OUT OF THE BOX

Healthy Family Pasta Meals on a Budget

A cookbook by CATELLI® in support of Canada’s Food Banks.
What you cook tonight can help set the table for a Canadian family in need.

In Canada, over 850,000 people, one-third of which are children, rely on food banks each month.

Food insecurity is a real issue and with your help, we hope to spread awareness and feed hungry families across the country.

As part of our efforts, CATELLI® has compiled this cookbook, featuring 15 recipes created by top Canadian chefs and registered dietitians from coast to coast. In addition, each dietitian has shared a helpful nutrition Tip to go along with each recipe.

Because you or someone you know downloaded or shared this cookbook, CATELLI® will donate a portion of pasta to a Canadian food bank!

*85g each
OUT OF THE BOX:
Healthy Family Pasta Meals on a Budget

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ROASTED PEAR AND GOLDEN BEET PASTA WITH TURKEY MEATBALLS

By Chef Michael Batke
### INGREDIENTS

**Golden Beet Pasta Sauce and Roasted Pear**

1 pkg. (500g) CATELLI® Tortiglioni  
1 orange  
3 medium yellow beets, washed  
3 tbsp (45 ml) olive oil  
1 1/4 tbsp (6 g) kosher salt  
1/2 cup (125 ml) water  
1 cup (250 g) goat cheese  
1 pear, peeled, cored and diced  
1/2 tsp (2.5 g) ground coriander  
1/2 tsp (2.5 g) cumin  
1/4 tsp (1.2 g) cinnamon  
1 tsp (5 g) ginger, grated  
1/8 tsp (.6 g) allspice

**Turkey Meatballs**

1 lb ground turkey  
1/2 tsp (2.5 g) sea salt  
1/2 tsp (2.5 g) ground black pepper  
1/4 tsp (1.2 g) chili flakes  
1/2 tsp (2.5 g) ground cumin  
1/2 cup (15 g) chopped flat leaf parsley, divided  
1/2 cup (15 g) chopped fresh mint, divided  
1 egg  
1/2 cup (60 g) white bread crumbs  
1/4 cup (60 ml) milk

**Garnish:** Reserve 2 tbsp of the chopped parsley and mint.

### INSTRUCTIONS

**Step 1:** Preheat oven to 375°F. In a pot of salted boiling water, cook pasta according to package directions. Drain and set aside.

**Step 2:** Slice orange into 6 slices and place on bottom of roasting pan. Place beets in roasting pan directly over the orange and cover evenly with 2 tablespoons of olive oil. Sprinkle with kosher salt. Cover tightly with foil and cook for 1 hour or until beets are tender. Discard the oranges.

**Step 3:** Allow beets to cool. Use a clean cloth and rub the beets until the skin peels off easily. Cut each beet into wedges and place in blender with water and goat cheese. Blend until smooth. Season with salt to taste. Place in a pot on low heat to keep warm.

**Step 4:** Place pear on baking sheet lined with parchment paper. Drizzle with remaining olive oil and sprinkle with ground coriander, cumin, cinnamon, ginger and allspice. Bake at 375°F for 10-15 minutes.

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**Chef Michael Batke, Calgary, Alberta**

Chef Michael Batke is Executive Chef of *The Westin Calgary*, with a long-time career of exploring diverse cuisines across North America. Having enjoyed experiences spanning from food trucks to providing menus for a range of high-profile actors, royalty and dignitaries, Chef Batke was formerly with such prestigious dining establishments as the St. Regis San Francisco, Chateau Lake Louise and The Westin Bayshore Vancouver, the host hotel for the 2010 Winter Olympics. Crediting his grandmothers for encouraging his passion for cooking, he is committed to creating healthy, innovative dishes using local produce and organic all-natural ingredients.

[www.westincalgary.com](http://www.westincalgary.com)  
[www.starwoodhotels.com](http://www.starwoodhotels.com)

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**Casey Berglund, Registered Dietitian**

Casey Berglund is a registered dietitian, yoga teacher and media spokesperson based in Calgary. She owns Worthy and Well Inc., where she inspires “smart and soulful women to ditch the all-or-none mindset and eat for fuel, flavour and fun.” She believes all people deserve to feel free in their relationship with food and confident in their bodies so they have more energy for the important things in life.

[www.worthyandwell.com](http://www.worthyandwell.com)

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**Top Ingredient Picks:** Turkey, Beets, Pears

**Nutrition Tip:** Did you know you can swap out oil or sour cream in a recipe for plain Greek yogurt? You’ll boost the protein and your dish will be just as creamy and delicious.
VEGETARIAN BOWTIE PASTA WITH GREEK YOGURT

By Chef David Omar
INGREDIENTS

- 1 pkg. (340 g) CATELLI Smart® Bows pasta
- 1 tbsp (15 ml) canola oil
- 1 white onion, diced small
- 1 garlic clove, grated
- 2 1/2 cups (190 g) cremini mushrooms, sliced in half
- 1 yellow pepper, diced
- 3 cups (375 g) asparagus, cut into 1 inch pieces
- 1 1/8 cup (170 g) zucchini, sliced
- 3 Roma tomatoes, diced
- 1 tsp (5 g) basil
- 1 tsp (5 g) oregano
- 1/2 tsp (2.5 g) kosher salt (adjust to taste)
- 1 tsp (5 g) black pepper
- 1/4 cup (60 ml) olive oil

Garnish: Greek yogurt, chopped parsley, grated cheese of your choice.

INSTRUCTIONS

Step 1: Cook bowtie pasta according to package directions. Drain and set aside.

Step 2: Heat canola oil in a large sauté pan on medium high heat. Sauté onions and garlic until soft, approximately 3 minutes. Add mushrooms and cook until pan is almost dry, approximately 5 minutes.

Step 3: Add pepper, asparagus, zucchini and diced tomatoes. Mix in basil, oregano, salt and pepper. Add olive oil when the peppers are slightly softened but still crunchy.

Step 4: Toss cooked pasta with vegetable mixture.

Step 5: Plate six bowls and top each with 1/2 tbsp of Greek yogurt. Garnish with parsley and cheese.

Tip: If tomatoes are not in season, fresh tomatoes can be substituted with canned.
GEMELLI, TOFU AND PURPLE CABBAGE
WITH ROAST GARLIC AND WHITE WINE

By Chef Matt Mackenzie
**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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</thead>
<tbody>
<tr>
<td>CATELLI® Gemelli Cattell® CATT®</td>
<td>1 pkg. (500 g)</td>
</tr>
<tr>
<td>garlic head</td>
<td>1</td>
</tr>
<tr>
<td>purple cabbage, halved, cored and thinly sliced</td>
<td>1 cup (100 g)</td>
</tr>
<tr>
<td>Brussels sprouts, stems removed and quartered</td>
<td>1/2 cup (50 g)</td>
</tr>
<tr>
<td>cremini mushrooms, quartered</td>
<td>6 whole</td>
</tr>
<tr>
<td>extra virgin olive oil, divided</td>
<td>3 tbsp (45 ml)</td>
</tr>
<tr>
<td>firm tofu, cut into 2-centimetre cubes</td>
<td>1 cup (250 g)</td>
</tr>
<tr>
<td>onion, diced</td>
<td>1/4 cup (40 g)</td>
</tr>
<tr>
<td>white wine</td>
<td>2 cups (500 ml)</td>
</tr>
<tr>
<td>fresh basil, divided</td>
<td>1/4 cup (20 g)</td>
</tr>
<tr>
<td>freshly grated parmesan, divided</td>
<td>1/4 cup (5 g)</td>
</tr>
</tbody>
</table>

Garnish: Parmesan, fresh basil.

**INSTRUCTIONS**

**Step 1:** Preheat oven to 350°F. Roast whole head of garlic in oven on sheet pan for 30 minutes. Once done, peel and roughly chop. Set aside.

**Step 2:** Place prepared cabbage in a bowl with a strainer and run under cold water until water runs clear. Set aside.

**Step 3:** Remove loose outer leaves of Brussels sprouts and set aside. Cross-hatch core of Brussels sprouts by cutting an “X” deep into the stem end of each sprout. Place cores and quartered mushrooms on sheet pan lined with parchment paper. Season with 1 tbsp olive oil, salt and pepper. Place in oven for 15-20 minutes or until tender.

**Step 4:** Bring a pot of salted water to a boil and prepare pasta according to package directions. Strain and cool under cold running water. Lightly toss with 1 tbsp olive oil.

**Step 5:** Heat remaining oil in a large non-stick frying pan on medium heat. Lightly brown tofu in frying pan. Add onion and sauté until translucent, about 2 minutes. Add roasted garlic and white wine and simmer until wine is reduced to about 1/2 cup.

**Step 6:** Add cooked pasta, Brussels sprouts and mushrooms to frying pan. Sauté another 2-3 minutes. Add half of the grated parmesan, purple cabbage, Brussels sprout leaves and basil. Sauté 1 minute.

**Step 7:** Season with salt and pepper. Serve in a large bowl and Garnish with the remaining parmesan and fresh basil.

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**MATT MACKENZIE, FREDERICTON, NEW BRUNSWICK**

Chef Matt Mackenzie is Executive Chef of the Crowne Plaza Fredericton. A former student of the culinary arts program at Holland College in Charlottetown, Prince Edward Island, Chef Mackenzie has spent the last 15 years travelling throughout the Maritimes. He cooked in such prestigious Atlantic kitchens as the Keltic Lodge, Janes on the Commons and Edna Restaurant in Nova Scotia and The Ledges Inn in New Brunswick, before taking his current position at the Crowne Plaza Fredericton in 2014.

- www.facebook.com/FoodattheCrowneDowntownFredericton

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**JENNA TRABOULSEE, REGISTERED DIETITIAN**

Registered dietitian Jenna Traboulsee practices nutrition counseling in Fredericton with a focus on self-empowerment and setting realistic goals for healthy eating and life-long changes. She strongly believes in educating youth about nutrition to create a healthier future. In her spare time, Jenna enjoys keeping active, discovering new recipes and spending time with family and friends.

- Top Ingredient Picks: Purple Cabbage, Tofu, Onion
- Nutrition Tip: Taste the rainbow: Fill your diet with an array of colours by choosing a variety of different fruits and vegetables to provide an assortment of nutrients and health benefits.

- www.facebook.com/Jenna-Traboulsee-Nutrition-Services-423826044491604/
CURRY ROTINI WITH LENTIL, FARRO AND BEET

By Chef Tahir Salamat
Preheat oven to 350°F. Cook lentils, farro and pasta in separate pots, according to package directions.

Wash and season beet with salt and pepper. Wrap beet in aluminum foil and cook in oven for approximately 1 hr 40 or until tender (pierced fork comes out without resistance). Remove from oven and unwrap foil. Once cool, grate.

In a large, nonstick pan on medium-high heat, sauté shallots and garlic in extra-virgin olive oil until translucent, approximately 2 minutes. Add coriander, cumin and curry powder and sauté 1 minute. Add tomato sauce, lentils, farro and beet. Cook an additional 3 minutes.

Add cooked pasta. Toss lightly and season with salt and pepper to taste. Remove from heat and divide into 4 portions in pasta bowls. Garnish with Italian parsley, drizzle with extra-virgin olive oil and add fresh cracked pepper to taste.

Farro may be substituted with quinoa or bulgur.

**Garnish:** Fresh chopped Italian parsley, extra virgin olive oil, fresh cracked pepper.

Chef Tahir Salamat is Corporate Chef for the Lord Nelson Hotel & Suites in Halifax, including CUT Steakhouse, Bistro Le Coq and Waterfront Warehouse. The 2013 recipient of the Culinarian of the Year award by the Nova Scotia Association of Cooks & Chefs, Chef Tahir was also named Chef of the Year for the Atlantic Provinces in 2007. With experience working in exotic locations such as Qatar, Seychelles and Saudi Arabia, he has a passion for combining his diverse style with local products to create a harmony of flavours and a unique presentation in each of his dishes.

Angela Dufour is a registered dietitian and sports nutritionist who owns and operates a Bedford, Nova Scotia-based private counselling and nutrition services practice, Nutrition in Action. She is currently one of only six dietitians in Canada to be licensed as a Board Certified Specialist in Sports Dietetics (CSSD). An accomplished author, Angela is frequently featured on CTV and Global Television as well as in magazines such as Chatelaine and Canadian Health.

**Top Ingredient Picks:** Beets, Lentils, Farro

**Nutrition Tip:** Eating nutrient-dense foods, such as Greek yogurt, Kefir, beans, lentils, and dark-coloured fruits and/or vegetables (beets, blueberries, pumpkin), with every meal or snack is important to promote health and reduce the risk of disease, while also keeping your digestive and immune systems strong.

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**INGREDIENTS**

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Notes</th>
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<tbody>
<tr>
<td>CATELLI SuperGreens™ Rotini</td>
<td>1 pkg. (300 g)</td>
<td></td>
</tr>
<tr>
<td>black lentils</td>
<td>1 cup (215 g)</td>
<td></td>
</tr>
<tr>
<td>farro</td>
<td>1/2 cup (110 g)</td>
<td></td>
</tr>
<tr>
<td>1 tsp (2.5 g)</td>
<td>1 medium golden or candy cane beet</td>
<td></td>
</tr>
<tr>
<td>1/4 cup (25 g)</td>
<td>Kosher salt to taste</td>
<td></td>
</tr>
<tr>
<td>3 tbsp (45 ml)</td>
<td>2 shallots, chopped</td>
<td></td>
</tr>
<tr>
<td>1 jar (240 ml)</td>
<td>garlic cloves, chopped</td>
<td></td>
</tr>
<tr>
<td>extra virgin olive oil</td>
<td>tomato sauce</td>
<td></td>
</tr>
<tr>
<td>2 tsp (5 g)</td>
<td>ground coriander</td>
<td></td>
</tr>
<tr>
<td>2 tsp (5 g)</td>
<td>ground cumin</td>
<td></td>
</tr>
<tr>
<td>1 tbsp (10 g)</td>
<td>mild curry powder</td>
<td></td>
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**Garnish:** Fresh chopped Italian parsley, extra virgin olive oil, fresh cracked pepper.

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**CHEF TAHIR SALAMAT, HALIFAX, NOVA SCOTIA**

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**ANGELA DUFOUR, REGISTERED DIETITIAN**
GLUTEN FREE MEDITERRANEAN STYLE LINGUINI

By Chef Scott Riess
INGREDIENTS

<table>
<thead>
<tr>
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<th>Item</th>
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<tbody>
<tr>
<td>1 pkg. (340 g)</td>
<td>CATELLI® Gluten Free Linguine</td>
</tr>
<tr>
<td>4 tbsp (60 ml)</td>
<td>extra virgin olive oil</td>
</tr>
<tr>
<td>1 tbsp (15 g)</td>
<td>garlic, minced</td>
</tr>
<tr>
<td>2 cups (400 g)</td>
<td>fresh ripe diced tomatoes</td>
</tr>
<tr>
<td>1 cup (200 g)</td>
<td>pitted Kalamata olives</td>
</tr>
<tr>
<td>1 can (540 ml)</td>
<td>low sodium chickpeas, drained</td>
</tr>
<tr>
<td>3 cups (85 g)</td>
<td>salt and pepper to taste</td>
</tr>
<tr>
<td>1 cup (100 g)</td>
<td>fresh spinach leaves</td>
</tr>
<tr>
<td></td>
<td>crumbled light feta cheese</td>
</tr>
</tbody>
</table>

INSTRUCTIONS

Step 1: Cook pasta according to package directions. Drain and set aside.

Step 2: In a sauté pan on medium heat, add 2 tbsp olive oil, garlic, tomatoes, olives and chickpeas. Cook until tomatoes lightly soften, approximately 4-5 minutes.

Step 3: Add cooked pasta to the sauté pan and season with salt and pepper to taste.

Step 4: Fold in fresh spinach just to wilt.

Step 5: Plate in serving dish. Drizzle remaining 2 tbsp olive oil on the pasta and top with feta cheese.

Tip: Add grilled lemon-marinated shrimp and use Heirloom tomatoes when in season. Chili flakes give the dish a nice spice.
FUSILLI WITH SWISS CHARD, WHITE BEANS AND BUTTERNUT SQUASH

By Chef Jonathan Gushue
INGREDIENTS

- 1 pkg. (340 g) CATELLI® Ancient Grains Fusilli
- 2 Swiss chard heads
- 2/3 cup (160 ml) extra virgin olive oil
- 1 chili, sliced
- 3 1/2 oz (100 ml) puréed butternut squash
- 1/4 cup (25 g) Pecorino cheese, grated
- 3 garlic cloves, minced and divided
- 3/4 cup (110 g) white beans, cooked
- 1/4 cup (5 g) capers, roughly chopped
- 1/3 cup (60 g) Italian parsley, chopped
- 1 shallots, minced
- 1/2 cup (110 g) white beans, cooked
- 1/2 cup (110 g) Swiss chard heads
- 1/4 cup (25 g) Pecorino cheese, grated
- 1/3 cup (60 g) extra virgin olive oil
- chili, sliced
- garlic cloves, minced and divided

Garnish: Shaved Pecorino cheese, chopped and toasted almonds.

INSTRUCTIONS

**Step 1:** Preheat oven to 450ºF. Season Swiss chard with combined mixture of a third of the olive oil, chili, 1 clove of garlic and salt and pepper to taste. Roast in oven for 10 minutes or until the edges of Swiss Chard begin to char. Remove from heat, cool and cut into 1-inch pieces on an angle.

**Step 2:** Sauté the remaining garlic clove in one third of the olive oil on medium heat until lightly coloured. Add the puréed butternut squash and warm through. Season with salt and pepper, and add Pecorino to taste. Stir until the cheese is combined. Keep warm.

**Step 3:** Cook the pasta according to package directions. Drain but reserve 1/2 cup of cooking water.

**Step 4:** Cook the shallots in the remaining olive oil, without browning. Add the chard, white beans, parsley, capers and pasta. Season with salt and pepper. Add the cooking water to keep moist.

**Step 5:** To serve, place a spoonful of the puréed butternut squash mixture into a serving bowl, top with the pasta and finish with almonds and shaved Pecorino.

**Tip:** You can substitute puréed butternut squash for pumpkin purée.

Chef Jonathan Gushue is the Owner and Executive Chef of The Berlin in Kitchener. With more than two decades of culinary experience, Chef Gushue and his work have been honoured with countless awards including CAA Five Diamond, San Pellegrino Top 100 Restaurants in the World, the Gold Award in the Chef Category from the Ontario Hostelry Institute in 2011, the Pinnacle Award for Canadian Chef of the Year in 2010 and Grand Chef Status in 2008. Off the job, he regularly lends his skills as a volunteer at Bridges in Cambridge and has fundraised for The Kirby House and KidsAbility.

www.theberlinkw.ca

Registered dietitian Cara Kasdorf specializes in the areas of primary care and sports nutrition at her private practice, based at Grand River Sports Medicine in Kitchener. With a Masters of Applied Nutrition from the University of Guelph, she is also a certified diabetes educator. Cara is passionate about counseling, educating and empowering clients to optimize their health and well-being and achieve their goals. She enjoys an active lifestyle and loves experimenting with new recipes in the kitchen.

www.grsm.ca

**Top Ingredient Picks:** Swiss Chard, Butternut Squash, White Kidney Beans

**Nutrition Tip:** A healthy diet and a healthy relationship with food starts with eating mindfully. Savour the flavours and textures of your food. Real, wholesome food provides a much more fulfilling, satisfying and nutritionally superior diet.
ROASTED CARROT AND GINGER PASTA
WITH BLACK BEAN PATTIES

By Chef Sheila Hames
**Black Bean and Salmon Patties**

**INGREDIENTS**
- 2 cans (850 g) black beans
- 2 tbsp (30 ml) olive oil
- 1 can (200 g) salmon, crumbled
- 4 tbsp (15 g) fresh cilantro, diced
- 1/2 cup (75 g) red onion, finely diced
- 1/2 cup (90 g) red pepper, finely diced
- 2 eggs
- salt and pepper to taste

**INSTRUCTIONS**

Step 1: Drain and rinse beans, and divide in half. Place first half of beans into a blender or food processor, add 1 tbsp olive oil and purée into a creamy mixture.

Step 2: Add purée to bowl with remaining beans, salmon, cilantro, onion, red pepper and eggs. Mix by hand and add salt and pepper to taste. Form into 8 small patties.

Step 3: In a nonstick frying pan on medium heat, heat the remaining 1 tbsp of olive oil. Cook patties, flipping over until both sides are golden brown.

**Roasted Carrot and Ginger Sauce**

**INGREDIENTS**
- 1 pkg. (340 g) CATELLI Smart Veggie™ Spaghettini
- 4 large carrots, peeled and cut into bite size pieces
- 2 tsp (2.5 g) fresh ginger, finely chopped or grated
- 2 tbsp (30 ml) olive oil
- 1 cup (250 ml) water or chicken stock
- salt and pepper to taste

**INSTRUCTIONS**

Step 1: Preheat oven to 350°F. Mix together carrots, ginger and olive oil. Place on a nonstick baking sheet and bake uncovered until carrots are tender and golden brown. When cooked, set aside small amount of carrots for Garnish.

Step 2: Purée remaining carrot and ginger mixture with water or chicken stock until a smooth sauce is created. Season with salt and pepper to taste. Place sauce in a pot and warm on stove until hot.

Step 3: Cook pasta according to package directions. Drain and toss pasta in the roasted carrot sauce.

Step 4: To serve, set 2 small patties on bottom of plate and twist the pasta over the patties. Garnish with roasted carrots.

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**Chef Sheila Hames, London, Ontario**

Chef Sheila Hames is Executive Chef at Delta London Armouries. A graduate of Fanshawe College, Chef Hames has more than 30 years of culinary experience. Her career includes a stint in Europe where she worked at the prestigious Le Gavrouche — a fine-dining restaurant in London, England. Before joining the Delta team, Chef Hames worked for the Hilton Hotel chain in London, Ontario.


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**Lisa Cianfrini, MSC, Registered Dietitian**

Passionate about promoting the profession of dietetics and encouraging people to seek out dietitians for their nutrition concerns, London-based registered dietitian Lisa Cianfrini was one of the founders of Nutrition Professionals of Canada, created in 2015. Lisa is a lecturer, speaker, coach for individuals and groups, and works with businesses and organizations to help them develop nutrition programming. In her free time, Lisa enjoys exploring markets, cooking, hiking with her dog, Leo, travelling and spending time with family and friends.


**Top Ingredient Picks:** Black Beans, Canned Salmon, Carrots

**Nutrition Tip:** Healthy eating isn’t about being perfect. Healthy eating is a daily decision to make good choices when you can, with the goal of providing your mind and body with the nutrition they need.
FETTUCCINE WITH WALNUT, KALE AND TURKEY

By Chef Jonathan Garnier
INGREDIENTS

<table>
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<tbody>
<tr>
<td>1 pkg. (375 g)</td>
<td>CATELLI Bistro® Spinach Fettuccine</td>
</tr>
<tr>
<td>2</td>
<td>garlic cloves, minced</td>
</tr>
<tr>
<td>1/2 cup (125 ml)</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 pinch</td>
<td>cayenne pepper</td>
</tr>
<tr>
<td>1 pinch</td>
<td>dried thyme</td>
</tr>
<tr>
<td>1 lb (450 g)</td>
<td>turkey breast, cut in strips</td>
</tr>
<tr>
<td>1/2 bunch</td>
<td>kale, cut into large pieces</td>
</tr>
<tr>
<td>1 cup (125 g)</td>
<td>walnuts</td>
</tr>
<tr>
<td>2 tbsp (30 ml)</td>
<td>white balsamic vinegar</td>
</tr>
<tr>
<td>1/2 cup (100 g)</td>
<td>parmesan, grated</td>
</tr>
<tr>
<td>3 tbsp (45 ml)</td>
<td>butter, softened</td>
</tr>
<tr>
<td>1/2 cup (125 g)</td>
<td>ricotta</td>
</tr>
<tr>
<td></td>
<td>salt and pepper to taste</td>
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</table>

INSTRUCTIONS

Step 1: In a bowl, mix 1 clove garlic with 2 tbsp olive oil, cayenne pepper, thyme. Season with salt and pepper to taste. Marinate turkey strips in the mixture for a few minutes.

Step 2: Meanwhile, in a pot of boiling water, blanch the pieces of kale for approximately 2 minutes. Drain and dry in a cloth or paper towel.

Step 3: Using a food processor, mix kale, walnuts, remaining garlic and olive oil, vinegar and grated parmesan until smooth.

Step 4: Coat marinated turkey strips in butter. In a pan over high heat, brown turkey strips for 3-4 minutes. Reduce heat to low and let cook another 2 minutes.

Step 5: Cook pasta according to package directions.

Step 6: In a large bowl add pasta, kale mixture and ricotta. Mix well, add salt and pepper to taste.

Step 7: To serve, place pasta on a plate and top with turkey strips.
OVEN-BAKED TEX MEX FUSILLI PASTA

By Chef Chris Smythe
INGREDIENTS

- 1 pkg. (375 g) CATELLI Smart® Fusilli
- 1/2 tsp (1.25 g) fine sea salt
- 2 tbsp (30 ml) olive oil
- 1 lb (450 g) chicken breast, diced
- 1 medium red onion, diced
- 1 cup (175 g) fresh corn kernels, off the cob
- 1 cup (200 g) green bell pepper, diced
- 1 cup (200 g) tomatoes, diced
- 3 cups (750 ml) tomato sauce
- 1 tsp (2.5 g) chili powder
- 1 tbsp (10 g) smoked paprika
- 2 tbsp (30 ml) red wine vinegar
- 1 1/4 cups (300 g) old cheddar cheese, grated
- 1 cup (250 ml) sour cream

Garnish: Chopped cilantro.

INSTRUCTIONS

Step 1: Preheat oven to 375°F.

Step 2: Cook the pasta according to package directions. Drain and let cool.

Step 3: Season chicken with salt and pepper to taste. Heat 1 tbsp olive oil in a saucepan over medium heat. Add chicken and cook for 5 minutes or until chicken is no longer pink. Remove from pan and set aside.

Step 4: In the saucepan, heat remaining olive oil and add onion, corn and green pepper. Cook until soft, approximately 5 minutes.

Step 5: Add the chicken, diced tomatoes, black beans, tomato sauce, chili powder, paprika and red wine vinegar. Cook through for five minutes. Remove from heat.

Step 6: Add the cooked pasta to the sauce and mix in sea salt. Transfer to a large casserole dish. Sprinkle cheese over the pasta and bake in oven for 25 minutes uncovered or until heated through.

Step 7: Top pasta with a spoonful of sour cream and Garnish with chopped cilantro.

Tip: Canned corn can be used in place of fresh corn.

CHEF CHRIS SMYTHE, NIAGARA, ONTARIO

Chef Chris Smythe is Executive Chef of the Prince of Wales Hotel in Niagara-on-the-Lake. Chef Smythe began his culinary journey as an apprentice at the Prince of Wales Hotel and held positions at Pillar and Post and Riverbend Inn & Vineyard before being appointed Chef de Cuisine at Queen’s Landing. He then went on to open his own restaurant, The Spotted Calf Bistro, in 2009. Missing the fast-paced environment of a larger corporate setting, he returned to the Prince of Wales Hotel in 2011 to take on his current position. Chef Smythe’s experience also includes sitting on the advisory committee of his alma mater, the Niagara Culinary Institute, where he was a part-time professor.

JODI ROBINSON, REGISTERED DIETITIAN

Registered dietitian Jodi Robinson is a Niagara-based consulting dietitian, personal training specialist, certified diabetes educator and registered yoga teacher. Jodi helps individuals and groups reach their goals by providing the knowledge, tools and strategies needed to fit healthy eating and physical activity into their busy lives. She is most passionate about clearing up any confusion about nutrition and helping people realize that healthy food tastes great.

Top Ingredient Picks: Corn, Black Beans, Cheddar Cheese

Nutrition Tip: There is no one-size-fits-all diet. The best diet for you is one that aligns with your goals, preferences and lifestyle. Remember, eating healthy is a lifestyle, not a fad.
BABY SHELL PASTA WITH MARINATED RAINBOW TROUT, LEEK, ASPARAGUS AND MISO BROTH

By Chef Kenton Leier
Cheff Kenton Leier, Ottawa, Ontario

Chef Kenton Leier is Executive Chef of The Westin Ottawa. A second-generation chef, Chef Leier has participated in national and international culinary competitions, receiving many awards and recognition for his passion and commitment to the culinary arts, including a Gold Medal at the 2001 Scothot Culinary Competition in Scotland and a Silver Medal at the 2002 Culinary World Cup hosted in Luxembourg. He has previously taught aspiring chefs at Ottawa’s Algonquin College and has been involved in fundraising for numerous charities, including the Children’s Hospital of Eastern Ontario and the Ottawa Cancer Foundation. Chef Leier’s cooking philosophy is to use high-quality and locally-sourced ingredients in each of his dishes.

www.thewestinottawa.com

Debora Sloan, Registered Dietitian

Living with Type 1 Diabetes, Ottawa-based registered dietitian Debora Sloan understands first hand the many challenges involved in balancing life and healthy living. With certifications as a personal trainer and Crossfit coach, and specializing in sport nutrition and weight management, Debora takes a food-first approach to health and fitness, finding individualized and sustainable solutions for every client.

www.deborasloanhealthysolutions.com

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/2 pkg.</td>
<td>CATELLI® Small Shells</td>
</tr>
<tr>
<td>3 tbsp</td>
<td>olive oil</td>
</tr>
<tr>
<td>1 tsp</td>
<td>fresh ginger root, chopped</td>
</tr>
<tr>
<td>1 tsp</td>
<td>cilantro, chopped</td>
</tr>
<tr>
<td>1 (140 g)</td>
<td>boneless skinless rainbow trout fillet</td>
</tr>
<tr>
<td>2 cups</td>
<td>chicken or fish broth</td>
</tr>
<tr>
<td>2 cups</td>
<td>cremini mushrooms, thinly sliced</td>
</tr>
<tr>
<td>4 tbsp</td>
<td>fresh miso paste</td>
</tr>
<tr>
<td>2</td>
<td>green onions, thinly sliced</td>
</tr>
<tr>
<td>1</td>
<td>leek, washed and sliced</td>
</tr>
<tr>
<td>1 bunch</td>
<td>fresh asparagus, cleaned and cut</td>
</tr>
<tr>
<td>1 tsp</td>
<td>olive oil</td>
</tr>
<tr>
<td>Garnish:</td>
<td>Cilantro</td>
</tr>
</tbody>
</table>

INSTRUCTIONS

Step 1: In a small bowl, combine 2 tbsp of olive oil, ginger, cilantro and lime juice. Place trout fillet in a resealable bag with marinade and let sit for two hours.

Step 2: In a sauce pot over medium heat, bring chicken broth to a simmer. Add mushrooms and cook until tender, approximately 5 minutes. Stir in the miso paste and green onion. Turn heat to low to keep warm.

Step 3: Remove trout from bag and cut into 8 equal-sized pieces. Season with salt and pepper.

Step 4: In a skillet over high heat, sear the trout pieces. Turn carefully after about two minutes and cook until evenly pink. Remove from heat.

Step 5: Cook pasta according to package directions and drain.

Step 6: In a small sauté pan, heat 1 tbsp olive oil and briefly sauté the leeks and asparagus until tender, approximately 2 minutes.

Step 7: Add the pasta shells to the sautéed vegetables and mix well. Divide evenly into 4 pasta bowls and place two pieces of trout on top. Pour cremini mushroom and miso broth over top. Garnish with a fresh sprig of cilantro.
GLUTEN FREE PENNE WITH SPINACH AND BEANS

By Chef Leo Pantel
INGREDIENTS

1 pkg. (340 g) CATELLI® Gluten Free Penne
1 tsp (5 ml) vegetable oil
2 garlic cloves, minced
1/4 cup (85 g) onion, diced
1/4 cup (85 g) Prosciutto, diced (optional)
3 1/2 cups (700 g) canned diced Italian-style tomatoes
1 1/4 cup (230 g) small white or cannellini canned beans, drained and rinsed
1 1/4 cup (37 g) fresh spinach, washed and chopped
1/4 tsp (2 ml) fresh ground black pepper
1/2 cup (120 g) Romano cheese, grated

Garnish: Basil, sliced long and thin; crushed red pepper

INSTRUCTIONS

Step 1: Cook the pasta in a large pot of boiling salted water according to package directions.

Step 2: Heat oil, garlic and onion over medium heat in a large non-stick skillet. Add Prosciutto, tomatoes, and beans. Bring to a boil over medium-high heat. Reduce heat and simmer 10 minutes.

Step 3: Add spinach and black pepper to the sauce. Cook for 2 minutes or until spinach wilts, stirring constantly.

Step 4: Serve sauce over pasta. Sprinkle with Romano and Garnish with basil and crushed red pepper.

CHEF LEO PANTEL, REGINA, SASKATCHEWAN

For more than 20 years, Chef Leo Pantel has been the Executive Chef at the Conexus Arts Centre — formerly known as the Saskatchewan Centre of the Arts — a world class performing arts and theatre complex in Regina. An award-winning chef, Chef Pantel is a sought-after media personality. Starting at an early age, he worked at family-run restaurants and later graduated from the Culinary Program at the Saskatchewan Institute of Applied Science and Technology (SIAST). Chef Pantel received further training at the Northern Alberta Institute of Technology (NAIT) before attaining his national certification from the Apprentice and Trade Commission.

www.twitter.com/Centrechef

NICOLE PULVERMACHER, REGISTERED DIETITIAN

Nicole Pulvermacher is an experienced registered dietitian who studied at the University of Saskatchewan and practiced across southern Saskatchewan before establishing a home and business in Regina. Her passion is in helping mostly-healthy adults become healthier and happier with better eating habits. At home, Nicole enjoys cooking simple, whole foods and eating together with family and friends.

www.eatwellnutrition.ca

Top Ingredient Picks: Canned Tomatoes, Spinach, White Kidney Beans

Nutrition Tip: Make mealtime a calm and pleasant experience. Gather together, set the mood with soft music and share one of your highlights of the day. Do this daily, and you may reduce stress and automatically eat better.
LINGUINE WITH CHICKEN, BROCCOLI AND NAPA CABBAGE

By Chef Scott Torgerson
INGREDIENTS

- 1 pkg. (375 g) CATELLI Smart® Linguine
- 2 broccoli heads
- 2 tbsp (30 ml) canola oil
- 3 bacon strips, thinly sliced
- 1 medium white onion, sliced
- 1/2 lb (225 g) chicken breast, thinly sliced lengthwise
- 4 garlic cloves, minced
- 1/2 cup (50 g) Napa cabbage, leaves cut in long, thin strips
- 2 tbsp (30 ml) hoisin
- 1 tbsp (15 ml) oyster sauce
- 1 tsp (5 g) red chilies
- 1 tbsp (15 ml) fish sauce
- 2 tbsp (30 ml) margarine or butter
- 1 tbsp (15 ml) sesame oil
- salt and pepper to taste

Garnish: Thinly shredded red chili or green onions, cut on an angle

INSTRUCTIONS

**Step 1:** Bring a pot of salted water to a boil. Thinly slice broccoli florets and peel stems with a peeler. Blanch broccoli florets and stems in the water for 1 minute. Remove and shock in cold water with ice. Set aside.

**Step 2:** Add pasta to pot and cook according to package directions. Reserve 1/2 cup of pasta water before draining.

**Step 3:** In a medium pan on low heat, add canola oil, bacon and onion. Cook until the onion is translucent, approximately 5 minutes. Add sliced chicken and sear on all sides. Stir in garlic and Napa cabbage.

**Step 4:** Add pasta water, hoisin, oyster sauce, red chili, fish sauce and blanched broccoli. Return to a simmer.

**Step 5:** Remove pan with chicken and Napa mixture from the heat and fold in the cooked pasta. Fold in the butter and sesame oil and season with salt and pepper.

**Step 6:** Portion into 4 bowls, Garnish with red chili and green onion.

CHEF SCOTT TORGERSON, SASKATOON, SASKATCHEWAN

Chef Scott Torgerson is Executive Chef of the Radisson Hotel Saskatoon. Working in the industry since the age of 14, he has demonstrated his talent in some of Manitoba’s premiere kitchens, including an apprenticeship at St. Charles Golf and Country Club under Master Chef Takashi Murakami. Over the years, Chef Torgerson has received many provincial, national and international awards for his work in the culinary arts, most recently taking home a Gold Medal at the 2016 Gold Medal Plates Saskatoon culinary competition. He was a member of the 2016 National Culinary Team Canada, and received two gold medals and one silver medal at the 2016 IKA culinary competitions in Erfurt, Germany.

www.radisson.com/saskatoonca
www.aromarestobar.com

BROOKE BULLOCH, REGISTERED DIETITIAN

Owner of Saskatoon-based nutrition consulting company Food to Fit, Brooke Bulloch and her team of dietitians strive to deliver a practical, holistic nutrition practice with a focus on sustainable outcomes. A registered dietitian, Brooke is a regular guest on Saskatoon’s Global Morning News and has been featured in a variety of Canadian media outlets including CBC, The Globe and Mail and Huffington Post. An advocate for the local food economy, Brooke is passionate about promoting home-cooked meals and getting back to the basics.

www.foodtofit.ca

Top Ingredient Picks: Broccoli, Chicken, Garlic

Nutrition Tip: Aim to include a non-starchy vegetable with both lunch and supper, even if it’s only a small amount. You’d be surprised how easy this is to do and you’ll feel better for it!
WHOLE WHEAT PENNE AND LENTIL MEATBALLS WITH LEMON AND KALE PESTO

By Chef John Morris
**INGREDIENTS**

**Kale Pesto**

- 2 cups (500 g) kale, leaves only, roughly chopped
- 4 garlic cloves
- 1/4 cup (35 g) almonds
- 1/3 cup (80 ml) extra virgin olive oil
- 1/3 cup (33 g) Asiago cheese, grated
- 1 tbsp (15 ml) lemon zest, finely grated
- salt and pepper to taste

**INSTRUCTIONS**

**Step 1:** Boil kale in a large pot for 1 minute until bright green. Drain and transfer to a bowl of ice water. Drain again and transfer kale to a blender.

**Step 2:** Add garlic and almonds to blender, and pulse until chopped. Add oil and process until smooth. Add cheese and lemon zest and mix until a uniform consistency is achieved. Season with salt and pepper.

**INGREDIENTS**

**Lentil Meatballs**

- 2 tbsp (30 ml) extra virgin olive oil
- 5 garlic cloves, minced
- 1/2 cup (50 g) shallots, minced
- 2 cups (400 g) lentils, cooked and cooled
- 1 tbsp (15 ml) tomato paste
- 2 eggs
- 1/2 cup (15 g) fresh basil leaves
- 1 tbsp (15 ml) fresh tarragon leaves
- 1/2 tbsp (7.5 ml) dried oregano
- 1/2 cup (15 g) flat leaf parsley
- 1/2 cup (50 g) Asiago cheese, grated

**INSTRUCTIONS**

**Step 1:** Preheat oven to 350°F.

**Step 2:** Heat olive oil in a pan over medium heat. Add garlic and shallots and sauté until translucent, approximately 2-3 mins.

**Step 3:** In a food processor, combine lentils, tomato paste, eggs, garlic, shallots, basil, tarragon, oregano, parsley and cheese. Pulse the mixture until combined, but not completely smooth. Season with salt and pepper.

**Step 4:** Scoop tablespoon-size amounts of the mixture and form into about 20 balls with wet hands, pressing to help them stick together. Place on a non-stick tray and roast in oven until cooked through and hot in the centre, about 20 minutes.

**INGREDIENTS**

**Pasta**

- 1 pkg. (375 g) CATELLI® Healthy Harvest® Whole Wheat Penne
- 1 green zucchini, cut 3-inches in length and 1/4-inch thick
- 1 yellow zucchini, cut 3-inches in length and 1/4-inch thick
- 1 red pepper, cut into 8 thick strips
- 2 tbsp (30 ml) extra virgin olive oil
- 2 tbsp (30 ml) salt, pepper and crushed dried red chilies to taste

**INSTRUCTIONS**

**Step 1:** Cook pasta according to package directions.

**Step 2:** Lightly sauté zucchini and pepper in a pan over medium heat with olive oil. Season with salt, pepper and chili flakes. Remove pan from heat and add pasta.

**Step 3:** Add pesto to pasta mixture and toss to coat. Top with meatballs and serve.

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**JOHN MORRIS, TORONTO, ONTARIO**

Chef John Morris is Executive Chef of the CN Tower in Toronto. He worked at the prestigious National Arts Centre in Ottawa as Executive Chef before taking on his current position in 2016. In the span of his 20-year career, Chef Morris has been part of four CAA Four Diamond award-winning culinary teams and has served many high-profile guests, including G8 summit leaders. His many achievements include a Bronze Medal at the Gold Medal Plates Ottawa competition in 2014 and a Gold Medal at Toronto’s Escoffier Society Culinary Salon in 2009.

[www.cntower.ca/360](http://www.cntower.ca/360)

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**LIZ PEARSON, REGISTERED DIETITION**

Liz Pearson is a Toronto-based registered dietitian with a passion for peanut butter sandwiches and an undying love for chocolate. She appears regularly on radio and television, and speaks at conferences across North America about eating for optimal health and happiness. Liz has written four books, including two award-winning, national bestsellers. Her latest book is called Broccoli, Love & Dark Chocolate.

[www.lizpearson.com](http://www.lizpearson.com)

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**Top Ingredient Picks:** Kale, Fresh Red Pepper, Black Lentils

**Nutrition Tip:** Whole foods, such as fruits and vegetables, feed the “friendly” bacteria in your gut, while processed foods are harmful to gut health. It’s important to make whole, natural, less-processed foods the backbone of your eating plan.
BAKED COCONUT SALMON MACARONI

By Chef Cameron Ballendine
INGREDIENTS

1 pkg. (375 g) CATELLI® Healthy Harvest® Macaroni
1/2 cup (100 g) canned chickpeas, drained
1 can (198 g) pink salmon, shredded
2 tbsp (30 ml) olive oil
1 2/3 cup (400 ml) canned coconut milk
3/4 cup (20 g) canned pumpkin purée
2 cups (300 g) flat leaf parsley, chopped
2 cups (300 g) cherry tomatoes, halved

INSTRUCTIONS

Step 1: Preheat oven to 350ºF. On a baking tray, toast the chickpeas in oven until crisp, approximately 15 minutes. Roughly crush with a fork.

Step 2: In a large sauce pan, cook onions and garlic in olive oil on low heat until soft, approximately 5 minutes. Add coconut milk, pumpkin purée and shredded salmon. Cook until heated through.

Step 3: Cook pasta according to package directions. Strain and cool under running water. Add to coconut mixture and mix thoroughly. Adjust seasoning with parsley, salt and pepper to taste.

Step 4: Place pasta in casserole dish, sprinkle with crushed chickpeas and bake for 25 minutes.

Step 5: While pasta is baking, place tomatoes on a baking tray and season with salt and pepper. Roast in oven for 10 minutes.

Step 6: Remove pasta from oven, top with the cherry tomatoes and serve.

Chef Cameron Ballendine is Executive Chef at the Fairmont Vancouver Hotel. With more than 24 years in the industry, Chef Ballendine has worked at prestigious hotels in the United Arab Emirates, France, China and Egypt. During his career, he has served dinner to such notables as former U.S. president Bill Clinton, former Russian president Boris Yeltsin, members of the Saudi Arabian Royal family, Sir Elton John, the Sultan of Oman and Queen Elizabeth II.

Diana Steele is a registered dietitian and owner of Eating for Energy, a Vancouver-based nutrition consulting company. Committed to teaching nutrition in a realistic and do-able way, Diana has provided personalized nutrition counselling to more than 2,000 individuals. She is a professional speaker who delivers corporate wellness workshops across the country, as well as an author and media expert, appearing weekly on Global TV’s noon news for the past 14 years.

Top Ingredient Picks: Canned Pureed Pure Pumpkin, Canned Coconut Milk, Canned Chickpeas

Nutrition Tip: Aim to cover half of your plate with vegetables at lunch and dinner. Don’t forget frozen and canned options when the fresh local vegetables aren’t in season.
Preheat oven to 350°F. Cook pasta in a large saucepan according to package directions, adding broccoli for last 2 minutes. Drain. Reserve broccoli and return pasta to pan.

Meanwhile, heat oil in a frying pan over medium heat. Add onion, broccoli and garlic. Cook, stirring for 3 minutes or until broccoli has softened. Add to pasta.

Add tuna, peas and flour to pasta. Season with salt and pepper, and toss to combine. Add evaporated milk, stirring to combine.

Pour pasta mixture into a large casserole dish. Sprinkle with breadcrumbs and cheese. Bake for 30 minutes or until heated through and top is golden.

Garnish with parsley.
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