



# Pasta for All



*For Taste, For Health,  
For Convenience*



**I.P.O.**

International Pasta Organisation

**OLDWAYS**  
CHANGING THE WAY PEOPLE EAT

# The International Pasta Organization

The International Pasta Organization (IPO) was founded in Barcelona on World Pasta Day 2005 (October 25, 2005) and was formally organized in Rome on World Pasta Day 2006 (October 25, 2006).

## Mission

The IPO is a nonprofit association dedicated to:

1. Educating consumers, health professionals, journalists, government officials and others about pasta (health, taste and convenience).
2. Increasing consumption of traditional pasta around the world.

## Activities

1. Organizes research, promotional and educational programs (such as World Pasta Day) about pasta.
2. Collects and distributes information about pasta (nutritional, statistical and other information) in different countries.
3. Organizes a Scientific Advisory Board (a panel of experts in nutrition, health-care and physical activity) who educate consumers and others through the media, conferences, research, publications, workshops, and other related activities.

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# Pasta for All

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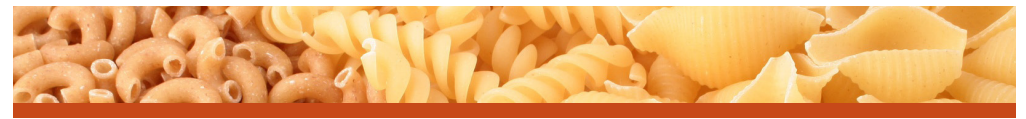


## INTRODUCTION

This brochure is an overview of pasta's popularity in most corners of the world. Pasta today is a truly international dish, which is good news for people eating for health, taste, and convenience.

In fact, pasta was found to be the world's favorite food in an April 2011 poll, conducted by Oxfam, of 16,000 people in 17 countries. What people really mean when they say pasta, is "I want pasta with some sauce," or, "I want pasta with chicken and vegetables." Suddenly, "pasta" is transformed into an artistic creation, and the artist can be a restaurant chef preparing an elegant dish, or a home cook preparing a family dinner. Wonderful, versatile pasta can be served in a variety of dishes from everyday to gourmet.

The first half of this brochure summarizes the consistent accumulation of scientific evidence for the healthfulness of pasta and the pasta meal. These recent findings support that pasta itself is a healthful and nutritious food, and also that when paired with its "partners"—olive oil, vegetables, beans, cheese, fish, or meat—pasta can be made into a delicious and balanced meal. The second half of the brochure explains how to prepare and enjoy pasta meals from around the world.



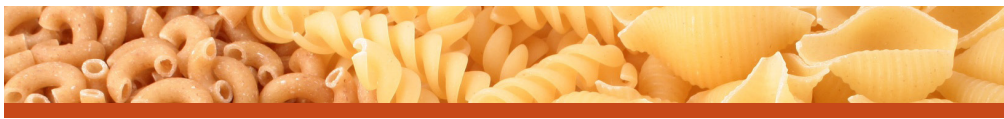
## What is Pasta?

- a basic staple food used in cooking around the world.
- a food made from durum wheat semolina or from the flour of certain other grains mixed with water and/or eggs, which is then kneaded and formed into various shapes; it is dried and cooked prior to eating.
- a delicious family meal favorite; the signature dish of many of the world's most famous chefs; a comfort meal in times of stress; an exciting meal in times of celebration; and a bonding meal when friends gather together around the table, at home or at in restaurants.
- a component of traditional healthy meals, especially in Mediterranean and Latin American regions.

## What is a Pasta Meal?

- pasta with other foods that serve as partners on the plate or in a bowl.
- recognized by physicians and nutrition scientists as healthy, because:
  1. Its centerpiece—pasta—is a slowly-digested carbohydrate;
  2. It is traditionally dressed with olive oil, a healthy dietary fat;
  3. It is often mixed with other healthy foods, such as tomato sauce, cheese, vegetables, beans, and seafood or lean meat.

*Whether served  
simply or grandly,  
pasta is wonderful!*



## HEALTHY PASTA MEAL SCIENTIFIC CONSENSUS STATEMENT

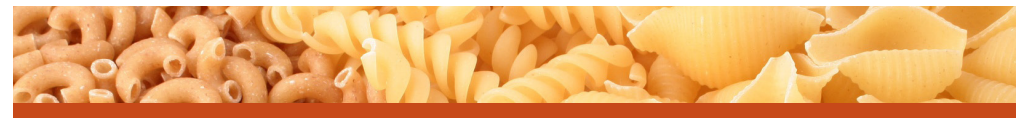
Pasta made headlines around the world in late October 2010 when nutrition scientists from four continents met in Rio de Janeiro to discuss pasta and health. Their conclusions? Pasta is a healthy carbohydrate food, and is a key ingredient of healthy traditional diets around the world, including the Mediterranean and Latin American Diets.

To learn WHY pasta is healthy, take a look at the conclusions of the Healthy Pasta Meal Scientific Consensus Statement, agreed upon by the prestigious international scientists when they met in Rio, and also at the summary of a selection of scientific studies supporting these points.

### Points of the Scientific Consensus Statement

#### 1. Scientific research increasingly supports the importance of total diet, rather than individual foods and nutrients.

Although a number of particular foods are called “superfoods,” carrying specific nutrients to the body, overall health and wellness truly reflects overarching, everyday eating patterns. These patterns start with establishing a diet abundant in fresh, healthful foods that simply crowd out the less healthy foods. This big-picture approach to diet has been found to be the most sustainable, enjoyable and important path to wellbeing.

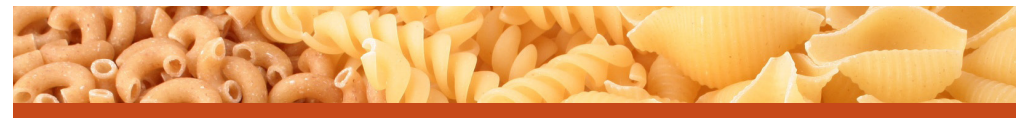
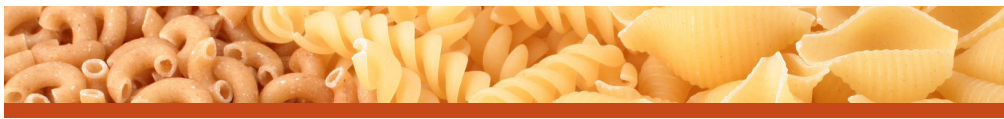


#### 2. Pasta is a key component of many of the world’s traditional healthy eating patterns, such as the scientifically proven Mediterranean Diet. Traditional dietary patterns confer greater health benefits than current Western dietary patterns.

Traditional diet patterns, like the Mediterranean Diet, have proven to offer greater health benefits than current Western diets. Scientific research shows that these diet patterns may lower the incidences of major chronic diseases such as diabetes, heart disease, some types of cancer and obesity. These patterns are characterized by eating mostly a variety of plant foods (fruits, vegetables, breads, pasta, whole grains, potatoes, beans, nuts, and seeds), olive and other plant oils as the principal source of fat, seafood at least twice a week, dairy products (mostly cheese and yogurt), poultry and eggs in reasonable portion sizes daily or several times per week, red meat and sweets consumed less often, and wine with meals (up to one glass for women, two for men). Pasta and pasta meals—on a plate or in a bowl—are included in traditional diets around the world.

#### 3. Many clinical trials confirm that excess calories, and not carbohydrates, are responsible for obesity. Diets successful in promoting weight loss can emphasize a range of healthy carbohydrates, protein, and fat. These three macronutrients, in balance, are essential for designing a healthy, individualized diet anyone can follow for their whole life. Moreover, very low-carb diets may not be safe, especially in the long term.

Carbohydrates are not a “public enemy” to waistlines. Modern consumers do not have to throw pasta, breads, and life-long favorite meals overboard in order to feel they’re eating well. The truth is that “good” carbohydrates are extremely health-promoting, and eating too much food (too many calories) with little physical activity is the reason people gain weight. Eliminating one of the body’s three vital macronutrients—proteins, carbohydrates or fats—in order to lose weight is like taking a car’s engine out to help it run better. Carbohydrates are essential for brain function, total body energy and, yes, effective weight management. Feel free to pick up a fork and reclaim health and optimal weight over a pasta meal!



4. **At a time when obesity and diabetes are rising around the world, pasta meals and other low-glycemic foods may help control blood sugar and weight especially in overweight people. Glycemic index is one of many factors that impact the healthfulness of foods.**

Pasta is low on the glycemic index—a good thing—which means that the body digests it more slowly than most other carbohydrates. Pasta does not cause sugar in the blood to rise quickly and therefore fortifies the body with a sustained, balanced supply of energy, keeping us full and fit. The glycemic index of the pasta meal is even lower, because we eat pasta with other healthy foods.

5. **Pasta is an affordable healthy choice available in almost all societies. Promoting the affordability and accessibility of pasta meals can help overcome the misperception that healthy foods are too expensive.**

Pasta may be the most convenient, delicious health food out there. It can be found at almost any grocery store, in an array of styles and brands. Kids love it and can share it with their grandparents. It can be served cold at a summer picnic or dressed at dinner parties. It's good for adventurous palates and simple tastes. It is not expensive and it's quick to prepare; it's a regular on restaurant menus and grocery shelves; and, a pasta meal actually works two-fold by being a fantastic vehicle for other healthy foods.

6. **Healthy pasta meals are a delicious way to eat more vegetables, legumes, and other healthy foods often under-consumed.**

Pasta meals are very efficient “delivery systems” for other healthy foods. Pasta is not eaten by itself, but joined with “partners on the plate” such as vegetables, olive oil, tomatoes, herbs, legumes, and lean cuts of poultry and meat, fish and shellfish. By combining these multiple healthy ingredients, it becomes a pasta meal, slowing digestion and absorption of sugar in the blood while providing essential nutrients such as fiber, protein, vitamins and minerals.



7. **Pasta meals are enjoyed in cultural traditions worldwide, as they are versatile and easily adaptable to national/regional seasonal ingredients.**

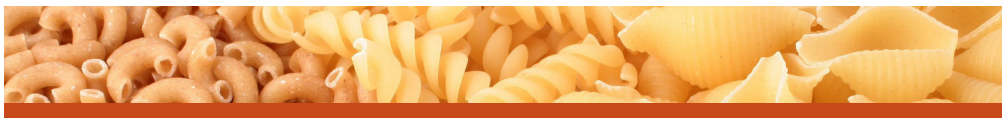
Whether it's spaghetti with tomatoes and basil in Italy, soup with pasta in Mexico and South America, or whole grain penne with zucchini in Canada or the U.S., pasta is universal. It is the canvas of dishes, ready to take on the portrait of any region in spices, herbs and other regional foods. Conveniently, it will also be a home for whatever is in the fridge: a little bit of garlic, oil and any vegetables and herbs will make for a gourmet meal at home!



8. **Doctors, nutritionists, and other health professionals should recommend varied and balanced pasta meals for good health.**

“Eat more pasta” is one dietary recommendation that will make any health professional a patient's hero. Many people know that they should be reaching for more vegetables, beans and leaner proteins. Many have also had countless plates of spaghetti and tomatoes or tomato sauce. What most people may not know is the versatility of pasta and how it can be used to usher in other food recommendations. It may be hard to go from hot dogs to Brussels sprouts, but it's all in the accompaniment and flavoring. A bowl of steamed carrots and broccoli looks a lot more appealing and satisfying on a bed of pasta than on its own, and it could possibly go a long way toward saving or lengthening a life.

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is one dietary recommendation  
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## WHY PASTA IS HEALTHY

### Evidence of Pasta's Health Benefits

There is a consistent and mounting accumulation of nutrition science evidence for the healthfulness of pasta and the pasta meal. The following pages include summaries of recent scientific studies. These recent findings make clear that not only is the pasta itself a health-promoting and nutritious food, but that when it is paired with its “partners” on the plate or in a bowl—olive oil, vegetables, beans, fish or meat—pasta quite dramatically emerges as a nutritionist’s dream.

#### ▲ Med-Style Diets Promote Heart Health

Pasta is a staple of the Mediterranean Diet. In a one-year study, researchers at Pontificia Catholic University in Santiago, Chile “Mediterraneanized” the diet in a workplace cafeteria. 145 workers started the study, and 96 completed every step of the plan. As the workers’ diets more closely approached a Med-style diet (as measured by a peer-reviewed scientific study), waist circumference, HDL (“good”) cholesterol, blood pressure, and other health markers improved significantly.

*Public Health Nutrition, September 2009; 12(9A):1635-43.*



#### ▲ Pasta Among Foods Associated with Healthy Arteries

A growing movement aims to associate entire eating patterns—rather than nutrients or even individual foods—with better health. At the University of South Carolina, researchers sought to identify food patterns that increase or decrease coronary artery disease. Their research showed greater risk in those who ate a pattern of higher intakes of less healthful foods and lower intakes of more healthful foods (rice, pasta, and poultry).

*British Journal of Nutrition, May 2010; 103(10): 1471-9.*

#### ▲ Low Carb Diets May Be Harmful

University of Colorado researchers randomly assigned 32 healthy obese adults to either a high fat (low carb) or a high carb (low fat) diet for six weeks. They found that weight loss was similar between both diets, but the high fat (low carb) diet increased LDL (“bad”) cholesterol.

*American Journal of Clinical Nutrition, March 2010; 91(3):578-85.*



#### ▲ Perceptions vs. Reality in Affordability of Healthy Foods

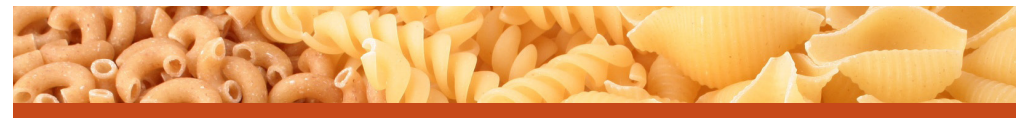
In Victoria, Australia, scientists at Deakin University wanted to know if financial means and food costs significantly impacted women’s fruit, vegetable, and food consumption. After surveying 1,850 women from 45 neighborhoods, the researchers concluded that the quality of peoples’ diet is linked more to the perception that “good food must cost more,” rather than their financial status. The study suggests that socioeconomic differences in diet are almost completely explained by perceptions of food availability, accessibility, and affordability, not actual cost impediments.

*Journal of Epidemiology & Community Health, March 2008; 62(3):191-7.*

#### ▲ Med Diet Reduces Risk of Metabolic Syndrome

Metabolic Syndrome is considered to be present if someone has three or more of the following: high blood pressure, high blood sugar, large waist circumference, low HDL (“good”) cholesterol, and high triglycerides. To assess the Mediterranean Diet’s effect on metabolic syndrome, scientists in Greece and Italy conducted an analysis of 50 Med Diet studies involving more than half a million people. The researchers found that the Med Diet improved all five risk factors, and overall reduced the risk of Metabolic Syndrome. They concluded that this dietary pattern can be easily adopted by all population groups and various cultures, and cost-effectively prevent Metabolic Syndrome and its related ailments.

*Journal of the American College of Cardiology, 15 March 2011; 57:1299-1313.*



### ▲ Brain MRIs show Less Disease with Med Diet

Food for thought: Scientists at the Taub Institute for Research in Alzheimer’s Disease and the Aging Brain collected MRI data on the brains of 707 elderly New Yorkers. They then studied the diets of these people over 5.8 years and divided the participants into three groups according to Mediterranean Diet adherence. They found that participants in the top-adherence group had 36% less evidence of brain dysfunction (due to blood vessel disease) and that those in the middle group had 22% reduced odds, concluding that higher adherence to the Mediterranean Diet may keep our brains healthier as we age.

*Annals of Neurology, February 2011; 69(2): 257-68*

### ▲ Med Diet—and Pasta—Recommended for Kids

Start early: Scientists at the Hospital Virgen del Camino, in Pamplona, Spain compared the diet of high school students to the proven-healthy Mediterranean Diet and determined their scores on the “KidMed” index. They found that diet quality decreases progressively with age, and recommended that students should “increase consumption of fruit, vegetables, nuts, pasta and rice, yogurt and cheese, pulses and fish.”

*Anales del Sistema Sanitario de Navarra, aJan-Apr 2010; 33(1):35-42.*

*Start early:...  
“increase  
consumption of  
fruit, vegetables,  
nuts, pasta and  
rice, yogurt and  
cheese, pulses  
and fish.”*



### Pasta Fits Into a Weight Loss and Management Program

There is also consistent nutrition science evidence for the role pasta can play in weight loss and management programs. These findings make clear that pasta, by itself or as part of the Mediterranean diet, can contribute to an effective weight loss and management plan. Nutrition scientists also report that high-glycemic index foods tend to elicit greater hunger than do lower-glycemic index foods, such as pasta.

### ▲ Higher Carbohydrates Can Help Weight Loss

Scientists at the Harvard School of Public Health and Pennington Biomedical Research Center randomly assigned 811 overweight adults to one of four reduced-calorie diets varying in carbohydrate balance. Carbohydrate levels in the four diets were 65%, 55%, 45%, or 35%, but all consisted of similar foods and met guidelines for cardiovascular health. After following the group for two years, the researchers determined that weight loss was similar at 65% or 35% carbohydrate and that all four diets improved the body’s defensive functioning against diseases like heart disease and diabetes.



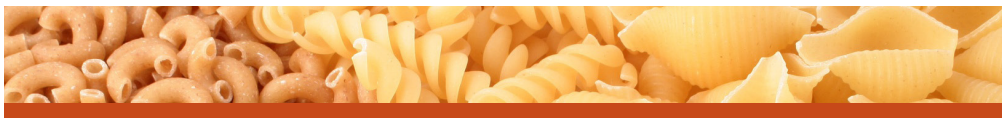
*New England Journal of Medicine, 26 February 2009; 360(9):859-73.*

### ▲ Med Diet, Weight Gain, and Aging

Some of us may notice a few extra pounds appear on the scale as we get older. Is this just the reality of getting older? A new study, which followed 10,376 Spanish men and women for about 6 years, has found that following the Mediterranean Diet eating pattern may slow down the weight gain normally observed with age. In fact, people with the lowest Med Diet score gained the most weight each year. *American Journal of Clinical Nutrition. December 2010; 92(6): 1484-93 [Epub Oct 20, 2010]*

### ▲ Lower Carb Diets Linked To Obesity

A Canadian Community Health Survey of 4,451 Canadian adults concluded that consuming a low-carbohydrate diet (a diet with less than 47% carbs) is associated with a greater likelihood of being overweight or obese, among healthy, free-living adults. The lowest risk of excess weight was for those consuming 290 to 310 grams of carbohydrates per day. *Journal of the American Dietetic Association, July 2009; 109(7): 1165-72.*



### ▲ Why the Mediterranean Diet is Effective for Weight Loss

Focusing on burning enough calories alone rarely results in lasting weight loss, unless meaningful lifestyle and behavioral changes are also added. A team at the University of Murcia in Spain has found that, although many types of diets result in weight loss, the Mediterranean Diet is especially effective because it is suited to the social and daily life of patients and can easily be followed in the long term. Therefore, counseling programs built around the Med Diet are very likely to succeed.

*Nutrición Hospitalaria, 2010; 25:9-17.*

### ▲ Low Glycemic Foods Help Reduce Risk of Chronic Disease

Scientists at the University of Toronto reviewed evidence related to glycemic index and health. They concluded that foods low on the glycemic index (GI) are associated with higher levels of HDL (“good”) cholesterol, and that they may decrease the risk of developing diabetes and cardiovascular disease. Some studies have also found a link between high-glycemic foods and certain cancers.

*Journal of the American College of Nutrition, August 2009; 28 Suppl:439S-445S.*

### ▲ Benefits of Low-Glycemic Diets over Higher Protein Diets

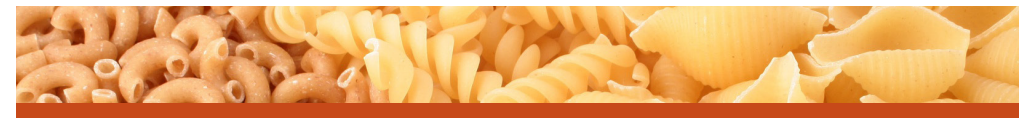
Although all reduced-calorie diets can achieve weight loss, the challenge is to do so without increasing the risk of chronic disease, and without regaining the weight after the diet concludes. A team of researchers at the University of Sydney reviewed and compared evidence for two types of diets: one low in overall carbs and high in protein, and one high in low-glycemic-index carbohydrates. They concluded that both types of diet result in weight loss, but that the evidence suggested that low-carb diets have the potential for increased risk of disease.

*Asia Pacific Journal of Clinical Nutrition, 2008;17 Suppl 1:16-9. Nutrition Reviews, April 2008; 66(4):171-82*

### ▲ Low GI and Low GL Diets Protect Against Chronic Disease

Look to the Index: A team at the University of Sydney found that low GI and/or low GL diets alone reduce the risk of certain chronic diseases. In diabetes and heart disease, the protection is comparable with that seen for whole grain and high fiber intakes. The findings support the general theory that high glycemic foods have a direct link to the development of certain chronic diseases.

*American Journal of Clinical Nutrition, 2008; 87:627-37*



## Pasta And Whole Grains: A Delicious, Healthy Relationship

For extra health benefits, try a whole grain pasta variety for dinner. Whole grains provide a healthy mix of nutrients proven to be beneficial in the fight against heart disease, strokes, type 2 diabetes, even obesity. Pasta is a delicious and family-friendly way to add more whole grains to any diet.

There are a wide range of whole grain pasta options, from gluten-free to 100% whole wheat. Some manufacturers have even created pastas that blend traditional refined semolina with whole grain ingredients. The taste of these whole grain pastas ranges from nutty and rich to smooth and mild, offering options to even the most discerning palate. As with regular pastas, it is always a good idea to prepare whole-grain pastas according to package directions. However, whole grain varieties tend to dry out a bit faster once removed from boiling water, so try to add sauces or coatings as quickly as possible.

*Pasta is a delicious and family-friendly way to add more whole grains to any diet.*





## PASTA RECIPES FROM AROUND THE WORLD

### Pasta on the Plate

As chef Felipe Rojas-Lombardi wrote in *The Art of South American Cooking*, “one of the most satisfying foods in the world is pasta.” Happily, pasta is a universal food, complimentary to many other foods, and adaptable to many cuisines around the world.

The following recipes are national or regional expressions of the healthy pasta meal, creating a perfectly balanced lunch or dinner in a single plate or bowl. Take a virtual tour around the world from your kitchen. You may find you agree with Sophia Loren: “*Everything you see I owe to spaghetti.*”

### Tips on Cooking Pasta

Pasta tastes its very best when eaten right after it’s cooked. The golden rule is to cook pasta *al dente*—neither too raw nor too cooked. To taste pasta at its finest, just follow these simple guidelines and cooking times: Pour a generous amount of water (1 liter/1 quart per 100 grams/1/3 pound of pasta) into the pot, and place pot on high heat. Add salt (10 grams/2 teaspoons per liter/quart of water). When the water begins to boil, add the pasta to the pot. Let the water return to a boil, stirring the pasta from time to time, cooking it for the “boiling time” displayed on the pasta label. Use a colander to drain the pasta. Add your favorite sauce, mix well and serve hot.

### Argentinian Olive Pasta

250 grams (1/2 pound) thin pasta (capellini)  
115 grams (1/2 cup) green olives, quartered  
75 grams (1/3 cup) red bell pepper, diced  
75 grams (1/3 cup) green bell pepper, diced  
2 cloves garlic, minced  
1 dash cayenne paprika  
1/4 teaspoon salt  
1 1/2 tablespoons flour  
4 tablespoons extra-virgin olive oil  
75 grams (1/3 cup) Parmesan cheese, freshly grated

Cook the pasta to desired doneness. Drain, rinse in cold water, and set aside.

Saute olives, peppers, and garlic in a little water over medium heat until peppers are soft.

In a small bowl, mix cayenne, paprika (use 2 to 3 dashes), and salt with the flour. Add oil to vegetables. Sprinkle flour mixture over the olive and peppers and stir. Continue cooking over low heat for a few seconds.

Add the pasta and toss until all noodles are coated and olives are spread throughout. Toss the Parmesan cheese into pasta at the last minute and serve immediately.



Argentina

### Capellini with Peppers, Tomatoes, and Prosciutto

250 grams (1/2 pound) capellini  
150 grams (2/3 cup) diced prosciutto  
1 red pepper  
1 green pepper  
1 carrot  
30 grams (2 tablespoons) pine nuts  
3 peeled and chopped tomatoes  
150 grams (2/3 cup) grated cheese  
Pinch of paprika powder  
Pepper and salt to taste  
2 tablespoons olive oil

Clean or peel the peppers, tomatoes, and carrot and cut them into small pieces. Heat the olive oil in the pan over low heat and sauté the pine nuts gently until light brown. Then add the pieces of carrot, peppers and prosciutto, turn heat to medium and simmer until all begins to brown. Add the tomatoes and simmer until tomatoes begin to break down. Season the mix with pepper, salt and paprika powder.

In the meantime, cook the pasta per the package instructions. Toss the pasta and sauce and sprinkle with the grated cheese.

Makes 2-3 servings



Belgium

### Spaghetti with Lemon

400 grams (1 pound) spaghetti  
3 tablespoons extra virgin olive oil  
1 onion, grated  
120 milliliters (4 ounces) lemon juice  
2 tablespoons of lemon zest  
1 pinch nutmeg and pepper  
1 teaspoon basil  
2 tablespoons “Minas” cheese or Queso Fresco (fresh cheese)

Boil the water and cook the pasta until *al dente*, drain and set aside.

In a saucepan, heat the oil and add the onion, lemon juice, lemon zest, nutmeg and pepper. Mix well and pour over the spaghetti.

Add the basil, mix well and sprinkle with cheese.

Serve immediately.

Makes 4 servings



Brazil

## Whole Wheat Rotini with Tomatoes and Zucchini

375 grams (¾ pound) whole wheat rotini  
1 garlic clove, chopped  
1 medium zucchini, diced  
1 onion, chopped  
4 tablespoons olive oil  
12 cherry tomatoes, cut in half  
Salt and pepper  
Grated Parmesan cheese to taste

Cook the rotini according to package instructions.

Meanwhile, sauté the onion, garlic, and zucchini in olive oil over medium-low heat until tender. Add the tomatoes and parsley or basil and heat through.

Toss the cooked rotini with the vegetable mixture and serve topped with grated Parmesan cheese.

Makes 4–6 servings



Canada

## Spaghetti with Avocado and Nut Sauce

200 grams (½ pound) spaghetti  
1 large avocado  
50 grams (¼ cup) nuts, peeled and chopped  
1 garlic clove  
1 tablespoon olive oil  
Salt and pepper

Peel and spoon out the avocado. Cut the avocado flesh into cubes.

In a blender or food processor, puree the avocado, nuts, olive oil, salt and pepper (to taste) until it forms a smooth creamy mixture.

In the meantime, cook the pasta according to package instructions. Be sure the pasta is cooked *al dente*.

Once drained, mix the pasta with the avocado mixture and serve.

Makes 4 servings



Chile

## Vegetable Soup with Pasta

200 grams (½ pound) small sized pasta  
2 liters (8 cups) broth (chicken, beef, or vegetable)  
2 stalks celery, chopped  
2 carrots, chopped  
230 grams (1 cup) green peas  
1 bunch cilantro, chopped

Heat the broth in a medium pot. Add the chopped vegetables and peas, and let the vegetables simmer until they are almost cooked.

Add the pasta and cook according to package instructions. Add salt and pepper to taste, stirring occasionally.

Top with chopped cilantro and serve.

Makes 6–8 servings



Colombia

## Tri-color Rotini Salad with Avocado, Tomato, and Mozzarella

250 grams (½ pound) tri-color rotini  
2 tablespoons small almonds  
1 tablespoon olive oil  
6 tomatoes, ripe but firm  
225 grams (½ pound) Mozzarella cheese  
1 large avocado  
2 tablespoons freshly squeezed lemon juice  
3 tablespoons fresh basil, chopped  
Basil leaves for decoration  
Salt and black pepper

Toast the almonds in the oven on a baking tray for 1 to 2 minutes. Set aside to cool.

Boil salted water in a large stock pot and add 1 tablespoon of olive oil. Add the rotini and cook *al dente*. Drain the water and rinse the rotini with cold water. Drain again and let it cool.

Slice the tomatoes and cheese. Peel and slice the avocado, adding drops of lemon juice to avoid oxidation (turning black).

To make the dressing, whisk the oil, vinegar, and mustard. Season with salt.

Alternate slices of tomato, cheese, and avocado around the outside of a platter.

Drizzle half of the dressing over the pasta and add the chopped basil. Season with salt and pepper.

Arrange the pasta in the center of the platter and drizzle on the rest of the dressing. Sprinkle with the toasted almonds, decorate with basil leaves and serve immediately.

Makes 4 servings



Costa Rica

## Salad with Farfalle, Vegetables and Goat Cheese

450 grams (1 pound) farfalle  
340 grams (¾ pound) red and yellow peppers  
225 grams (½ pound) zucchini  
3–4 fresh thyme springs  
½ bunch fresh basil  
57 grams (¼ cup) goat cheese  
115 grams (½ cup) pitted green olives  
6 tablespoons extra virgin olive oil  
Salt and pepper



France

Cook the farfalle until *al dente*. Meanwhile, trim and dice the zucchini, then sauté with 2 tablespoons of the olive oil for several minutes, seasoning with salt and pepper. Set aside.

Cube the goat cheese and set aside. Wash and chop the herbs and set aside. Wash the peppers, cut in two and discard seeds and white filaments. Grill the peppers, cut them into cubes and set aside.

When the pasta is cooked, rinse in cool water and drain. Put the pasta in a salad bowl, tossing with 2 tablespoons of olive oil. Add the zucchini, peppers, aromatic herbs, goat cheese, olives and the remaining oil. Mix and serve.

Makes 4 servings

## German Style Spätzle

1 onion, chopped  
4 tablespoons olive or canola oil  
1 leek, cleaned and cut into small pieces  
250 grams (½ pound) carrots, diced  
250 grams (½ pound) mushrooms  
1/8 liter (½ cup) broth or stock  
1/4 liter (1 cup) cream  
250 grams (½ pound) Spätzle  
600 grams (1½ pounds) ground beef, chicken, or turkey  
1 clove garlic  
1 bunch parsley  
2 eggs  
3 tablespoon bread crumbs  
Salt and Pepper



Germany

Cook the onion in 1 tablespoon of the oil in a large pot until it is soft. Turn off heat and set aside. Meanwhile, blanch the leeks and carrots in salted water for 3 and 4 minutes, respectively, and then rinse in cold water and dry. Wash and cut the mushrooms in half.

Remove half of the cooked onion to a bowl, and return pan to medium heat. Add the mushrooms and braise for 5 minutes. Add the broth to the pan, scraping up the browned bits on bottom. Add the cream and cook covered, on low, for 15 minutes.

Cook the spätzle accordingly to the package instructions.

Mix the meat, reserved onion, eggs, and bread crumbs, salt and pepper and shape into 16 equal sized balls. Fry in the remaining 3 tablespoon of oil at medium heat for 10 minutes. Add the salt and pepper to the vegetable cream sauce, then mix with meatballs. Serve ladled over cooked spätzle.

Makes 4 servings

## Pasta Salad with Hot Sauce

500 grams (1 pound) vegetable fusilli  
5 tablespoons olive oil  
2–3 tablespoons finely minced parsley leaves  
1 can tuna  
5–6 baby ears of corn, cut into rings  
10 small pickled cucumbers, chopped  
1 fresh chili pepper  
2–3 teaspoons lemon juice  
Salt and pepper to taste



Iran

Boil the fusilli in salted water with 1 tablespoon olive oil added. Drain, rinse, and drain again.

Mix the pickled cucumbers and baby corn rings with the minced parsley. Add the tuna and the desired amount of chili pepper.

Toss the ingredients with the cooked fusilli, add salt, lemon juice, and olive oil.

Makes 4 servings

## Spaghetti with Tomatoes and Basil

650 grams (1½ pounds) spaghetti  
450 grams (1 pound) tomatoes (preferably San Marzano)  
2 ½ tablespoons extra-virgin olive oil  
2 tablespoons minced white onion,  
10 basil leaves  
4 tablespoons Parmigiano Reggiano  
Salt and pepper to taste



Italy

Dip the tomatoes into boiling water for about ten seconds and place in a bowl of ice water for 1 minute. Remove from the ice water, and dry. Peel them, remove the seeds and cut them in slices. In a saucepan, brown the minced onion in the olive oil, then add the tomatoes. Season with salt and pepper. Cook for about ten minutes.

Cook the pasta according to the package instructions in plenty of salted water, drain and add it to the sauce. Garnish with basil leaves and sprinkle with the grated Parmigiano Reggiano cheese before serving.

Makes 4 servings

### Sopa Seca de Fideos (Soup with Pasta)

900 grams (2 pounds) dry fideos (thin pasta)  
6 medium tomatoes, blanched and peeled  
2-3 tablespoons olive oil  
½ white onion, chopped  
2-3 cloves garlic, peeled  
½ liter (2 cups) chicken stock  
Parsley, finely chopped  
Grated aged cheese to taste  
Salt to taste  
Avocado slices (optional)



Mexico

Puree the tomatoes, garlic and onion in the blender until fairly smooth. Heat the olive oil in a large, deep skillet over low heat and add the dry fideos. Stir the fideos until they turn uniformly brown, then remove with a slotted spoon and set aside. Add the tomato mixture to the skillet with additional olive oil if necessary, and simmer over medium heat for several minutes. Add ¾ of the chicken stock and bring to a boil. Add the fideos to the tomato-stock mixture, and then bring heat back to low. Add the salt and parsley.

The dish is done when the fideos are cooked and there is no more water in the pan (you may need to add the other ¼ of stock). Stir in the queso and garnish with avocado slices, if desired.

Makes 6 servings

### Fritos de Massa e Bacalhau (Fried Cod and Pasta)

225 grams (½ pound) pasta, cooked *al dente*  
225 grams (½ pound) cod  
Pinch salt and pepper  
1 tablespoon diced parsley  
1 diced onion  
7 tablespoons butter, melted  
Bread crumbs  
1 tablespoon olive oil, to sauté



Portugal

Boil the cod for 10 minutes and pull apart into pieces. Put the cod pieces into a bowl and mix them with the melted butter. Knead the mixture and add the cooked pasta, little by little.

Add the parsley and onion. Knead everything one more time, season with pepper, and a little salt if needed. With this mixture, form small balls then flatten them.

Coat them with the bread crumbs, and then sauté them in very hot olive oil until browned. When finished cooking, lay them on paper towels to absorb the excess oil.

Makes 4 servings

### Linguine with Cocoa Powder

500 grams (1 pound) egg linguine  
250 grams (8 ounces) cottage cheese  
75 grams (⅓ cup) butter  
50 grams (¼ cup) grated Parmesan cheese or Gruyère cheese  
1 spoonful sweet cocoa powder  
Salt, pepper and cinnamon to taste



Spain

Cook the pasta in a large pot of boiling salted water. Meanwhile, mix the cottage cheese with the grated Parmesan cheese and keep it warm in a double boiler.

Once the pasta is cooked al dente, drain quickly, place on a large serving dish and add some butter. Place the cottage cheese on top of the pasta, sprinkle with the cocoa powder and a pinch of cinnamon and pepper.

Makes 4 servings

### Pasta with Eggplant and Zucchini

500 grams (1 pound) small cut pasta  
2 tablespoons olive oil  
1 clove of garlic  
1 fresh green onion  
1 small eggplant, cubed  
2 zucchini, cubed  
3 tablespoons vinegar  
200 grams (8 ounces) chard or spinach  
60 grams (2 ounces) feta cheese  
½ bunch fresh dill, chopped  
Black pepper and salt



Turkey

Put the oil in a hot pan. Add the onion and garlic and saute for four minutes.

Add the cubed eggplant and zucchini, vinegar, salt and pepper. Cook for 15 minutes.

Boil the pasta with salt in plenty of water and drain.

Boil the chard or spinach leaves for 2-3 minutes, drain and then cut into long strips.

Mix greens with cooked vegetables, and add the dill.

Put the pasta on a serving dish. Add the mixed vegetables. Top with feta cheese and serve.

Makes 4 servings

## Pasta with Parmigiano Reggiano

450 grams (1 pound) linguine or tagliatelle  
230 grams (1 cup) of grated, fresh Parmesan cheese  
3–4 tablespoons butter or extra-virgin olive oil  
Nutmeg, to taste  
Salt and pepper to taste



Uruguay

Add the pasta to salted boiling water and cook until *al dente*. Drain but reserve one cup of the pasta water.

Return the empty pasta pot to the stove and add butter. When the butter is melted, add half of the pasta water and let it reduce for a couple of minutes. Add the drained pasta to the pot with the butter and toss. Add some of the reserved pasta water if you need a little more moisture. Add the grated Parmesan and toss well. Sprinkle nutmeg, salt and pepper to taste and toss again.

Serve the pasta in individual bowls.

*Variation with Sage*—follow the recipe above, adding this step:

*While the butter is melting, add a cup of loosely packed, chopped fresh sage leaves and saute until the sage shrivels. Proceed as above.*

## Primavera Pasta Salad

225 grams (½ pound) penne (or your favorite pasta shape)\*  
1 small red bell pepper, cut into strips  
1 small green bell pepper, cut into strips  
1 (6 oz.) can black olives, pitted and drained  
1 (8 oz.) jar marinated artichoke hearts, undrained  
230 grams (1 cup) broccoli florets, blanched  
3 cloves garlic, minced  
1 teaspoon oregano  
50 grams (¼ cup) balsamic vinegar  
100 grams (½ cup) shredded Parmesan or Asiago cheese

Cook the pasta according to the package instructions. Drain and rinse under cold water.

Place the pasta in a large mixing bowl. Add all the remaining ingredients; toss well. Serve at room temperature or refrigerate for 2 to 3 hours and serve.

Makes 6 servings.

*\*Whole-grain, multi-grain or whole-wheat pasta varieties may be substituted.*



United States

## Spaghetti with Tomatoes and Tuna

500 grams (1pound) spaghetti  
4 ripe tomatoes, skinned and diced  
2 tablespoons olive oil  
1 can tuna fish  
1 onion, chopped  
1 clove garlic, chopped  
Salt and pepper to taste  
Hot pepper flakes or hot sauce (optional)

Sauté the onion and garlic in olive oil until the garlic is golden. Add the tuna in bits and then the tomatoes, also in small amounts. Cook for 10 minutes to warm up. Add the salt and pepper.

Cook the spaghetti *al dente*. Serve with the sauce, adding hot pepper flakes or hot sauce if desired.

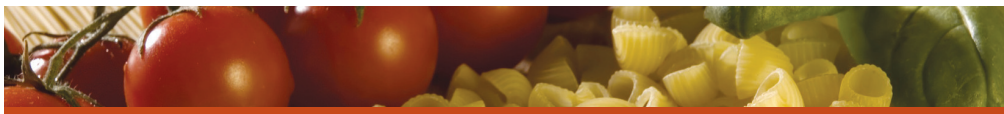
Makes 5 servings.



Venezuela

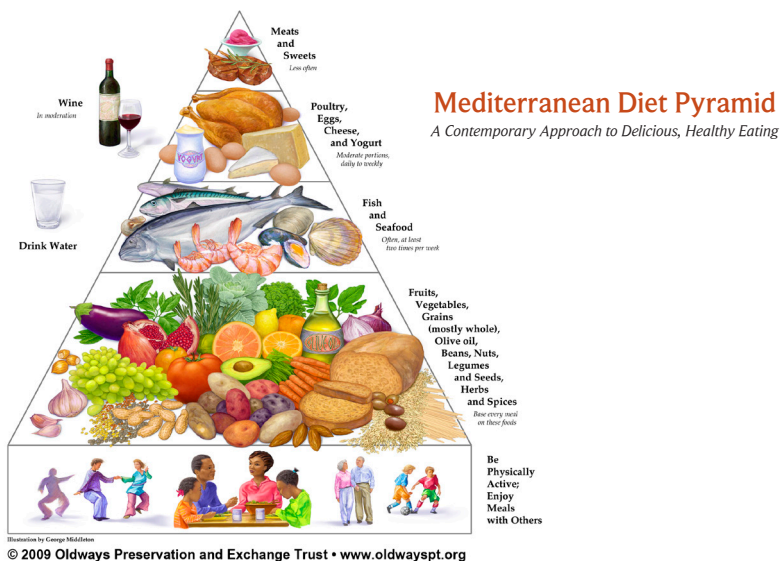
*“Life is a combination  
of magic and pasta.”  
Federico Fellini*





## TRADITIONAL HEALTHY DIET PYRAMIDS

Traditional diets like the Mediterranean Diet are recognized by scientists and governments around the world as among the healthiest in the world—the “gold-standard” of healthy eating. The Mediterranean and Latin American pyramids are examples of overall healthy eating patterns, and are easily adapted by people in cultures around the world.



### La Pirámide de La Dieta Latinoamericana

*Una Propuesta Contemporánea a una Sana y Tradicional Dieta Latina*

### Latin American Diet Pyramid

*A Contemporary Approach to the Healthy and Traditional Latino Diet*



World Pasta Day – October 25th



*Add this delicious holiday to your calendar!*

*WORLD PASTA DAY – PAST, PRESENT AND FUTURE!*

At the World Congress on Pasta, held in Rome on the 25th day of October in 1995, pasta makers from around the world enthusiastically agreed that pasta—a healthy, delicious, popular, familiar and convenient food—deserved annual worldwide recognition.

Every year since, in countries around the globe, World Pasta Day has been celebrated on October 25th. This celebration of World Pasta Day draws increasing attention to the merits and benefits of pasta—its great taste, its healthfulness and its simple convenience—for people everywhere.

Join families, chefs and restaurants around the world every year on October 25th and celebrate World Pasta Day by trying a new recipe or two, or an old family-favorite, with your friends and family. And don't forget that the magical merits of pasta—taste, health and convenience—are worthy of celebration all year long!

*For more information on World Pasta Day, on pasta and pasta meals:*

[www.internationalpasta.org](http://www.internationalpasta.org)

[www.oldwayspt.org](http://www.oldwayspt.org)



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International Pasta Organisation



# International Pasta Organization

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