

RECIPE FOR GOOD LIVING®



A SIGN OF LOVE

OUR RECIPE FOR GOOD LIVING®

Preparing and eating food together is one of the simplest things you can do to live better. Enjoying great food together not only gives you the energy to think, play and do your favorite things, but it also keeps you healthy—physically, mentally, and emotionally.

The road to having meaningful meals is not just about doing it—it's about doing it with good ingredients. It's about learning new skills you will use your whole life. It's about eating what is good for you and also what is good for the planet. Finally, it's about building relationships with people in your life, connecting with your community and showing compassion for others who need a helping hand.

So, how can you make it happen? We're going to help show you how!

THERE ARE SO MANY WAYS TO MAKE MEALTIME MORE MEANINGFUL.

GROW: It starts with good food. Choosing foods that make your taste-buds jump for joy, keep your body fueled for daily activities and respect the planet is a good first step. Knowing where your food comes from and selecting clean, simple foods made from wholesome ingredients are ways to help you get started.

MAKE: Help the grown-ups out and get everyone involved! Not only is eating what you really rewarding, but it can be fun too. There are so many steps to participate from beginning to end: making the week's menu and/or shopping list together, shopping together, washing produce, stirring the sauce, setting the table and more. Talk about how you can help with your grown-ups to see what works for your household.

SHARE: The best part of mealtime is getting to eat what you make with special people in your life. While enjoying your flavorful masterpiece, it's important not to forget the people at the table with you. Eliminate distraction like smartphones and opt for talking and listening more. Sharing food with others can also be great way to show compassion with others in your community too.

We are thrilled to have Coco Gauff as part of our Barilla® family. Coco is going to share her own "recipe for good living" through recipes, tips and ideas.

BALANCING ACT



"Tennis is my passion, but at the end of the day, I'm like any teenager — I have big dreams, I go to school, I do homework and I hang out with my friends and family. With so much going on, I've learned that the best recipe for success is a balanced lifestyle. Being happy and feeling healthy is really important to me, and what I eat every day is a big part of both of those things. I love pasta because it's easy to make, it gives me energy and it's a great family dish that everyone gets excited about. Check out my four favorite recipes and see what you think! 😊"

Coco
Gauff

—COCO GAUFF

FLAVORFUL



BARILLA® CREAMY GENOVESE BASIL PESTO WITH RED PEPPER FLAKES, CHICKPEAS, BROCCOLI, AND PARMIGIANO REGGIANO

INGREDIENTS FOR 8 PEOPLE

- 1 box Barilla® Linguine
- 1 teaspoon [or to taste] red pepper flakes
- 2 tablespoons of extra virgin olive oil
- 1 can chickpeas, drained
- 4 cups broccoli florets
- 1 jar Barilla® Creamy Genovese Basil Pesto
- ½ cup Parmigiano Reggiano cheese, grated
- Sea salt and black pepper to taste

DIRECTIONS

1. Place a pot of water to boil, cook pasta according to directions.
2. Meanwhile, in a skillet, infuse red pepper flakes with olive oil for two minutes over medium heat.
3. Add broccoli florets, increase heat to high and sauté until slightly brown but still crunchy.
4. Stir in chick peas, season lightly with salt keep cooking for two minutes
5. Then add 1 cup of pasta cooking water, bring to simmer.
6. Drain pasta, turn off heat, fold in pesto and mix well. Serve lightly sprinkled with Parmigiano cheese

*"Pesto and Pasta is a quick,
simple and nutritious meal that
I often eat after practice."*

-Coco

MADE WITH
Barilla® Linguine



DELICIOUS



EASY 3 LAYER MUSHROOM LASAGNE

INGREDIENTS FOR 12 PEOPLE

- 1 box Barilla® Oven-Ready Lasagne
- 2 jars Barilla® Traditional Tomato Sauce
- 6 cups domestic mushrooms, sliced, divided
- 1 pound of ground beef, cooked and drained (optional)
- 1 16-ounce bag shredded mozzarella, divided
- Salt and black pepper to taste
- 8 fresh basil leaves, cut julienne

DIRECTIONS

1. In a greased 13 x 9 inch baking dish, pour in 1 ½ cups of the sauce and spread in dish.
2. Top with three sheets. The sheets will expand while baking to the ends of the dish.
3. Pour 1/12 cups of sauce on top lasagna sheets. Take 1 ½ cup of mushrooms, ½ of beef (optional) and spread on sheets.
Sprinkle 4 ounces of cheese on top of mushrooms and top with basil.
4. Continue the same procedure for 3 more layers.
5. Cover the baking dish with foil and bake in oven for 25-30 minutes, remove the foil and top with the remaining cheese. Place back into the oven and let cheese melt. Remove lasagne, then top with basil then let it rest for 10 minutes before serving.

MADE WITH

Barilla® Oven-Ready
Lasagne

*"My schedule is packed, so
anything that makes meal prep
faster and easier is always a win."*

-Coco





INSPIRED

BARILLA® COLLEZIONE CASARECCE POMODORO

Made from the finest durum wheat, Barilla® Collezione is crafted using traditional Italia bronze plates for a homemade “al dente” texture that perfectly holds sauces every time. Elevate everyday with Collezione Casarecce!

INGREDIENTS FOR 8 PEOPLE

- 1 box Barilla® Collezione Casarecce or any Barilla® pasta
- 2 Garlic clove, chopped
- 1 cup Parmigiano Reggiano cheese, grated
- Salt and black pepper to taste
- 6 tbsp. Extra Virgin olive oil
- 1 28 oz Pkg, San Marzano Tomatoes
- 1 pint heavy Whipping cream
- ½ cup Basil, sliced thin

DIRECTIONS

1. Bring a large pot of water to a boil. In a large skillet gently cook the garlic in olive oil for 2-3 minutes over low heat.
2. Add the chopped tomatoes and ½ cup of water then simmer for 10 minutes. Season the sauce with salt and black pepper.
3. Meanwhile, in a small pot, reduce the heavy cream over medium heat by half. Add the parmigiano cheese and whisk until smooth then set aside.
4. Cook the pasta according to the directions, drain and toss the pasta with the sauce, cook for 1 minute.
5. Top with parmigiano fondue and fresh basil before serving.

“This dish has it all. It’s simple without being heavy and the texture of the pasta is perfect!”

-Coco

MADE WITH
Barilla®
Collezione
Casarecce



AL DENTE

COLLEZIONE ORECCHIETTE PASTA RECIPE WITH CHERRY TOMATOES

This spicy concoction pairs perfectly with vegetables, while Barilla® Collezione orecchiette pasta serves as the perfect vehicle for all that flavor.

Photo Credit: Lou Manna

Food Stylist: Diane Vezza

INGREDIENTS:

1 box Barilla® Collezione Orecchiette or any Barilla® pasta

4 cups red and yellow cherry tomatoes, halved

4 oz. feta cheese crumbles

Harissa Verde:

2 tablespoons shallots, roughly chopped

2 garlic cloves, roughly chopped

2 jalapenos, roughly chopped

2 tablespoons extra virgin olive oil

1 Poblano pepper, roasted, peeled and de-seeded, roughly chopped

1 bunch cilantro

1 teaspoon cumin seeds, toasted

Sea salt and black pepper to taste

DIRECTIONS

1. In food processor place shallots, garlic, jalapenos, olive oil, Poblano pepper, cilantro and cumin seeds. Pulse until thoroughly combined but still slightly chunky. Season with salt and pepper to taste.
2. Cook pasta according to package directions; drain, reserving ½ cup pasta water.
3. Place pasta back in cooking pan and add reserved pasta water, Harissa Verde and tomatoes.
4. Toss to combine over low heat for two minutes, until tomatoes are warmed through.
5. Divide into bowls and garnish with cheese crumbles.

"Orecchiette is such a fun shape and I often use this tasty and nutritious dish to fuel up before practice."

-Coco

MADE WITH
Barilla® Collezione
Orecchiette





A SIGN OF LOVE

www.Barilla.com