutes and drain.
- Gently heat the wine, honey, cinnamon and vanilla pod seeds in a saucepan until simmering.

- Add the prunes to the simmering wine. Cover and simmer 10 minutes. Turn off the heat and stir in the orange zest.
- To make the orange whipped cream, mix together the whipped cream, orange juice, orange zest and confectioners' sugar.
- Serve the prunes warm or at room temperature with some of the remaining liquid and the orange whipped cream.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.6 g
Leucine	122 mg
Phenylalanine	90 mg
Tyrosine	46 mg

#### Per Serving:

Protein	1.8 g
Leucine	61 mg
Phenylalanine	45 mg
Tyrosine	23 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.





# Fragole al Vino Rosso

## Red Wine Soaked Strawberries

Serves: 2

This is such a delicate dish and is very popular during the summer months in Chianti, an area in Italy famous for their wine. Ripe strawberries work best for this recipe.

### INGREDIENTS:

16 oz (454 g) of strawberries  
½ cup of red wine<sup>†</sup>  
1 tbsp of granulated sugar  
Zest of ½ lemon  
Seeds from ½ vanilla pod  
¼ cup non-dairy whipped cream

### METHOD:

1. Mix the wine, sugar, lemon zest and vanilla seeds together in a bowl.
2. Add in strawberries and chill in the fridge for up to 1 hour.
3. Serve berries at room temperature in small bowls with some of their juices and a dollop of whipped cream.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.7 g
Leucine	179 mg
Phenylalanine	103 mg
Tyrosine	114 mg

#### Per Serving:

Protein	1.9 g
Leucine	90 mg
Phenylalanine	52 mg
Tyrosine	57 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>†</sup>Please check with your healthcare professional before using recipes containing alcohol.





For more information contact your dietitian,  
visit **MedicalFood.com** or call

**USA:** 1-800-605-0410

**CAN:** 1-877-636-8883

Food photography by **Roisin Gallagher**

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**CELENTANO.**

# Everything Italian Cookbook



From Our Family To Yours



# CELENTANO.



Meatballs, pasta and enjoying Italian meals with friends and family has been at the heart of Rosina and Celentano for 60 years. From simple, fresh ingredients to our own family recipes passed down for generations, we pride ourselves in providing the highest quality products for you and your family and nothing beats a classic, Italian recipe. We were inspired to create a recipe book for you that features traditional, Italian dishes with a twist. We hope you enjoy this recipe book that highlights our favorite Italian recipes using Rosina meatballs and Celentano pasta. From a tortellini carbonara to a classic meatball sub, there is something for everyone that takes you back to those classic, Italian meals you've been enjoying for years. From our family to yours – enjoy our favorite recipes in the Everything Italian Cookbook.

## Everything Italian PASTA & MEATBALL RECIPES

◆ - Italian Style Meatball Pizza	2	◆ - Classic Meatball Sub	6
- Baked Manicotti with Italian Style Meatballs and Smoked Mozzarella		- 4 Cheese Ravioli with Arrabbiata Sauce	
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- Cavatelli Vegetable Soup with Parmesan Broth		- Mini Rounds® Cheese Ravioli Soup with Italian Sausage and Baby Arugula	
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- Lazy Lasagna made with Cheese Ravioli and Italian Style Meatballs		- Lasagna Soup	



## Italian Style Meatball Pizza

Servings: 2 | Preparation: 30 Mins

### Ingredients

- ½ package (12 oz.) Rosina Italian Style Meatballs
- 1 package (16 oz.) prepared pizza dough
- ⅔ cup prepared tomato sauce
- 1 red and yellow bell pepper, sliced
- 1 mozzarella cheese log, sliced ¼ inch thick
- 6 fresh basil leaves, julienne sliced
- ½ tablespoon fresh oregano
- ¼ cup grated parmesan cheese

### Cooking Directions

Place frozen meatballs in a single layer on a microwave safe dish, microwave meatballs for 1 minute then cut in half. Place a pizza stone in the oven. Preheat the oven to 450°F for 20 minutes. Spread the tomato sauce on the dough. Top with bell peppers, mozzarella cheese and place 10-12 of the meatballs, cut side down, on top. Bake until the crust is crisp and the cheese is bubbly, about 12 minutes. Using a pizza peel, transfer the pizza to a cutting board. Lightly sprinkle the pizza with the basil, oregano and Parmesan cheese. Cut into slices to serve.

## Baked Manicotti with Italian Style Meatballs and Smoked Mozzarella

Servings: 4 | Preparation: 30 Mins

### Ingredients

- 1 package (14 oz.) Celentano Manicotti
- 1 package (12 oz.) Rosina Italian Style Meatballs
- 1 pinch crushed red pepper flakes
- 1 jar (16 oz.) marinara sauce
- 8 oz. smoked mozzarella cheese, sliced
- salt and black pepper to taste
- parmesan cheese, if desired

### Cooking Directions

Preheat oven to 350°F. Crumble the meatballs into small pieces using a fork or food processor. Heat crumbled meatballs in a skillet set over medium heat for 2 minutes. Season meatballs with crushed red pepper flakes, salt and black pepper to taste. Stir sauce into meatballs and heat to a simmer for 5 minutes. In a baking dish, cover the bottom of the dish with half of the sauce. Add the manicotti to the baking dish and cover the top of the manicotti with remaining sauce and mozzarella cheese. Cover with foil and bake for 30-35 minutes. Divide among serving plates and sprinkle with parmesan cheese if desired. Serve immediately.





## Risotto with Italian Style Meatballs

Servings: 4 | Preparation: 30 Mins

### Ingredients

- |   |  |
|---|--|
| 1 package (12 oz.) Rosina Italian Style Meatballs | $\frac{1}{4}$ cup heavy cream                          |
| 1 tablespoon olive oil                            | $\frac{1}{4}$ cup parmigiano - reggiano cheese, grated |
| 1 cup chopped white onion                         | $\frac{1}{4}$ cup romano cheese, grated                |
| 6 cups chicken or vegetable stock                 | $\frac{1}{4}$ cup asiago cheese, grated                |
| 2 teaspoons minced garlic                         | 2 tablespoons chives, thinly sliced                    |
| 2 $\frac{1}{4}$ cups arborio rice (risotto rice)  | 4 tablespoons basil pesto                              |
| 1 tablespoon butter                               | salt and white pepper, to taste                        |

### Cooking Directions

Preheat oven to 350°F. Cook meatballs according to the package instructions. When finished set aside for later use. In a large sauté pan, over medium heat, add the olive oil and onion, then season with salt and pepper. Sauté for 3 minutes or until the onions are softened. Add the stock and garlic and then bring the liquid to a boil and reduce to a simmer. Cook for 6 minutes. Stir in the rice and simmer for 18 minutes, stirring constantly until the mixture is creamy and bubbly. Add the butter, cream, cheese and chives then taste and season with salt and pepper. Simmer for 2 more minutes and then serve. Serve risotto topped with meatballs, 4 teaspoons of basil pesto and garnish with chopped chives and extra parmigiano-reggiano cheese.

## Cheese Tortellini Carbonara

Servings: 6 | Preparation: 20 Mins

### Ingredients

- |  |   |
|--|---|
| 1 package (19 oz.) Celentano Cheese Tortellini | 1 shallot, minced                               |
| 4 eggs, room temperature                       | 8 garlic cloves, minced                         |
| $\frac{1}{4}$ cup heavy cream                  | salt and black pepper to taste                  |
| 1 cup grated parmesan cheese                   | 2 tablespoons fresh basil, chopped (optional)   |
| 8 bacon slices, diced                          | 2 tablespoons fresh parsley, chopped (optional) |

### Cooking Directions

Bring a large pot of water to a boil and cook the tortellini according to package directions. Ladle out 1 cup of the pasta water to a small bowl, then drain pasta and set aside. In a separate bowl, whisk together the eggs, heavy cream and parmesan cheese and set aside. Add the diced bacon to a large skillet and heat over medium-high heat. Cook the bacon for 5-6 minutes until slightly crispy, but not hard. Remove from the pan and pat dry with a paper towel. Reserving the bacon grease in the pan, add the shallot and garlic, cook over medium heat for 2 minutes while stirring. Turn the heat to low, add the cooked bacon and pour in the cream mixture while stirring. Bring to a simmer, add the tortellini to the skillet and toss to combine. Once fully incorporated, use the reserved pasta water to adjust the thickness of the sauce until it reaches your desired consistency. Season with salt and black pepper. Divide into bowls and serve with parsley, basil and additional parmesan cheese.





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## Meatball Calzone

Servings: 12 | Preparation: 40 Mins

### Ingredients

1 package (26 oz.) Rosina Italian Style Meatballs

6 refrigerated pizza dough balls (16 oz. each)

3 cups marinara sauce

6 cups shredded mozzarella cheese

2 large eggs

1 teaspoon water

flour for dusting surface

### Cooking Directions

Preheat oven to 375°F. Line a baking sheet with parchment paper. Roll out the pizza dough ball to a  $\frac{1}{4}$  inch thickness on a lightly floured work surface. Cut two large circles into the dough. Using a fork, pierce a few small holes into the dough circles. Coat the center of the circles with 2 tablespoons of sauce, leaving a 1 inch border. Place about 4 meatballs onto the bottom half of the sauced dough circles and sprinkle approximately  $\frac{1}{2}$  cup of mozzarella cheese onto the meatballs. Fold dough in half over the filling and roll the edges by pressing and crimping them together to seal. Place calzones onto a non-stick baking sheet; repeat process for additional calzones. Beat together the eggs and water in a bowl and brush over the top of the calzones. Bake the calzones in the preheated oven for 40 minutes until golden brown. While calzones are baking, heat the remaining sauce to use for dipping. Remove calzones from the oven and let rest for 5 minutes before serving.

## Cavatelli Vegetable Soup with Parmesan Broth

Servings: 4 | Preparation: 20 Mins

### Ingredients

1 package (24 oz.) Celentano Cavatelli

2 tablespoons olive oil

4 garlic cloves, minced

3 carrots, peeled, halved and sliced

2 celery stalks, sliced

1 leek, white and pale green parts, rinsed and sliced

1 fennel bulb, halved, cored and sliced

1 (28 oz.) can chopped tomatoes

2 dried bay leaves

1, 3 inch square parmesan cheese rind

8 cups water or vegetable broth

1 tablespoon fresh parsley, chopped

1 tablespoon chopped fresh basil

salt and black pepper to taste

$\frac{1}{4}$  cup grated parmesan cheese

### Cooking Directions

Heat olive oil in a large pot over medium heat. Add the garlic and cook until fragrant (about 2 minutes.) Add the carrots, celery, leeks, fennel, tomatoes and bay leaves and cook until the vegetables begin to soften, about 5 minutes stirring occasionally. Add the water and parmesan cheese rind and bring to a simmer. Partially cover the pot with a lid and simmer until the vegetables are tender, about 20-25 minutes. Remove and discard the parmesan cheese rind and bay leaves. Stir in the parsley, basil and season the soup with salt and black pepper. Cook the cavatelli according to package instructions, drain and divide into soup bowls. Ladle soup into bowls, sprinkle with the grated parmesan cheese and serve immediately.



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## Orecchiette with Italian Style Meatballs

Servings: 4 | Preparation: 25 Mins

### Ingredients

1 package (26 oz.) Rosina Italian Style Meatballs

4 tablespoons unsalted butter

1 package (10 oz.) cremini mushrooms, thinly sliced

4 cups chopped kale, ribs and stems removed

1 shallot, minced

3 cloves garlic, minced

3 tablespoons all-purpose flour

2 cups chicken stock

salt and black pepper to taste

1 lb. orecchiette pasta

4 tablespoons grated parmesan cheese

### Cooking Directions

Preheat oven to 350°F and cook meatballs according to the package instructions and set aside for later use. To make the sauce, set a large sauté pan over medium heat, add the butter and the mushrooms. Cook for 5 minutes until the mushrooms begin to brown, stirring often. Stir in the kale, shallots and garlic and cook for an additional 5 minutes. Sprinkle in the flour and stir well. Add the chicken stock and bring to a boil. Add the cooked meatballs to the sauce and reduce to a simmer. Season the sauce with salt and black pepper to taste. Bring a large pot of water to a boil and cook the orecchiette according to the package instructions. Drain and return to the pasta pot. To serve, divide the pasta among bowls, top with meatballs and sauce, and garnish with parmesan cheese.

## Lazy Lasagna

Servings: 6 | Preparation: 60 Mins

### Ingredients

1 package (12 oz.) Rosina Italian Style Meatballs

1 package (24 oz.) Celentano Large Round Cheese Ravioli

2 jars (16 oz.) marinara sauce

1 bag (16 oz.) shredded Italian cheese blend or mozzarella cheese

### Cooking Directions

Heat oven to 375°F. Thaw cheese ravioli in hot water for 1 minute, drain and set aside. Thaw 35 meatballs in microwave for 1-2 minutes; crumble the thawed meatballs into small pieces using a fork or food processor. In a 9 x 13 inch baking dish, pour a thin layer of spaghetti sauce to cover the bottom of the dish. Arrange 12 ravioli in a single layer over the sauce. Take half of the crumbled meatballs and spread over the ravioli. Sprinkle half of the cheese over the meatballs. Repeat the process with a second layer of sauce, ravioli and meatballs. Add a thin layer of sauce over the top of the meatballs. Bake for 45 minutes, covered with tin foil. Uncover after 45 minutes and sprinkle with the rest of cheese. Bake uncovered for an additional 10 – 15 minutes. Let stand for 5 – 10 minutes before serving.





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## Classic Meatball Sub

Servings: 5 | Preparation: 25 Mins

### Ingredients

1 package (12 oz.)  
Rosina Angus Meatballs  
6, 6 inch submarine rolls  
1 jar (24 oz.) marinara sauce  
grated parmesan cheese

### Cooking Directions

Preheat oven to 350°F. Partially thaw meatballs in microwave oven for 30 seconds. In a large pot, combine meatballs and spaghetti sauce. Cook on medium heat for 10-12 minutes until meatballs are heated through. After meatballs are heated through spoon meatballs onto bottom half of the submarine roll and sprinkle with parmesan cheese, cover with top half of roll. Place on a foil-lined baking sheet and bake for 5 minutes.

## 4 Cheese Ravioli with Spicy Arrabbiata Sauce

Servings: 4 | Preparation: 20 Mins

### Ingredients

1 package (19 oz.) Celentano	1 red onion, thinly sliced
4 Cheese Ravioli	3 garlic cloves, minced
1 tablespoon olive oil	1 can (28oz.) crushed tomatoes
1 lb. hot Italian sausage, casings removed	8 basil leaves, chopped
1 yellow bell pepper, thinly sliced	salt and black pepper, to taste

### Cooking Directions

Heat a large skillet over medium heat. Add the olive oil and sausage and cook for 5-6 minutes breaking up the sausage into small pieces until completely cooked. Transfer the cooked sausage to a plate and discard all but 1 tablespoon of the cooking fat. Add the peppers and onions to the pan, season them with salt and black pepper and cook for 6 minutes stirring occasionally. Add the garlic and continue to cook for 6 additional minutes. Add the crushed tomatoes and sausage back to the pan and bring to a simmer. Meanwhile, cook the ravioli according to the package instructions, drain and add to the sauce. Toss to combine all ingredients. Divide ravioli among bowls and top with basil leaves. Serve immediately.



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## Polenta with Italian Style Meatballs

Servings: 4 | Preparation: 60 Mins

### Ingredients

1 package (26 oz.) Rosina Italian Style Meatballs

1 jar (16 oz.) fra diavolo sauce  
2 tablespoons olive oil  
1 cup diced white onion  
2 tablespoons minced garlic

4 cups vegetable stock  
1½ cups cornmeal polenta  
¼ cup grated romano cheese  
¼ cup grated parmesan cheese  
2 tablespoons ricotta cheese  
salt and black pepper to taste

### Cooking Directions

In a large saucepan with lid, heat the meatballs in the fra diavolo sauce over medium heat for 20-25 minutes stirring occasionally. Using a second large saucepan heat olive oil over medium heat, add the onions and garlic and cook until translucent and soft (about 3-4 minutes.) Pour in the vegetable stock and bring to a boil. Reduce the heat to a simmer and then while stirring constantly with a whisk, slowly pour in the polenta. Continuing to whisk and cook for 5 minutes. Whisk in the ricotta, romano and parmesan cheeses and season with salt and black pepper to taste. To plate, divide the polenta into bowls and spoon the meatballs and sauce over top. Serve garnished with additional parmesan or romano cheese.

## Cheese Stuffed Shells with Bolognese Sauce

Servings: 4 | Preparation: 90 Mins

### Ingredients

1 package Celentano Stuffed Shells

1 white onion, diced  
4 celery ribs, thinly sliced  
2 carrots, peeled and diced small  
5 garlic cloves, thinly sliced  
¼ cup olive oil  
¼ lb. pancetta, finely chopped  
1 lb. ground veal (optional)

1 lb. ground pork  
1 can (6 oz.) tomato paste  
1 cup milk  
1 cup white wine  
1 cup water  
1 teaspoon chopped, fresh thyme  
salt and black pepper to taste  
parmesan cheese, if desired

### Cooking Directions

In a heavy bottom pot over medium heat, cook the onion, celery, carrot, and garlic in the olive oil. Cook stirring occasionally for 5-7 minutes until vegetables are softened and season with salt and black pepper. Add the pancetta, veal and pork and cook over high heat, stirring to break up the lumps. Cook until the meat is fully cooked (about 6-8 minutes.) Stir in the tomato paste, milk, wine, water, and thyme and gently simmer covered until sauce begins to thicken (about 1 hour.) Adjust seasoning with salt and black pepper. Preheat oven to 350°F. In a casserole dish, cover the bottom of the baking dish with some of the Bolognese sauce. Add the stuffed shells to the baking dish and cover the top of the stuffed shells with additional Bolognese sauce. Cover the baking dish with foil and bake for 30-35 minutes. Divide among serving plates and sprinkle with parmesan cheese if desired. Serve immediately.



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## Italian Style Meatballs with Marsala Sauce

Servings: 4 | Preparation: 30 Mins

### Ingredients

- |   |                                      |
|---|--------------------------------------|
| 1 package (26 oz.) Rosina Italian Style Meatballs               | ½ cup Marsala cooking wine           |
| 2 tablespoons unsalted butter                                   | 2 cups beef stock                    |
| 1 package (10 oz.) cremini mushrooms, cleaned and thinly sliced | ⅓ cup heavy cream                    |
| 1 shallot, peeled and minced                                    | salt and black pepper to taste       |
| 3 garlic cloves, minced   | 1 lb. fettuccine pasta               |
| 3 tablespoons all-purpose flour                                 | 4 tablespoons chopped fresh parsley  |
|   | 4 tablespoons grated parmesan cheese |

### Cooking Directions

Preheat oven to 350°F and cook meatballs according to the package instructions and set aside for later use. To make the sauce, set a large saucepan over medium heat, add the butter and mushrooms and cook for 7 minutes until they begin to brown stirring often. Stir in the shallots and garlic and continue to cook for an additional 2 minutes. Sprinkle in the flour and stir well. Add the Marsala wine and bring to a boil, stir in the beef stock and heavy cream and return to a simmer. Add the cooked meatballs to the sauce and return to a simmer. Season the sauce with salt and black pepper to taste. Hold mixture covered on low until the pasta is ready. Bring a large pot of water to a boil and cook the fettuccine according to the package instructions. Drain and return to the pasta pot. To serve, divide the pasta among bowls and top with meatballs in marsala sauce. Garnish with parsley and parmesan cheese.

## Mini Rounds® Cheese Ravioli Soup with Italian Sausage and Baby Arugula

Servings: 4 | Preparation: 25 Mins

### Ingredients

- |  |                                    |
|--|------------------------------------|
| 1 package (13 oz.) Celentano Mini Rounds® Cheese Ravioli | ½ cup frozen carrots and peas      |
|  | 2 cups marinara or tomato sauce    |
|  | 4 cups unsalted chicken broth      |
|  | ¼ cup sun-dried tomatoes           |
|  | 4 cups baby arugula, rough chopped |
|  | 4 tablespoons ricotta cheese       |

### Cooking Directions

Bring a large pot of water to a boil and cook the ravioli according to the package directions. Drain and set aside. Preheat a large saucepan over medium-high heat. Brown sausage for 5-7 minutes, stirring to crumble sausage assuring sausage is completely cooked. Stir in onion, celery, carrots and peas into the sausage and cook for 4 minutes, stirring often. Reduce heat to medium-low. Stir in pasta sauce, broth and sun-dried tomatoes. Simmer for 8-10 minutes, stirring occasionally. To serve, divide ravioli into bottom of soup bowls. Divide soup into bowls, top each bowl with a handful of rough chopped baby arugula, then finish with 1 tablespoon of ricotta cheese for each bowl.



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## Italian Style Meatball Stuffed Eggplant

Servings: 4 | Preparation: 45 Mins

### Ingredients

1 package (12 oz.) Rosina Italian Style Meatballs thawed and crumbled

2 fresh whole eggplants

2 tablespoons olive oil

1 white onion, chopped

2 carrots, chopped

2 garlic cloves, minced

1 tablespoon dried Italian herbs

1 cup marinara sauce

¼ cup shredded parmesan cheese

salt and black pepper to taste

### Cooking Directions

Preheat oven to 350°F. Cut the eggplant in half lengthwise and scoop out some of the flesh to create a hollow boat. Dice the scooped-out flesh of the eggplant and set aside. Place the eggplant halves in a baking dish. In a large skillet, heat olive oil over medium heat. Add the onion and carrots to the pan and cook for 2 minutes. Next, add the garlic and reserved chopped eggplant and cook for 5 minutes, stirring occasionally. Add the crumbled meatballs to the vegetables and stir to combine; season with the dried Italian herbs, salt and black pepper. Add the marinara sauce and stir to combine all ingredients. Continue to cook for 5 minutes over low heat. Turn off the heat and using a spoon scoop the vegetable mix into the eggplant halves. Cover the baking dish with aluminum foil and bake for 30-35 minutes. Remove the aluminum foil after 30 minutes and top each eggplant with shredded Parmesan cheese. Place the uncovered dish back into the oven for 5 minutes to melt the cheese. Remove from the oven and serve with additional warmed marinara sauce.

## Lasagna Soup

Servings: 4 | Preparation: 40 Mins

### Ingredients

1 package (26 oz.) Rosina Homestyle Meatballs

1 package (19 oz.) Celentano 4 Cheese Ravioli

2 tablespoons olive oil

½ small yellow onion, chopped

2 garlic cloves, minced

4 cups chicken broth

1 can (14.5 oz.) diced tomatoes

2 tablespoons tomato paste

1 cup whole-milk ricotta

½ cup shredded mozzarella

6 fresh basil leaves, chopped

salt and black pepper, to taste

### Cooking Directions

In a heavy saucepan over medium heat, warm the olive oil. Add the onion and sauté until translucent, about 4 minutes. Add the garlic and sauté until softened, about 2 minutes. Stir in the chicken broth, tomatoes with their juices, and tomato paste. Raise the heat to medium-high and bring to a boil. Reduce the heat to low and simmer until the broth thickens, about 15 minutes. Season with salt and pepper to taste. Add the meatballs and cook just until warmed through, about 15 minutes. Bring a large pot of water to a boil and cook the ravioli according to the package directions. Drain and set aside. In a small bowl, stir together the ricotta, mozzarella, and the remaining 3 tablespoons of Parmesan cheese. Stir in the basil and season with salt and black pepper to taste. To serve, divide ravioli into bottom of soup bowls, ladle soup into shallow bowls and top with a generous dollop of the ricotta mixture. Serve immediately.





YOUR CREATIVE INSPIRATION



## ABOUT OUR FEATURED BRANDS



When it comes to the meals we make, we all want to create a memorable experience. The premium ingredients in Rosina meatballs are the inspiration that home chefs can always count on to help them get creative in the kitchen. We'll show them that thanks to the variety, delicious flavor and consistency of our products, Rosina has mastered the art of the meatball so that they can master the moment and be inspired to make each of their meals a masterpiece.



## CELENTANO.<sup>®</sup>

OLD WORLD MEETS YOUR WORLD

Usually having deliciously authentic Italian cuisine means either a visit to the old country or having a Nonna to bequeath her secret recipes. Whipping up some Italian "ish" dish at home simply doesn't meet discriminating tastes. That's where Celentano<sup>®</sup> comes in... there's an undeniably authentic quality to our products that make it possible for home cooks to create, serve and enjoy fresh, traditional Italian cuisine in their homes any time. And they can stock up on these farm-to-table fresh products so that a true taste of old world flavor is always close to home.

## ENJOY PRODUCTS FROM OUR ENTIRE BRAND PORTFOLIO



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