

## **Penne Rigate with Rapini and Chorizo Sausage**

*Chef Cory Vitiello blends fresh rapini with chorizo sausage in this delicious penne rigate.*

Prep. Time: 25 min.

Cook Time: 15 min.

Servings: 4-6

### **Ingredients:**

1 pkg. (375 g)	Catelli® Healthy Harvest® Penne Rigate
1 cup (250 mL)	fresh chorizo sausage meat, crumbled
1 head	rapini, rinsed and roughly chopped into one inch pieces
2 cups (500 mL)	cooked or canned (rinsed) white beans
1 tbsp (15 mL)	medium-hot red chilies, seeds removed and sliced
1 1/2	lemons, zest and juice
2 cloves	chopped garlic
1/2	finely diced red onion
1 cup (250 mL)	roughly chopped Italian parsley leaves
1 cup (250 mL)	diced fontina cheese
3 tbsp (45 mL)	olive oil
Fresh cracked pepper and olive oil to taste	
Salt for pasta water	

### **Instructions:**

1. Cook pasta according to package directions.
2. Meanwhile, warm a large straight sided pan over medium heat. Add olive oil, garlic and onions and stir for 3 minutes or until translucent; add sausage and lightly brown for 1 minute; mix in rapini, white beans and chilies. Sauté, stirring for 3 minutes until rapini is softened.
3. With a small ladle, transfer 1/4 cup pasta water to saucepan to further soften rapini.
4. Strain cooked pasta and transfer it into the pan with the sausage and rapini mixture. Add chopped parsley, lemon zest and juice, a few twists of fresh cracked pepper and another generous splash of olive oil. Mix in fontina cheese at the last minute. Give mixture one last stir and serve immediately.

## Easy Alfredo with Peas

*Chef Michael Allemeier shows how easy it is to make a delicious Alfredo sauce from scratch for a simple, delicious pasta dish the whole family will love.*

Prep. Time: 5-7 min.

Cook Time: 15 min.

Servings: 4

### Ingredients:

1 pkg. (375 g)	Catelli Smart® Spaghetti
375 mL	whipping cream
2 cups (500 mL)	peas, fresh (or frozen optional)
1 cup (250 mL)	shredded Parmesan cheese
1/3 cup (80 mL)	green onions, thinly sliced
1/2 tsp (2 mL)	ground nutmeg
Salt to taste	

### Instructions:

1. Add 4 litres of water to a pot and add 1 tbsp (15 mL) salt to water. Bring to a boil.
2. Heat a large pot or frying pan over medium heat. Once the pan is hot, add cream and bring to a simmer. Simmer for 4 minutes to slightly thicken. Keep warm.
3. Meanwhile, cook pasta according to package directions. Add peas to the hot cream and return to a simmer. Once pasta is cooked, drain well and add to the hot sauce.
4. Add Parmesan cheese, nutmeg and sliced green onions and bring to a simmer. Adjust salt to taste and serve at once.

Chef tip: To add a little more gusto to the dish, experiment with garlic and mushrooms in the sauce and finish it off by stirring an egg yolk into the dish.

## Sisi's Macaroni N' Cheese au Gratin

*A favourite of his daughter, Sisi, Chef Martin Juneau puts a unique twist on this simple macaroni n' cheese dish.*

Prep. Time: 20 min.

Cook Time: 25 min.

Servings: 4

### Ingredients:

1 pkg. (375 g) Catelli Smart® Macaroni

Béchamel  
2 cups (500 mL) 2% milk  
1 tbsp (15 mL) flour  
2 tbsp (30 mL) butter  
0.45 lb (225 g) grated old orange cheddar  
Salt and pepper to taste

### Cherry Tomato Salad

4 cups (1 L) multi-coloured cherry tomatoes, cut in half  
1 lemon, zest and juiced  
Olive oil  
Italian parsley, chopped

### Instructions:

1. Cook pasta in salted water according to package directions. Drain and cool on plate oiled with olive oil.
2. Melt butter in saucepan over medium heat. Add flour and cook for 5 minutes. Add milk, using a whisking motion to cook béchamel over low heat for 15 minutes, stirring frequently. Add salt and pepper. Turn off heat and stir in 150 g grated cheddar.
3. Spread macaroni evenly in medium to large baking dish. Pour béchamel over macaroni. Top with remaining grated cheese. Bake 15 minutes at 350°F (180°C); broil for additional 10 minutes. Remove dish from oven and let stand for 5 minutes.
4. In a large bowl, combine cherry tomatoes, lemon juice and zest, salt and pepper and parsley leaves. Mix well. Place tomato salad directly on top of macaroni.