







# Quick & Easy Meals in Minutes



Perfect for Delicious Weeknight Dinners in 30 Minutes or Less!



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It takes fresh ingredients to make delicious Italian products. At Rosina, we start with real, simple ingredients and family recipes passed down from generation to generation to create our Italian specialties. Each ingredient is carefully hand selected and highlighted in each and every flavorful recipe that we make. All of our Italian inspired creations are frozen fresh to ensure that you are getting the best products, every time.

This season, we have selected recipes that will help you get delicious meals on to your table in 30 minutes or less. We know how busy life can be and creating meals with a homemade taste should be the easiest part of your day. Enjoy these chef created recipes with family and friends and taste the Rosina Difference!

## Quick and Easy Recipes for Meals in Minutes

<ul style="list-style-type: none"> <li>• One-Pot Creamy Tortellini with Chicken, Kale and Sun-Dried Tomatoes <span style="float: right;">3</span></li> </ul>	<ul style="list-style-type: none"> <li>• Enchilada Style 4 Cheese Lasagna Rolls <span style="float: right;">6</span></li> </ul>
<ul style="list-style-type: none"> <li>• Grande Italiano Sub with Pesto, Cheese and Marinara</li> </ul>	<ul style="list-style-type: none"> <li>• Meatball Panini</li> </ul>
<ul style="list-style-type: none"> <li>• Four Cheese Ravioli with Spicy Arrabbiata Sauce and Italian Sausage <span style="float: right;">4</span></li> </ul>	<ul style="list-style-type: none"> <li>• Mini Rounds® Cheese Ravioli Soup with Italian Sausage and Baby Arugula <span style="float: right;">7</span></li> </ul>
<ul style="list-style-type: none"> <li>• Firecracker Meatball Bowl</li> </ul>	<ul style="list-style-type: none"> <li>• Quick Meatball Stroganoff</li> </ul>
<ul style="list-style-type: none"> <li>• Beef Ravioli in Spicy Butter Sauce <span style="float: right;">5</span></li> </ul>	<ul style="list-style-type: none"> <li>• Sheet Pan Spinach and Cheese Ravioli with Chicken and Veggies <span style="float: right;">8</span></li> </ul>
<ul style="list-style-type: none"> <li>• Buffalo Style Chicken Meatball Wrap</li> </ul>	<ul style="list-style-type: none"> <li>• Greek Turkey Meatball Gyro with Tzatziki</li> </ul>





# Quick and Easy Meals in Minutes

## One-Pot Creamy Tortellini with Chicken, Kale and Sun-Dried Tomatoes

Servings: 4 | Total Time: 20 Min



### Ingredients

- |  |                                  |
|--|----------------------------------|
| 1 package (19 oz.) Celentano Cheese Tortellini | 1-½ cups chicken broth           |
| 4 boneless chicken breasts                     | 1 cup heavy cream                |
| 3 tablespoons olive oil, divided               | ½ cup grated parmesan cheese     |
| 1 finely minced garlic                         | 4 pieces bacon, cooked & chopped |
| 3 tablespoons flour                            | ½ cup torn kale                  |
|  | ⅛ cup sundried tomatoes          |

### Directions

In a large skillet over medium-high heat add 1 tablespoon of olive oil and the chicken. Cook for about 6 minutes on each side until the chicken is fully cooked. Remove chicken from skillet and place on a plate covered with foil. Add 2 tablespoon of remaining olive oil and the garlic to the skillet. Cook for 1 minute. Then add flour and cook for 2 minutes. Add the chicken broth and heavy cream to the skillet whisking until the mixture is smooth. Bring to a boil, then add the parmesan cheese. Turn heat down to medium and add tortellini, bacon, sun-dried tomatoes, and kale to the cream sauce. Cover pot and let cook for 3 minutes stirring occasionally until the tortellini is cooked through. Add the chicken into the pasta and continue to cook with the lid on for 3-4 minutes. Serve immediately.

### Ingredients

- 1 package Rosina Grande Italiano Meatballs
- 4 each 6" submarine roll
- 2 cups marinara sauce
- 1 cup prepared basil pesto
- 12 slices fresh mozzarella cheese

### Directions

Preheat oven to 350°F. Partially thaw meatballs in the microwave oven for 30 seconds. In a large pot, combine meatballs and marinara sauce. Cook on medium heat for 15-20 minutes until meatballs are heated through. After meatballs are heated through spoon meatballs onto bottom half of the submarine roll and spoon a tablespoon on basil pesto over meatballs and top with slices of fresh mozzarella. Place on a foil-lined baking sheet and bake for 5 minutes. Remove from the oven and top with top of the submarine roll. Serve immediately.

## Grande Italiano Sub with Pesto, Cheese and Marinara

Servings: 4 | Total Time: 25 Min





# Quick and Easy Meals in Minutes

## Four Cheese Ravioli with Spicy Arrabbiata Sauce and Italian Sausage

Servings: 4 | Total Time: 20 Min



### Ingredients

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

### 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.

### Ingredients

- 1 package (26 oz.) Rosina Homestyle Meatballs
- 12 oz. green beans
- 4 tablespoons mayonnaise
- 4 tablespoons sour cream
- 4 tablespoons soy sauce
- 4 teaspoons honey
- 2 teaspoons sriracha
- 1 cup jasmine rice
- 2 tablespoons sesame seeds
- 3 tablespoons olive oil
- salt and black pepper, to taste

### Directions

Adjust oven rack to middle position and preheat oven to 350°F. Place frozen meatballs on one side of the baking sheet. On the empty side, toss the green beans with 2 tablespoons of olive oil, and season with salt and black pepper. Bake for 20-25 minutes until meatballs are heated through and green beans are tender and browned. Heat remaining 1 tablespoon of olive oil in a small pot over medium- high heat. Add half of the sesame seeds, cook stirring until lightly toasted and golden brown, 1-2 minutes. Add rice, 1-½ cups water, a pinch of salt. Bring to a boil, then cover and reduce to a low simmer. Cook until rice is tender, 15-18 minutes. Fluff the rice with a fork. Keep covered off the heat until ready to serve. In a large bowl, combine the mayonnaise, sour cream, honey, soy sauce, and sriracha. Set aside. To serve divide rice into bowls, top with meatballs added desired amount of sauce otop of meatballs. Serve greens beans to the side. Garnish with remaining sesame seeds (optional). Serve Immediately.

## Firecracker Meatball Bowl

Servings: 4 | Total Time: 30 Min





# Quick and Easy Meals in Minutes

## Beef Ravioli in Spicy Butter Sauce

Servings: 4 | Total Time: 10 Min



### **Ingredients**

1 package (22 oz.) Celentano  
Large Round Beef Ravioli  
4 tablespoons butter  
1 small dried red pepper  
or 1/8 tablespoon chili flakes

1-1/2 teaspoon dried parsley  
salt and black pepper, to taste  
grated parmesan cheese,  
for garnishing (optional)

### **Directions**

In a small saucepan over low heat, heat the butter with red pepper, parsley, salt and black pepper. In the meantime, bring a large pot of salted water to a boil. Add the beef ravioli and cook according to package instructions. Once the ravioli has been cooked and drained, fold in gently the infused butter mixture and toss to coat the ravioli in the butter sauce. Divide among plates and serve with grated parmesan cheese.

### **Ingredients**

1 bag (22 oz.) Buffalo Style Chicken Meatballs, thawed  
1/2 cup Buffalo style wing sauce  
4 large flour tortillas  
2 cups romaine lettuce, chopped  
1/2 cup carrot, shredded  
4 tablespoon green onion, thinly sliced  
blue cheese dressing  
potato chips

### **Directions**

Heat air fryer to 350°F. Place fully thawed meatballs in air fryer and cook for 7-8 minutes. In a bowl combine the fully cooked meatballs with wing sauce, toss to coat meatballs. Combine the romaine lettuce, shredded carrot, and green onion in a bowl, mixing to combine all ingredients. Divide salad among flour tortillas and top with buffalo style chicken meatballs. Fold in the sides and roll-up. Cut the wraps diagonally in half to serve. Serve with potato chips and blue cheese for dipping.

## Buffalo Style Chicken Meatball Wrap

Servings: 4 | Total Time: 15 Min





# Quick and Easy Meals in Minutes

## Enchilada Style 4 Cheese Lasagna Rolls

Servings: 6 | Total Time: 30 Min



### Ingredients

- 1 package. (16 oz.) Celentano
- 4 Cheese Lasagna Rolls
- 1 jar alfredo sauce
- 2 cups grilled and ready chicken breast strips, chopped
- ½ teaspoon garlic powder
- 1 (4.5 oz. can) chopped green chiles
- ½ cup chunky style salsa
- 1 cup shredded Mexican cheese
- 1 avocado, sliced
- salt and black pepper, to taste
- sour cream, optional
- 1 jalapeño, thinly sliced, optional

### Directions

In a large mixing bowl combine alfredo sauce, chicken, garlic powder, green chiles, and salsa. Season with salt and black pepper. In an oven-safe dish, cover the bottom of the dish with half of the sauce. Arrange lasagna rolls in baking dish, cover with remaining sauce and cover with the Mexican cheese. Cover with foil and bake for 20-25 minutes. Divide among plates and served topped with sliced avocado, sour cream and jalapeño if desired. Serve Immediately.

### Ingredients

- 1 package (26 oz.) Rosina Italian Style Meatballs
- 8 slices Italian or sourdough bread
- 1 cup marinara sauce
- 1 cup arugula
- 4 slices provolone cheese

### Directions

Heat a grill pan on medium high or use a panini press. Thaw 2-3 meatballs per sandwich in the microwave. Slice the meatballs about a ¼ inch thick. Take two pieces of bread and spread approximately 1 tablespoon of marinara sauce onto each slice of bread. Top with the sliced meatballs, ¼ cup of arugula, a slice of provolone cheese, and the other slice of bread. Spray the grill pan or the panini press with cooking spray. If using the grill pan, press down on the sandwich with a long handled spatula that is heat resistant, and cook for 2 to 3 minutes per side or until golden brown.

## Italian Style Meatball Panini

Servings: 4 | Total Time: 10 Min





# Quick and Easy Meals in Minutes

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

Servings: 4 | Total Time: 25 Min



  
**CELENTANO.**

### **Ingredients**

- 1 package (24 oz.) **Celentano Mini Rounds Cheese Ravioli**
- 2 cups marinara or tomato sauce
- 4 cups unsalted chicken broth
- ½ lb. mild (or hot) Italian sausage, casing removed
- ¼ cup sun-dried tomatoes
- ¼ cup diced onion
- 4 cups baby arugula, rough chopped
- 2 stalks celery, diced
- 4 tablespoons ricotta cheese
- ½ cup frozen carrots and peas

### **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.

### **Ingredients**

- 1 package (24 oz.) **Rosina Swedish Meatballs**
- 1 can cream of chicken soup
- ½ cup chicken stock or water
- 1 can (10 oz.) sliced mushrooms, drained
- ½ cup sour cream
- broad egg noodles
- Fresh dill, chopped

### **Directions**

Thaw meatballs in microwave 2 - 3 minutes. Combine soup and stock in large saucepan and heat, stirring constantly. Add the meatballs and mushrooms, cover and simmer over low heat for 10 minutes. Add sour cream and heat without boiling. Cook the noodles and spoon meatballs over cooked noodles, sprinkle with dill.

## Quick Meatball Stroganoff

Servings: 4 | Total Time: 15 Min







# Quick and Easy Meals in Minutes

## Sheet Pan Spinach and Cheese Ravioli with Chicken and Veggies

Servings: 6 | Total Time: 20 Min



### Ingredients

1 package (20 oz.) Celentano Spinach and Cheese Ravioli

1 zucchini, cut in half and into half moons

1 medium red onion, sliced

1 red bell pepper, seeds removed and sliced

1 broccoli crown, cut into florets

4 garlic cloves, minced

¼ cup olive oil

½ bag frozen, grilled and ready chicken breast strips

1 jar (16 oz.) marinara sauce

salt and black pepper, to taste

### Directions

Preheat oven to 350°F. Using half of an 18 x 13 inch sheet pan, spread a ½ cup of the sauce across the bottom of one section of the pan. Arrange ravioli over the sauce, using an additional ½ cup of sauce cover the top portion of ravioli with sauce. Heat additional sauce in small saucepan for serving. In a large bowl combine the vegetables and toss with the olive oil and season with salt and black pepper. Pour the seasoned vegetables onto the other half of the tray and add the chicken breast strips. Cover the entire tray with aluminum foil and bake for 20-25 minutes. Remove the foil and cook for 5 more minutes. Divide the ravioli among plates top with the vegetables and chicken and serve with additional warmed sauce. Serve immediately.

### Ingredients

1 package (12 oz.) Rosina Turkey Meatballs

4 whole wheat flatbreads or pitas

1 red onion, thinly sliced

1 tomato, diced

1 cucumber, thinly sliced

1 container tzatziki sauce

### Directions

Place frozen meatballs on microwave-safe dish and heat for 1-½ minutes. Heat a large skillet to medium high heat. Add olive oil to the pan, and then add the meatballs. Cook each side for 3-4 minutes until they are browned on all sides and heated through. Remove from the pan and let rest. Assembling the gyros: Add to a flatbread (warm up so they are more pliable), 3 meatballs, sliced red onion, tomato, and cucumber. Top with tzatziki sauce and serve.

## Greek Turkey Meatball Gyro with Tzatziki

Servings: 4 | Total Time: 8 Min

