

# PASTA RECIPE DEMO

**Problem: “How Can I Get More Veggies in My Diet?”**

**Recipe Solution: Grilled Vegetable Rigatoni with Feta**

**Serves 6**

## INGREDIENTS

- 4 oz. rigatoni
- 1 Tbsp. /½ oz. vegetable oil
- 1 each/8 oz. baby eggplant, ¼” slices
- ½ each medium/8 oz. zucchini, ¼” slices
- 2 ears corn, husked
- 3 cups/12 oz. medium diced tomato
- 2 oz. crumbled feta
- 2 Tbsp./1 oz. balsamic vinaigrette
- 2 Tbsp. parsley



## DIRECTIONS

1. Bring a large pot of salted water to a boil. Cook the rigatoni according to package directions. Drain and reserve.
2. Heat a grill pan or outdoor grill over medium-high heat. Brush the vegetable oil on both sides of the eggplant and zucchini and all over the corn. Sprinkle with salt and pepper.
3. Grill the corn first (approximately ten minutes), turning until all sides have grill marks.
4. Next grill the eggplant and zucchini on both sides until vegetables are softened and have nice grill marks (about 2 minutes per side).
5. Roughly chop the eggplant and zucchini. Remove corn kernels from the cob. Place in a large bowl.
6. Add the tomato, feta, rigatoni, vinaigrette and parsley. Toss to combine. Taste and adjust seasoning.

## NUTRITIONAL INFORMATION

Per serving: 170 calories, 5g fat (2g saturated, 0g trans), 6g protein, 4g fiber, 6g sugars, 116mg sodium, 26g carbohydrates, 8mg cholesterol



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## TALKING POINTS FOR GRILLED VEGETABLE RIGATONI WITH FETA

- Pasta meals are central to the Mediterranean Diet, which is characterized by abundant variety of plant foods such as fruits and vegetables, breads and pasta.
- Fresh veggies are one of pasta's best friends and an integral part of the Mediterranean Diet. Grilled vegetables are at their best in this rigatoni recipe! Quick and easy, enjoy the delicious flavors of this healthy dish.
- This dish is convenient to prepare, satisfying and nutritious. An easy way to add more vegetables to your diet.
- This recipe is so versatile, you can substitute any vegetable you have available for the zucchini and the eggplant and this dish will still taste great!
- The *New England Journal of Medicine* reported that the Mediterranean Diet reduces the risk of death from heart disease and cancer and several studies report the greater your adherence to a Mediterranean diet and lifestyle, the longer your life expectancy.

## EQUIPMENT LIST FOR GRILLED VEGETABLES RIGATONI WITH FETA

### Food

Depending on time available, you can have the ingredients pre-measured or measure them during the demo. For purposes of the demo and if time restrictions apply, you may choose to have the pasta cooked in advance.

4 oz. rigatoni  
1 Tbsp./½ oz. vegetable oil  
1 each/8 oz. baby eggplant, ¼-inch sliced  
½ each medium/8 oz. zucchini, ¼-inch sliced  
2 ears corn  
3 cups/12 oz. medium diced tomato  
2 oz. crumbled feta  
2 Tbsp./1 oz. balsamic vinaigrette  
2 Tbsp. parsley  
Salt  
Pepper

### For sampling

Small plates  
Forks  
Napkins

### Utensils

Pot and lid for boiling pasta  
Potholder  
Colander for straining pasta  
Portable hotplate or stove for cooking pasta  
Measuring spoons and cups  
Small mise-en-place bowls for measured ingredients  
Large bowl to mix ingredients  
Rubber or wooden spoon to combine ingredients  
Knife and cutting board (for cutting vegetables if necessary)  
Serving spoon for plating  
Hand towels  
Apron  
Grill pan  
Brush for oil

