Meals inspired by the Mediterranean Diet support well-being and the prevention of chronic diseases. They are also environmentally friendly. Use this index and guide to help you make decisions when you are planning out a recipe, shopping at the store, or stocking your pantry. Check out our mix and match pasta guide for ideas!

It’s possible with pasta! Build a better recipe with 500 calories or less per serving! With this recipe builder you have hundreds of combinations of flavor and variety. Each recipe makes 6-8 servings depending on pasta box size.

INSTRUCTIONS:
1. Pick your favorite pasta shape, cook it one minute less than package directions. Drain, reserving ½ cup cooking water.
2. Place your oil in a 13 inch skillet and warm over medium heat.
3. Add your base flavor and gently cook until translucent.
4. Add your favorite protein and sauté on medium-high heat until browned*. *Important Note: keep seafood slightly undercooked.
5. Add your choice of vegetable and continue to cook until wilted.
6. Stir in the freshly cooked pasta and the ½ cup of reserved cooking water and cook for a few seconds until most of the liquid is absorbed.
7. Remove from heat and stir in your choice of cheese or cream**. **If using cream, cook for a few seconds until the cream is absorbed and thickens.
8. Finish with your favorite herb.

HELPFUL TIP: By simply using a jar of Barilla sauce, you can get 2 servings of vegetables in just ½ cup of sauce.