



**CELENTANO®**

From Our Family To Yours

# Back To School Cookbook







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**I**t takes fresh ingredients to make a great product. At Rosina, we start with real, simple ingredients and family recipes passed down from generation to generation to create our authentic Italian products. 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. Why not see how easy back to school meal time can be – try one of our quick and delicious recipes today!

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# Simple Meatball Quiche

Servings: 6 Preparation: 35 minutes

## Ingredient List

1 package (12 oz.)

Rosina Homestyle Meatballs

1 cup diced onions

1 ½ cups shredded

cheddar cheese

(reserve ½ cup for topping)

½ cup dry biscuit mix

1 cup milk

2 eggs

salt and pepper to taste

**Cooking Directions:** Preheat oven to 400°F. Spray a 9-inch pie plate with cooking spray. In a 10-inch skillet, heat the meatballs, onion and salt & pepper over medium heat for 8-10 minutes, stirring occasionally. Spread the heated meatball mixture in the pie plate and top with ½ the cheese. In a small bowl, whisk together the biscuit mix, milk and eggs and pour into the pie plate. Top with the remaining cheese and bake uncovered for about 25 - 30 minutes or until a knife inserted in the center comes out clean.

## Chef's Tip: How to Tell if Eggs are Fresh

Egg shells let air and moisture pass through them at very slow rates. As a chicken egg sits in your refrigerator (or your grocer's), it loses moisture and gains air inside the shell. It's easy to check your eggs by placing them in a bowl of water. A fresh egg will always sink to the bottom of the water and lay flat on its side. An old egg will somewhat float or even float to the top. A floating egg may not be harmful to eat but it does indicate it is not very fresh and may be as much as a month old.



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# Southwestern Breakfast Burritos

Servings: 4 Preparation: 20 minutes

## Ingredient List

1 package (12 oz.)

**Rosina Homestyle Meatballs**

¼ cup black beans, drained and rinsed

¼ cup petite diced tomatoes, drained

2 tablespoons chopped fresh cilantro

1 ½ cups Southwestern style egg mix

4 whole wheat flour tortillas

¼ cup shredded pepper jack or sharp cheddar cheese

1 lime, cut into wedges

non-stick cooking spray

**Cooking Directions:** Combine the beans, tomatoes and cilantro in a small bowl and set aside. Heat the frozen meatballs in a microwave according to the package instructions. Spray a large non-stick skillet with cooking spray and over medium heat add the Southwestern style egg mix. Cook the eggs, mixing the eggs to scramble, until fully set. Wrap the tortillas between two damp paper towels and heat in the microwave on HIGH for 30 seconds. Assemble the burritos dividing the cooked eggs on each tortilla, topping each with equal amounts of black bean mixture, cheese, and meatballs. Fold in opposite sides of each tortilla and roll-up burrito-style. Serve with lime wedges for added flavor.

## Chef's Tip: Protein - an Important Part of Breakfast

Breakfast is a really important meal! Research shows that breaking an overnight fast with a balanced meal can make a significant difference in overall health and well-being, especially for children and teens. Eating a smart breakfast can help improve behavior and school performance, as well as foster a healthy weight. If you skip breakfast hoping to lose weight, you may be sabotaging your goals. Starting the day with a balanced meal makes you less likely to overeat later in the day.

The good news is that with easy recipes like the one above, you can start your day with the protein you need no matter what morning hurdles you face. Make them the night before and keep them in your refrigerator covered so you can microwave them just before you head out the door!



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# Cheese Tortellini with Broccoli and Alfredo

Servings: 4 Preparation: 10 minutes

## Ingredient List

1 package (13 oz.) Celentano Cheese Tortellini

1 package (12 oz.) frozen broccoli florets

1 jar Alfredo sauce

grated Parmesan cheese (optional)

**Cooking Directions:** Bring a large pot of water to a boil and cook the tortellini according to package directions. Drain and set aside in a large serving bowl. Prepare broccoli as directed on the package, drain and add to serving bowl. Meanwhile, heat Alfredo sauce in saucepan. Pour sauce over broccoli and tortellini; toss to coat. Sprinkle with Parmesan cheese and serve immediately

## Chef's Tip: What is a Cruciferous Vegetable?

What do kale, arugula and Brussels sprouts have in common? They're all delicious cruciferous vegetables and pack a nutritional and inflammation-fighting one-two punch.

Cruciferous veggies are all members of the mustard family and include broccoli, cauliflower, cabbage, kale, bok choy, arugula, Brussels sprouts, collards, watercress and radishes. The name "cruciferous" is a classification for members of the mustard family and comes from the Latin cruciferae meaning "cross bearing," because the four petals resemble a cross.

While these veggies grow in all different colors, shapes and sizes, they share several nutritional benefits. Most cruciferous veggies are rich in vitamins and minerals such as folate and vitamin K. Dark green cruciferous veggies also are an excellent source of vitamins A and C. They are rich in compounds that may help to lower inflammation and reduce the risk of developing cancer. Cruciferous vegetables also are rich in fiber and low in calories, a combination that will help you feel full and satisfied without overeating. (Adapted from Eatright.org)





# Turkey Meatball Sliders

Servings: 12 Preparation: 5 minutes

## Ingredient List

1 package (12 oz.) Rosina Turkey Meatballs, thawed

4 - 5 plum tomatoes

1 package (8 oz.) fresh mozzarella cheese

½ cup light mayonnaise

12 whole wheat mini slider rolls

12 large fresh basil leaves

balsamic vinegar (optional)

**Cooking Directions:** Cut tomatoes & mozzarella cheese into sandwich slices. Heat the meatballs in a microwave for 2 minutes. Slice each meatball into 5 slices, but not completely through so they can be fanned out but stay together. Dress each bun bottom with mayonnaise, topping it with a slice of tomato and a slice of mozzarella. Fan out a sliced, heated meatball on top of the cheese and drizzle about one teaspoon of balsamic vinegar on top of each meatball. Top each with a fresh basil leaf and place bun tops onto each sandwich.

## Chef's Tip: How Keep Tomatoes Fresh

There are few things better than a fresh slice of vine ripened tomato. Once you buy those perfect tomatoes, bring them home and store them in a dry place that is room temperature out of the sun, in a single layer and uncovered. Don't store them in your refrigerator because they will begin to dehydrate, lose flavor and the texture of the flesh will become mushy. If they came in bunches with the stems, leave the stems on until you are ready to use them. Tomatoes are best eaten at room temperature or slightly chilled right before serving them. If you have some tomatoes that show signs of being overripe, you can keep them in your refrigerator for a day or two until you can use them up, but no longer.





# Crescent Wrapped Meatballs

Servings: 8 Preparation: 20 minutes

## Ingredient List

1 package (26 oz.) Rosina Italian Style Meatballs,  
use approx. ½ bag

2 cans (8 oz. each) refrigerated crescent rolls

1 cup Parmesan cheese, grated

3 cups pasta sauce, for dipping

**Cooking Directions:** Thaw meatballs overnight in your refrigerator. Open and separate the crescent roll dough into 8 pieces and then cut each piece in half to form two narrow triangles. Place a meatball onto each crescent triangle; pull up corners and wrap the dough around the meatball. Place wrapped meatballs on a nonstick baking sheet; bake according to the crescent roll package directions. If desired, sprinkle cheese on wraps while still warm. Serve with pasta sauce for dipping.

## Chef's Tip: Get Your Kids Involved!

Cooking with your kids is a great way to spend quality time together while working to feed your family. This recipe is a simple one that you can get your younger children involved with.

When your kids are involved in the kitchen:

- ☆ They are inspired to be creative and try new foods
- ☆ They feel more confident in the kitchen
- ☆ It's an opportunity to talk to your kids and build memories together
- ☆ They develop a love of cooking



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# Meatball Cheeseburger Bites

Preparation: 30 minutes

## Ingredient List

1 package (26 oz.) Rosina Homestyle Meatballs (½ oz)

Toothpicks

### Optional Assembly Ideas:

Bacon Cheeseburger Bite: meatball, cheddar cheese, bacon slice, lettuce, tomato, mayo

BBQ Bite: meatball, cheddar cheese, bacon, barbecue sauce

Italian Style Bite: meatball, mozzarella, tomato, basil, marinara

## Cooking Directions

Cook meatballs according to package instructions. Assemble skewer bites using desired condiments.

## Chef's Tip: Entertain Easily With Muffin Tins

Birthday parties, sleep overs, movie nights – you name it! When back to school time rolls around, it seems weekdays, even weekends, are full of events with friends and family. Cooking, entertaining and then spending time cleaning up afterward is the last thing that I want to do. For an easy way to entertain and make everyone happy (including yourself), use a muffin tin to display all of your condiments!

Place staple items such as ketchup, mustard, mayo and barbecue sauce into the sectioned tins so everyone can choose their favorite dipping sauce. Then place chopped lettuce, halved cherry tomatoes, cut bacon slices, pickles, cheese slices or anything you like in the other tins. Have everyone assemble their bites as they like and clean-up is a breeze! Just put the muffin tin into the dish washer – now you won't be cleaning individual serving dishes and you'll have more time to spend relaxing after a long day of entertaining your guests!



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# Swiss Crock Pot Meatballs

Servings: 4 Preparation: 45 minutes

## Ingredient List

1 package (12 oz.) Rosina Swedish Meatballs

1 cup uncooked brown rice

1 onion, chopped

2 ½ cups water

1 can cream of mushroom soup

1 cup frozen spinach, thawed and squeezed dry

2 cups shredded Swiss cheese

**Cooking Directions:** In a 3-4 quart crock -pot, mix together the water, rice, onion and soup mix until combined. Add the frozen meatballs, cover and cook on low for 4 hours. Add the spinach and shredded cheese, stirring to combine. Cover and cook for 30-35 minutes on low until the rice is tender and the liquid is consumed. Serve as a main dish with tossed salad.

## Chef's Tip: The Time Saving Crock-Pot

Crock-pots are all the rage again, just like in the 80's because people are busier than ever and need a way to make wholesome, easy and convenient meals to serve their families. Here are the real benefits to using your crock-pot:

- ☆ **Easy One Step Prep** - Put all your ingredients in, put the lid on and turn it on. (Yes, some have fancy electronics now so you can even start it later in the day if you want.)
- ☆ **Uses Less Energy** - A crock-pot heats only the food and the vessel, you're not heating the room or an entire oven to cook your meal, so less energy is used.
- ☆ **Economical** - Because crock-pots cook low and slow in a moist environment, tougher, cheaper cuts of meat become flavorful and tender. This saves you money.
- ☆ **Bring Out the Flavor** - Moist heat transfers flavor compounds better than other cooking methods. Because the heat never gets too high in a crock-pot the flavor compounds are not flashed off or boiled away.
- ☆ **Flexibility** - Spend a few minutes online and you can find a crock-pot recipe for almost any meal craving you have.

Always remember to keep that lid in place. Every time you lift that lid you lose 15 minutes of cook time.



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# Cheese Ravioli with Alfredo, Onion and Bacon

Servings: 4 Preparation: 20 minutes

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## Ingredient List

1 package (12 oz.) Celentano Mini Rounds Cheese Ravioli	1 cup shredded four cheese Italian blend
6 slices bacon, cooked and diced	1 Roma tomato, diced
1 tablespoon unsalted butter	4 tablespoons fresh parsley, chopped
1 white onion, sliced thin	½ cup reserved pasta water - if necessary
1 teaspoon sugar	
1 jar Alfredo sauce	

**Cooking Directions:** Bring a large pot of water to a boil and cook the ravioli according to package directions. Drain and set aside in a medium mixing bowl. Preheat oven to 350°F. In a medium saucepan over medium heat, add the butter, sliced onion and sugar and cook the onions for 10 minutes until caramelized; stirring often. Once the onions are caramelized, reduce to low heat and add the Alfredo sauce and cheese blend to the saucepan. Whisk together until combined and smooth and remove from heat. Add the sauce mix and diced bacon to the cooked ravioli and fold together to completely coat and combine. (If sauce is too thick use ½ cup reserved pasta water to thin it out.) Pour the ravioli mixture into a 9x9 inch greased baking dish and bake in the oven for 10-15 minutes until golden brown. Remove from the oven and top with the diced tomatoes and parsley. Serve immediately.

## Chef's Tip: A Better Way to Cook That Messy Bacon

I love bacon! But what I hate is the mess it leaves across the top and back of my stove as I fry it in a pan. There is an easier way: Heat your oven to 400°F. Lay out the strips of bacon on a nonstick or parchment lined baking sheet and cook them in your oven for 15 - 18 minutes until crispy (or however done you like them.) If you turn the pan once halfway through the cooking the slices will be evenly cooked. BE CAREFUL not to spill that hot grease when pulling the sheet pan out of the oven. Drain them on paper towels same way you would if cooked in a skillet and enjoy. Oh...and don't forget to save the rest of that bacon grease for cooking other things!



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# Cheesy Cavatelli and Italian Style Meatballs Bake

Servings: 4 Preparation: 30 minutes

## Ingredient List

- 1 package (19 oz.) Celentano Cavatelli
- 1 package (12 oz.) Rosina Italian Style Meatballs
- 1 pinch crushed red pepper flakes
- 1 (24 oz.) jar marinara sauce
- 1 bag (8 oz.) shredded mozzarella cheese
- 2 tablespoons grated Parmesan cheese
- salt and black pepper to taste

**Cooking Directions:** Preheat oven to 350°F. Grease a 9X9 inch baking dish and set aside. Crumble the meatballs into small pieces using a fork or food processor. Heat the crumbled meatballs in a skillet set over medium heat. Season meatballs with crushed red pepper flakes (if desired), and salt and black pepper to taste. Stir pasta sauce into meatballs and heat to a simmer. Add the frozen cavatelli to the skillet and heat until the cavatelli are softened. Remove skillet from heat and stir in half of the mozzarella. Pour the skillet mixture into the prepared baking dish and top with the remaining mozzarella and Parmesan. Cover the baking dish with foil and bake for 15 -20 minutes. Remove the foil and bake for an additional 5 minutes until the cheese is golden brown and bubbly. Divide into bowls and serve immediately.

## Chef's Tip: Why Grate Your Own Cheese

Do not waste your money on pre-grated Romano or Parmesan cheeses. Always grate cheese fresh, avoid buying pre-grated cheeses. It is always better to buy block cheese and grate it yourself as needed for your recipe. You can even chop or grate the block cheese you purchased in your food processor and keep it in your refrigerator until needed. Grating your own cheese is better because:

- ☆ It saves you money
- ☆ You avoid things like methylcellulose (anticaking additives) and mold inhibitors like Natamycin found in grated products at your store
- ☆ It simply tastes better when you grate it yourself because it is fresh!





# Weekly Meal Planner



Week Of:

	breakfast	lunch	dinner	snacks	
Sunday					Grocery List
Monday					○
					○
					○
Tuesday					○
					○
					○
Wednesday					○
					○
					○
Thursday					○
					○
					○
Friday					○
					○
					○
Saturday					○
					○
					○





## Meet The Chef

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








Chef Herb Stocksclaeder is the Director of Research and Development and Culinary 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 also 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, Prepared Foods and others.

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

Rosina Food Products Inc. | 170 French Road | Buffalo, NY 14227  
1-888-767-4621 | [cservice@rosina.com](mailto:cservice@rosina.com)

[rosinarecipes.com](http://rosinarecipes.com) [celentanorecipes.com](http://celentanorecipes.com)     



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