

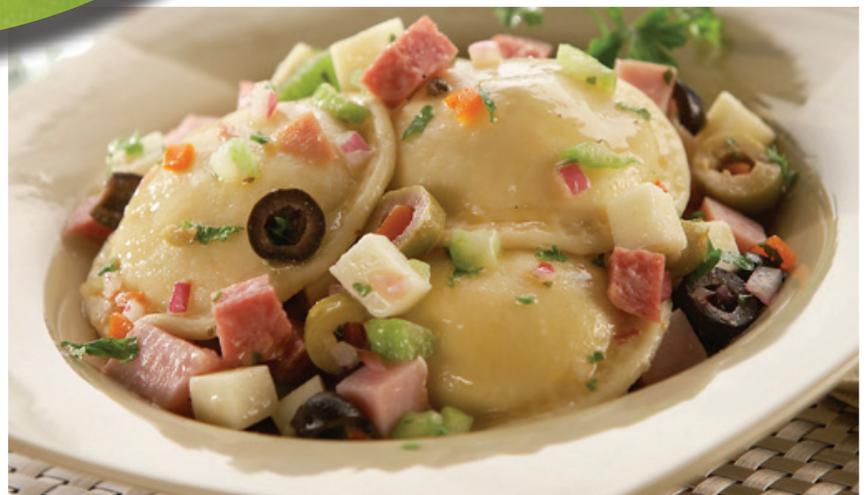


CELENTANO®

pasta salad cookbook



From Our Family
To Yours





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REAL ITALIAN goodness

There's nothing more Italian than pasta and enjoying classic dishes with family and friends. For more than 50 years, that's been at the heart of Rosina Food Products - a family-owned company, honoring a real Italian family tradition, to bring you real Italian goodness.

Whether you're enjoying a great meal at home, lunch at the office, even dinner at your favorite restaurant, you'll find the Real Italian Style of the brands of Rosina Food Products, delicious, nutritious, and easy-to-prepare.

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mediterranean tortellini salad

Servings: 6

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Ingredients

1 package (19 oz.) Celentano Cheese Tortellini

1 cup sliced tomato

1 cup sliced cucumber

1 green bell pepper, diced

1/4 cup diced red onion

1/4 cup pitted kalamata olives

1/4 cup crumbled feta cheese

3 tablespoons lemon juice or red wine vinegar

3 tablespoons extra virgin olive oil

1 teaspoon oregano

1 garlic clove, minced

salt and black pepper to taste

Cooking Directions

Bring a large pot of water to a boil. Cook tortellini according to package instructions. Drain and rinse with cold water. Shake dry and place in mixing bowl. In a separate bowl, combine lemon juice, olive oil, oregano, garlic, salt and pepper. Mix the tortellini, tomatoes, cucumber, bell pepper, onion, olives, feta cheese and toss in the dressing mixture. Combine all ingredients together stirring to coat tortellini with the dressing. Serve immediately at room temperature or place covered in the refrigerator and serve as a cold salad. Top with additional feta cheese if desired.

*Fresh
Ingredients
Make all the
Difference!*



Home cooks can often overlook the impact of fresh ingredients in creating really memorable flavors all for the sake of convenience. As you look through this brief compilation of pasta salad recipes keep this notion in mind: the recipe will always taste better if you step it up with fresh ingredients.

For example: try to use fresh olives instead of canned, roast and dice your own green chilies or tomatoes, crumble your own cheese, use fresh herbs instead of dried etc. As you grow in cooking knowledge and gain comfort with building flavors in your kitchen, fresh ingredients can still be convenient and make all the difference!



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cavatelli with vegetables and a balsamic vinaigrette salad

Servings: 4

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Ingredients

- 1 package (12 oz.) Celentano Cavatelli
- 1/4 teaspoon garlic powder
- 1/2 cup olive oil
- 2 tablespoons white balsamic vinegar
- 1/2 teaspoon salt
- 8 ounces fresh mozzarella cheese cut into bit-size chunks
- 3 tablespoons minced red onion
- 1 cup broccoli florets
- 1 cup red bell pepper cut into strips
- 1 cup shredded carrots
- 1 cup snow peas
- 1 cup sliced black olives
- 1/4 teaspoon dried basil
- 1/4 teaspoon parsley flakes
- black pepper to taste

Cooking Directions

Bring a large pot of water to a boil, cook cavatelli according to package instructions and set aside. Using the same boiling water, add the broccoli, red pepper, carrots and snow peas and blanch the vegetables for 1 minute. Place blanched vegetables into a strainer and pour cold water over vegetables until chilled and set aside. Mix the garlic powder, olive oil, vinegar, salt, dried basil, parsley flakes, and black pepper in a large bowl. Add the blanched vegetables, onions, pasta, mozzarella and black olives to the vinaigrette and toss to coat well. Serve immediately or refrigerate until ready to serve. Before serving, stir well making sure all of the ingredients are covered with dressing.

A Little Bit About Balsamic Vinegar



Balsamic Vinegar can vary deeply in quality, taste and price. Balsamic vinegars date back to 1000AD originating in the Modena and Reggio Emilia regions of Italy. The production of balsamic vinegar starts with Trebbiano grape juice that is boiled down to create a thick reduction that is then aged in wooden barrels for years. The longer the vinegar is aged, the more concentrated and intensified the flavor becomes, yielding the deliciously sweet and thick syrup we have come to love.

The traditional ("Tradizionale") artisanal balsamic vinegars of Modena and Reggio Emilia must be aged at least 12 years (some as much as 25 years) and are pricey. These two traditional balsamic vinegars are the only ones that can be labeled and legally described as Aceto Balsamico Tradizionale.

Balsamic vinegar is highly valued by chefs and is used sparingly often drizzled over fresh mozzarella and tomatoes as an antipasto, mixed with extra virgin olive oil in droplets for dipping bread, and sprinkled upon fresh fruit as a prized condiment. Don't be fooled by cheap imitators that use the word "balsamic" but are really just vinegar with sweetener, thickeners and coloring. They are manufactured to imitate the texture and flavor of balsamic, but at a fraction of the price.



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mini cheese ravioli "buffalo chicken" salad

Servings: 4
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Ingredients

1 package (24 oz.) Celentano Mini Rounds Cheese Ravioli

1/2 cup chopped red onion

1 cup chopped celery

1/2 cup blue cheese crumbles

2 cups diced cooked chicken

1/2 cup ranch salad dressing

1/2 cup hot sauce (add additional hot sauce if you like spicy)

*We used half of a precooked whole chicken.

Cooking Directions

Bring a large pot of water to a boil and cook the ravioli according to package instructions. Drain and rinse with cold water, drain again and set aside. In a large mixing bowl, add red onion, celery, blue cheese crumbles and chicken; stir to combine. In a separate bowl, whisk together the hot sauce and ranch dressing. Add the sauce and chicken mixture to the ravioli; mix well to combine. Chill until ready to serve.

* For a Gluten-Free Option, Try Using:
Celentano Gluten-Free Cheese Ravioli

*Frozen
Pasta... Better
Than Fresh?*



Modern food processing plants utilize quick-freezing techniques that lock in fresh taste, texture and flavor right after the pasta is cooked to perfection. The pasta can then be stored frozen in peak condition so you can use it weeks or months later, giving you more flexibility.

Fresh, refrigerated pasta, widely available at your local grocer, could have been made weeks ago. It is exposed to light and warmer temperatures that cause the pasta to deteriorate in quality, taste and nutrition from the day it arrives at the store. Pasta sitting in a refrigerator for weeks or months does not mean fresh to me...and it does not taste fresh either. Frozen pasta is simply more delicious, more nutritious and more convenient.



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tortellini peach salad

Servings: 4

Ingredients

- 1 package (19 oz.) Celentano Cheese Tortellini
- 5 tablespoons white wine vinegar
- 2 tablespoons granulated sugar
- 1 tablespoon chopped fresh basil leaves
- 1 tablespoon minced fresh thyme leaves
- 1-1/2 teaspoons minced garlic
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1/4 cup canola oil
- 1/4 cup extra virgin olive oil
- 1 teaspoon extra virgin olive oil
- 2 tablespoons chopped fresh Italian parsley
- 1/4 cup toasted pecans
- 1/2 cup California golden raisins
- 2 large fresh, ripe peaches
- salt & pepper to taste

Cooking Directions

Salad Dressing: In a blender, combine white wine vinegar, sugar, basil, thyme, garlic, salt and black pepper. Process on medium-high speed until smooth. Scrape down the sides as necessary. With the speed reduced to medium-low, add canola oil and olive oil in a steady stream. Process until smooth and set aside.

Tortellini Salad: Cook tortellini according to package instructions. Drain and rinse with cold water. Shake dry and place in mixing bowl. Toss tortellini with 1 teaspoon extra virgin olive oil to prevent sticking. Mix in parsley, pecans, raisins, and dressing. Peel the peaches and cut into chunks slightly smaller than the tortellini; add to the salad mixture. Add salt and pepper to taste. Place a piece of plastic wrap against the salad to help keep the peaches from browning. Refrigerate for several hours. Remove from refrigerator 20 minutes before serving.

Caring for Your Cutting Board



Modern commercial kitchens have eliminated the use of wooden cutting boards, but for the home cook there is no substitute to a solid wooden cutting board. Here is how to care for your board to be sure you won't make your guests sick.

1) Clean - Clean your board using hot water, a sponge and a small amount of liquid dish soap. Scrub off all food or fluid residues washing on all sides. Be sure to rinse the board well with a lot of water removing all the soap and food. Never soak your cutting board in water and never put it into the dish washer!

2) Sanitize - Disinfect your cutting board using straight distilled white vinegar or a mixture of two tablespoons of chlorine bleach in a gallon of water. Simply soak a cloth in the solution and wipe the board down thoroughly. These solutions both kill bacteria.

3) Dry - After disinfecting, the most important step for maintaining your cutting board is to wipe it with a dry cloth. Water is the enemy of wood and promotes bacterial growth so water left on a wooden board will lead to cracks, splits, splinters and bacteria growth.

4) Treat - After your board is dried rub mineral oil onto your cutting board. Other oils will go rancid in time and ruin your board. This is also a great treatment for a new cutting board prior to use. The oil works by penetrating the wood fibers and preventing water from entering your board.

When the board is worn out, throw it out! A worn-out board becomes difficult to keep clean and can become unsafe to use.



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gluten-free cheese ravioli caprese salad with a balsamic glaze

Servings: 4

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Ingredients

1 package (13 oz.) Celentano Gluten-Free Cheese Ravioli

1-2 minced garlic cloves

1 pint red and yellow cherry tomatoes, halved

1 cup fresh mozzarella cheese balls

1/4 cup fresh chopped basil leaves

1 tablespoon fresh chopped parsley

1/2 cup olive oil

salt and black pepper to taste

balsamic glaze

Cooking Directions

In a large bowl, toss together the garlic, cherry tomatoes, mozzarella cheese, basil, parsley, olive oil, salt, and black pepper. Let the caprese mixture rest for at least 15 minutes. Bring a large pot of water to a boil and cook the ravioli according to the package directions. Drain and rinse with cold water, drain again and set aside. Add the ravioli to the caprese mixture and gently toss to coat the ravioli taking care not to break up the ravioli. Drizzle the balsamic glaze over top of the ravioli. Chill until ready to serve or divide into bowls and serve immediately.

Tomatoes... a Nutrient Powerhouse



Tomatoes belong to the nightshade family of common vegetables that include chili peppers, potatoes, and eggplant and are native to Central America being originally cultivated by the Aztec people. They were distributed throughout the world by Spanish explorers and have been cultivated into many hundreds of differing varieties with varying flavors, shapes and colors.

The health benefits of tomatoes are noteworthy. Tomatoes have very few calories at just 5 calories per ounce and are very low in fat with zero cholesterol. They are an excellent source of antioxidants, dietary fiber, minerals, and vitamins notably potassium, vitamin-A, vitamin C and B-Complex vitamins. The antioxidants Lycopene and Zea-Xanthin in tomatoes protect your body against cancers and help maintain healthy skin and bones.

Eat lots of tomatoes for good taste AND good health!



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cheese tortellini and chicken salad

Servings: 4

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Ingredients

1 package (19 oz.) Celentano Cheese Tortellini

1-1/2 cups cubed cooked chicken

1/4 cup sliced green onion (use tops)

1/4 cup mayonnaise or miracle whip

1 bottle (8oz.) cole slaw dressing

1 can (8oz.) pineapple tidbits, drained

1 cup halved red grapes

1 cup diced red apple

1 cup cashews or walnuts

salt and black pepper to taste

Cooking Directions

Bring a pot of water to a boil. Cook tortellini according to package instructions, drain and let cool to room temperature. In a mixing bowl, add chicken, green onions, mayonnaise or miracle whip and enough cole slaw dressing to evenly coat all ingredients; mix together. Toss in cooled tortellini and stir to evenly coat; add salt and pepper to taste. Refrigerate overnight (pasta will soak up the dressing, so you will need to add a little more the next day). Before serving, add the pineapple, grapes, red apple and nuts. If needed, add additional cole slaw dressing.

How to Store Nuts



Tree nuts like walnuts and pecans are nutrient rich ingredients that can add a fun, tasty and healthful crunch to almost any dish. Did you know that walnuts and pecans have the highest level of antioxidants of all nuts and provide an excellent source of Omega-3 fatty acids too? They are good for your heart and vascular system so you can enjoy eating them and know they are good for your health.

Often, a partially used bag of nuts ends up being discarded later because it wasn't stored properly between uses and the nuts turned rancid from oxidation. This can be prevented by properly storing your nuts. Here's how:

Store shelled walnuts or pecans in a sealed container in a cool place that has low moisture and is away from light. The refrigerator is a great place and the freezer is even better. If you have a vacuum sealing machine at home then go ahead and vacuum pack the nuts for long term storage in your freezer; even after months you will be amazed how fresh they taste when stored this way.



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cheese ravioli, lemon, dill and tuna salad

Servings: 4

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Ingredients

- 1 package (24 oz.) Celentano Large Round Cheese Ravioli
- 1 can (6 or 7 oz.) tuna, drained and flaked
- 3 tablespoons diced red onion
- 2 minced garlic cloves
- 1/4 cup finely chopped red bell pepper
- 1 tablespoon finely chopped fresh dill
- 4 teaspoons lemon juice
- 1/2 cup sour cream
- 3 tablespoons mayonnaise
- 1/2 cup halved grape tomatoes
- salt and black pepper to taste

Cooking Directions

Bring a large pot of water to a boil and cook the ravioli according to package instructions. Drain and rinse with cold water, drain again and set aside. In a large bowl, combine the tuna, red onion, garlic, red bell pepper, dill and lemon juice. In a small bowl, combine the sour cream and the mayonnaise. Put the pasta in the bowl with the tuna and vegetables, add the mayonnaise mixture, and gently toss to combine. Add more mayonnaise if necessary to reach desired consistency. Add the halved tomatoes and stir gently, add salt and pepper to taste. Chill until ready to serve.

* For a Gluten-Free Option, Try Using:
Celentano Gluten-Free Cheese Ravioli

Growing Dill at Home



What better way to add a burst of flavor and freshness to your favorite dishes than with fresh herbs. Herbs are so easy to grow in pots in your home and dill is no exception. Dill is a favorite to use with fish, gyros, cold salads (goes great with cucumber) and cream based sauces.

Dill (*Anethum graveolensis*) is a beautiful, tasty plant that also produces fantastic yellow flowers in the summer. Having it in a container near or even in your kitchen is a great way to ensure you get the most out of cooking with it. Dill seeds can be purchased on-line or at most local garden centers and should be planted in a deeper pot (10-12") filled with a sandy soil or potting mix. Dill likes a good amount of warmth and sunshine so place the pot in your sunniest window and enjoy fresh dill after a few weeks.



cheese tortellini with ranch salad

Servings: 4

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Ingredients

1 package (12 oz.) Celentano Cheese Tortellini

1/2 cup frozen petite peas, thawed

1 cup ranch salad dressing

1 green onion, finely chopped

2-1/2 tablespoons freshly chopped parsley

6 ounces Swiss cheese, cubed

8 ounces ham, cubed

Cooking Directions

Cook tortellini according to package instructions, rinse, drain and set aside. In a large bowl, combine the tortellini, peas, green onions, parsley, cheese and ham with the dressing and toss until evenly coated. Chill covered for at least 2 hours before serving.

Food Safety for Cold Salads



Don't let your pasta salad ruin the picnic by making people sick. Here are a few food safety tips to make sure your pasta salad is a delight:

1) Wash your hands and produce thoroughly before making the salad. Be careful of cross contamination between raw meat and other ingredients when using utensils or cutting boards.

2) Get it cold and keep it cold. Make your pasta salad soon enough before the picnic so it has at least six hours to chill completely in your refrigerator. Use ice packs and cooler bags when transporting your food. Your pasta salad must be kept cold until its ready to serve.

3) When you are done eating, put the food back into a refrigerator or cooler. Cold pasta salads, like the ones in this recipe book, have a lot of raw vegetables and herbs along with a lot of protein and anything left out in the heat for longer than 2-3 hours needs to be tossed in the trash because of increased risk of bacteria. Bacteria can multiply very quickly and once your salad reaches 45°F just one bacterium, doubling every 20 minutes, can grow to over 2,097,152 bacteria in 7 hours! Keep it cold and keep it safe!



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mini round cheese ravioli "taco dip" salad

Servings: 4

Ingredients

- 1 package (24 oz.) Celentano Mini Rounds Cheese Ravioli
- 1/4 cup ranch dressing
- 1/2 cup sour cream
- 1 package taco seasoning mix
- 2 tablespoons lime juice
- 1 can (10 oz.) diced tomato with chilies
- 1 cup diced red bell pepper
- 1/2 cup diced red onion
- 1 can (4 oz.) roasted green chilies, drained and diced
- 1 cup shredded cheddar cheese
- 1 can (2.25 oz.) sliced black olives, drained
- 2 green onions, chopped
- salt and pepper to taste

Cooking Directions

Bring a large pot of water to a boil and cook the ravioli according to package instructions. Drain and rinse with cold water, drain again and set aside. In a medium bowl, prepare the sauce by whisking together ranch dressing, sour cream, taco seasoning and lime juice. Add diced tomato with chilies and stir until well combined. In a large bowl, add the pasta, red bell pepper, onion, green chilies, cheddar cheese, black olives, and green onions and stir well to combine. Pour in sauce and stir well to coat evenly. Season with salt and pepper to taste. Chill until ready to serve. Garnish with additional green onions if desired.

For a Gluten-Free Option, Try Using:

Celentano Gluten-Free Cheese Ravioli and a Gluten-Free Brand of Taco Seasoning Mix

Make Your Own Roasted Green Chiles



Ever want to make your own roasted green chilies? Here's how:

- 1) Choose your favorite low heat chilies like Anaheim, Cubanelle or Poblano. Select firm, dark green chilies that seem heavy for their size; wash and dry them.
- 2) Arrange the chilies on the grate of your gas range or barbecue so they are directly above the flames. Allow the skin of the chili to blacken and char, using a long pair of tongs to turn the chilies until they are blackened on all sides. You're not burning the chilies, you are just charring the outer skin. (If you only have an oven, use a foil lined sheet pan held about four inches from your broiler element).
- 3) After the chilies are all blackened, place them still piping hot into a heavy paper grocery or lunch bag. This will allow the steam coming off the chilies to be captured and steam them while also loosening the charred skin. Once they are cool enough to handle, use your fingers to lift the blackened skin off and then pull off any additional skin that didn't come off easily by hand with a paring knife. It's ok if a little char remains because it has a lot of flavor.
- 4) Use a sharp knife to cut off the stem end of the chili then slice in half and remove the seeds and membrane.
- 5) Remove any seeds that remain inside and take them to your cutting board and dice for use in your recipe.

Chiles freeze very well if you want to make a large batch. Simply place the halves of roasted chilies on to baking sheets and freeze. Pack them into bags and store frozen for future use.



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meet the chef

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Chef Herb Stockschlaeder II, CRC, DTR
Director – R&D and Strategic Channels



Chef Herb Stockschlaeder is the Director of R&D and Strategic Channels for Rosina Food Products, Inc. and is a classically trained chef graduated from the New England Culinary Institute in 1989. Before entering the food manufacturing business, Herb honed his culinary skills in hotels and restaurants in Seattle, WA; Vail, CO; Montpelier, VT and Buffalo, NY. Herb also earned undergraduate degrees in Dietetics and Business Management.

Chef Herb is a Dietetic Technician – Registered with the Commission on Dietetic Registration, the certifying arm of the Academy of Nutrition and Dietetics since 1992 and also a Certified Research Chef, certified by the Research Chef's Association Certification Commission since 2004. He is a contributing author to the reference text *Culinology* – Wiley 2016 and has been featured in RCA publications, QA Magazine and others.

Since joining Rosina in 2003, Chef Herb has been working hard to bring you Rosina's Real Italian Goodness for you and your family to enjoy!

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