

A photograph of an elderly man with a weathered face, wearing a straw hat with a blue band and a light-colored shirt with thin blue and yellow vertical stripes. A black strap is slung over his shoulder. He is looking directly at the camera. To his left, the head of a brown horse with a white blaze on its face is visible. The background is a soft-focus green field.

## ITALIAN INSPIRED RECIPES

**MADE WITH LOW  
PROTEIN PASTA**



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## ITALIAN INSPIRED RECIPES

Welcome to our low protein Italian recipe book. It features a collection of Italian-inspired recipes that are quick, easy and delizioso!

The protein content indicated in the recipes in this book are provided as a guide only. Nutrient analysis was performed using standard U.S. measuring cups (237 mL). Use of Canadian measuring cups (250 mL) for preparation may underestimate the total protein by up to 0.5 g and the amino acids by up to 25 mg per recipe. Please check the protein content on individual ingredients and food labels. Always consult your healthcare professional before making any changes to your low protein diet.

Buon appetito!

**The Nutricia Metabolic Team**

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## APPETIZERS





## Fettunta

### Garlic Bread

Serves : 1

This is a traditional dish in Tuscany and similar to garlic bread. It was originally associated with the month of November as the locals celebrated the harvest of olives.

#### INGREDIENTS:

2 slices of low protein bread  
1 garlic clove, halved  
1 tbsp extra virgin olive oil  
Pinch of coarse sea salt

#### METHOD:

1. Toast the slices of low protein bread.
2. Once toasted rub it generously with the garlic clove.
3. Drizzle each slice with extra virgin olive oil.
4. Sprinkle with coarse sea salt.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	0.4 g
Leucine	23 mg
Phenylalanine	14 mg
Tyrosine	8 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

# Caponata

## Eggplant Relish

Serves : 8

This is a famous dish in Sicily and goes really well on an antipasti menu. Serve at room temperate with some toasted Fettunta (see page 3). This freezes well for up to 3 months.

### INGREDIENTS:

- 1 tbsp olive oil
- 1 small eggplant, cut in  $\frac{3}{4}$ " (2 cm) cubes
- Salt and pepper
- 1 sweet onion, chopped
- 2 celery stalks, finely sliced
- 1 cup tomato sauce
- 3 tbsp capers
- 1  $\frac{1}{2}$  tbsp white wine vinegar
- 1 tbsp sugar
- $\frac{1}{2}$  cup green olives

### METHOD:

1. Place the eggplant cubes in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Heat some olive oil in a large frying pan. Fry the eggplant until it is soft and golden in colour.
3. Heat some olive oil in a pan, sauté the onion and celery on a low heat for 5 minutes.
4. Add the tomato sauce, capers, vinegar and sugar and simmer for 5 minutes.
5. Add the eggplant and olives and cook for another 10 minutes.

6. Season with salt and pepper.
7. Allow to cool and refrigerate for 24 hours before serving.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	13 g
Leucine	603 mg
Phenylalanine	485 mg
Tyrosine	263 mg

#### Per Serving:

Protein	1.6 g
Leucine	75 mg
Phenylalanine	61 mg
Tyrosine	33 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



## Peperoni Marinati

### Marinated Peppers

Serves: 4

These marinated peppers are a perfect addition to an antipasti platter. These are known as peperonata and originate in the south of Italy. This will keep refrigerated for about 1 week. It is delicious in salads and sandwiches.

#### INGREDIENTS:

¼ cup extra virgin olive oil  
1 onion, thinly sliced  
½ green pepper, thinly sliced  
1 yellow pepper, thinly sliced  
½ red pepper, thinly sliced  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp balsamic vinegar  
Salt and pepper

#### METHOD:

1. Heat the oil in a large frying pan. Add the onions, peppers and rosemary and sauté on a low heat for 10 minutes, until the vegetables are very tender.
2. Remove from the heat and stir in the balsamic vinegar.
3. Season with salt and pepper.
4. Serve hot or cold.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	6.7 g
Leucine	267 mg
Phenylalanine	307 mg
Tyrosine	104 mg

##### Per Serving:

Protein	1.7 g
Leucine	67 mg
Phenylalanine	77 mg
Tyrosine	26 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

## Olive Marinati

### Marinated Olives

Serves: 1

Olives are really popular all over Italy. The leftover marinades can be used as a salad dressing.

#### INGREDIENTS:

##### COMBINATION 1

Handful of black olives  
Zest of ½ lemon  
1 small sprig (or 1 tsp) of rosemary, chopped  
1 tbsp extra virgin olive oil

##### COMBINATION 2

Handful of green olives  
1 tbsp fresh parsley, chopped  
1 garlic clove, finely chopped  
1 tsp lemon juice  
1 tbsp extra virgin olive oil

#### METHOD:

1. Choose your combination and combine all of the ingredients.
2. Refrigerate for at least 12 hours for the flavors to develop.
3. Serve at room temperature.

#### NUTRITION INFORMATION:

##### Per Recipe: (Combo 1)

Protein	0.9 g
Leucine	50 mg
Phenylalanine	30 mg
Tyrosine	21 mg

##### Per Recipe: (Combo 2)

Protein	1.3 g
Leucine	71 mg
Phenylalanine	38 mg
Tyrosine	26 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.



*Marinated Olives and Peppers with Caponata*

## Funghi Portobello alla Giglia con Limone e Olio Roemarino

### Grilled Portobello Mushrooms with Lemon and Rosemary Oil

Serves: 2

Mushrooms are popular all over Italy. You could experiment with different fillings such as chili, parsley and roasted red peppers. They are also delicious served with a sage butter sauce (see page 42).

#### INGREDIENTS:

2 medium portobello mushrooms, stems removed  
 ¼ cup of low protein breadcrumbs  
 1 garlic clove, diced  
 Zest of ½ lemon  
 1 tbsp olive oil  
 1 tsp chopped parsley  
 Salt and pepper

#### For the lemon and rosemary oil:

Zest of ½ lemon  
 1 tbsp lemon juice  
 2 tbsp extra virgin olive oil  
 1 small sprig (or 1 tsp) of rosemary, finely chopped  
 Salt and pepper

#### METHOD:

1. Preheat the grill to a moderate temperature.
2. Brush the mushrooms on both sides with a little olive oil and season with salt and pepper.

3. Place the low protein breadcrumbs, garlic, lemon zest and parsley in a bowl with a little salt and pepper. Add in the remaining olive oil and spoon the mixture into the mushrooms.
4. Grill the mushrooms for 6–7 minutes, or until just cooked through.
5. Meanwhile, make the lemon and rosemary oil by mixing all of the ingredients together.
6. Drizzle each mushroom with the lemon dressing and serve with a green salad.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	4.5 g
Leucine	287 mg
Phenylalanine	173 mg
Tyrosine	49 mg

##### Per Serving:

Protein	2.3 g
Leucine	144 mg
Phenylalanine	87 mg
Tyrosine	25 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.





## Panzanella

### Tuscan Bread Salad

Serves: 4

This is extremely popular all over Italy but mainly in Tuscany. It uses delicious summer vegetables and leftover bread. It's such a fresh salad and so full of flavor. It's important that the salad isn't mixed too far in advance or the bread will go soggy.

#### INGREDIENTS:

¾ cup stale low protein bread, cubed  
1 cup cherry tomatoes, diced  
1 garlic clove, minced  
1 celery stalk, sliced thinly on the diagonal  
½ red pepper, diced  
½ cucumber, diced  
1 tsp capers, chopped  
2 tbsp basil, chopped

#### For the red wine vinaigrette:

2 tbsp red wine vinegar  
½ tsp Dijon mustard  
½ shallot, minced  
¼ cup extra virgin olive oil  
Salt and pepper  
1 tsp sugar

#### METHOD:

1. To make the vinaigrette, combine all of the ingredients in the "For the red wine vinaigrette" section.
2. To prepare the salad, combine everything in a large bowl. Add the vinaigrette and toss.
3. Serve immediately.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	4 g
Leucine	170 mg
Phenylalanine	141 mg
Tyrosine	69 mg

##### Per Serving:

Protein	1 g
Leucine	43 mg
Phenylalanine	35 mg
Tyrosine	17 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

## Fettunta al Pomodoro

### Bruschetta

Serves : 2

This dish is a Tuscan bruschetta. For this recipe, make sure your tomatoes are perfectly ripe, red and sweet.

#### INGREDIENTS:

- 2 slices of low protein bread
- 1 garlic clove, halved
- 1 tbsp extra virgin olive oil
- 2 ripe tomatoes, deseeded and chopped
- 3 sundried tomatoes, chopped
- ¼ red onion, finely sliced
- 5 fresh basil leaves
- Coarse sea salt and pepper

#### METHOD:

1. Toast the bread and rub it with the garlic clove.
2. Drizzle each slice with extra virgin olive oil.
3. Sprinkle with coarse sea salt.
4. Mix the chopped tomatoes, sun-dried tomatoes and red onion together in a bowl.
5. Spoon the mixture onto the garlic toasted bread.
6. Drizzle with more olive oil, sprinkle with pepper and scatter with the basil leaves.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	2.6 g
Leucine	94 mg
Phenylalanine	80 mg
Tyrosine	45 mg

##### Per Serving:

Protein	1.3 g
Leucine	47 mg
Phenylalanine	40 mg
Tyrosine	23 mg

*Allergens may be present; please check individual product and ingredient labels.  
If concerned about allergens please contact your healthcare professional.*



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MAINS



## Melanzane alla Parmigiana

### Eggplant Parmesan

Serves: 3

This is probably the most famous dish to originate from Naples.

#### INGREDIENTS :

1 medium eggplant, sliced  
¾" (2 cm) thick Salt and pepper  
Extra virgin olive oil  
1 cup of tomato sauce  
1 bunch of fresh basil  
⅓ cup low protein cheese

#### METHOD:

1. Preheat the oven to 350 °F (180 °C).
2. Place the eggplant slices in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
3. Heat the oil in a frying pan and fry the eggplant in batches over medium heat for a few minutes. Season with salt and pepper.
4. Spread half of the tomato sauce over the bottom of a small baking dish. Cover with a layer of eggplant and a layer of basil leaves.
5. Continue with another layer of eggplant, ending with the remaining tomato sauce.

6. Sprinkle the low protein cheese on top and bake for 20–25 minutes.
7. Finish with a drizzle of extra virgin olive oil and lots of fresh basil.
8. Serve with a green salad and some fettunta (see page 3).

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	9.3 g
Leucine	501 mg
Phenylalanine	382 mg
Tyrosine	230 mg

##### Per Serving:

Protein	3.1 g
Leucine	167 mg
Phenylalanine	127 mg
Tyrosine	77 mg

# Pasta e Fagioli

## Italian Vegetable Soup

Serves: 4

Tuscany is famous for its variety of soups. This soup tastes better the next day. Rice-shaped pasta can resemble orzo pasta which is commonly served in Italian soups. Remove the beans if the listed protein is too high.

### INGREDIENTS:

1 tbsp olive oil  
1 red onion, chopped  
2 garlic cloves, crushed  
1 carrot, cubed  
2 sticks of celery, finely sliced  
1 tbsp tomato purée  
1 bay leaf and 4 sprigs of thyme  
1 zucchini, cubed  
¼ cup white beans\*, drained  
¾ cup chopped tomatoes 2 ½ cups  
vegetable stock  
50 g low-protein rice-shaped pasta<sup>§</sup>  
Small bunch of basil  
Salt and pepper

### METHOD:

1. Heat the oil in a large saucepan. Add the onion, carrots and celery and gently cook for 20 minutes, or until soft. Add a little water if they stick.
2. Add the garlic, tomato purée, herbs and zucchini and cook for 4–5 minutes on a medium heat until they brown a little.

3. Pour in the chopped tomatoes and vegetable stock and simmer for 20 minutes.
4. Meanwhile, cook the rice according to the package instructions. Once cooked, add the rice and beans and simmer.
5. Season with salt and pepper.
6. Sprinkle with basil and drizzle with some extra virgin olive oil.
7. This soup will freeze well for up to 6 months.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	14 g
Leucine	766 mg
Phenylalanine	512 mg
Tyrosine	286 mg

#### Per Serving:

Protein	3.5 g
Leucine	192 mg
Phenylalanine	128 mg
Tyrosine	72 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

\*Check the protein content on the food label.

§For this recipe, rice-shaped pasta is estimated to contain 0.4 g protein, 29 mg leucine, 14 mg phenylalanine, and 7 mg tyrosine per 100 grams (uncooked).





## Cannelloni Zucchini e Funghi

### Zucchini and Mushroom Cannelloni

Serves: 3 (2 rolls per serving)

This is a classic Italian dish. The nutmeg gives a gorgeous flavor.

#### INGREDIENTS:

- 1 tbsp extra virgin olive oil
- 1 large onion, chopped
- 2 medium zucchini, chopped
- 1 cup mushrooms, chopped
- $\frac{1}{3}$  cup low protein cheese
- 1 tsp freshly grated nutmeg Salt and pepper
- 6 low-protein lasagne sheets<sup>§</sup>
- 1 cup tomato sauce
- Fresh basil Leaves
- 1 tbsp balsamic vinegar

#### METHOD:

1. Preheat the oven to 350°F (180°C).
2. In a large frying pan, fry the onion in the olive oil until softened.
3. Add the zucchini and mushrooms and cook until soft.
4. Mix in the low protein cheese and season the mix with grated nutmeg, salt and pepper.
5. Cook the low-protein lasagne sheets as per packet instructions.

6. Divide the zucchini and mushroom filling between the 6 lasagne sheets and fold into 6 rolls.
7. Place the lasagne rolls in a small baking dish.
8. Cover the rolls with your tomato sauce and drizzle with some extra virgin olive oil.
9. Bake in the oven for 30 minutes. If the top starts to go brown you can cover the dish with tin foil.
10. Serve with some fresh basil leaves and a drizzle of balsamic vinegar.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	13.5 g
Leucine	640 mg
Phenylalanine	463 mg
Tyrosine	296 mg

##### Per Serving:

Protein	4.5 g
Leucine	213 mg
Phenylalanine	154 mg
Tyrosine	99 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>§</sup>For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).

# Spaghetti alla Puttanesca

Serves: 2

This recipe originates from Naples. It's fiery, spicy, salty and absolutely delicious.

## INGREDIENTS:

1 tbsp extra virgin olive oil  
1 garlic clove, minced  
8.5 oz (240 g) canned crushed tomatoes  
Salt and pepper  
½ tsp of crushed chili flakes  
1 tbsp chopped parsley  
1 tsp dried oregano  
200 g low-protein spaghetti<sup>§</sup>  
1 tbsp capers, chopped  
4 black olives, pitted and sliced

## METHOD:

1. Heat a little oil in a frying pan. Sauté the garlic until it is just starting to brown.
2. Add the tomatoes, salt, pepper, chili flakes and cook the mixture over medium heat for 3–4 minutes until the tomato liquid is slightly reduced.
3. Lower the heat, add the parsley and oregano and simmer the sauce gently for 20 minutes.
4. Cook the spaghetti as per packet instructions.

5. Add the capers and olives to the pan.
6. Toss the cooked spaghetti into the sauce. If the sauce appears dry, add a splash of water from the pasta pot

## NUTRITION INFORMATION:

### Per Recipe:

Protein	6.2 g
Leucine	257 mg
Phenylalanine	168 mg
Tyrosine	95 mg

### Per Serving:

Protein	3.1 g
Leucine	129 mg
Phenylalanine	84 mg
Tyrosine	48 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>§</sup>For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).



## Tagliatelle con Polpette di Melanzane

### Tagliatelle with Eggplant Balls

Serves: 2

These eggplant balls are light, full of flavor and absolutely addictive.

#### INGREDIENTS:

- 1 large eggplant
- 1 tbsp extra virgin olive oil
- 1 cup low protein breadcrumbs
- 2 large garlic cloves, finely chopped
- 1 tsp chopped mint
- 1 tsp dried oregano leaves
- 1 tbsp of egg replacer
- Pinch of freshly grated nutmeg
- 1 cup tomato sauce
- Salt and pepper
- 150 g low-protein tagliatelle<sup>s</sup>

#### METHOD:

1. Preheat the oven to 350°F (180°C).
2. Cut the eggplant in half, rub with olive oil and sprinkle with salt and pepper. Place on a baking tray and roast for about 30 minutes. Allow to cool slightly before scooping out the flesh. Discard the eggplant peel.
3. Mash the garlic with the eggplant flesh.
4. Combine the breadcrumbs with the mint, oregano, egg replacer and nutmeg and add to the eggplant flesh. Salt and pepper to taste.
5. Mold the mixture into 10 even sized balls.
6. Heat 1 tbsp of olive oil in a frying pan. Fry the balls until turning to brown on all sides.

7. Once cooked, remove the eggplant balls from the pan and add tomato sauce to heat.
8. Cook the tagliatelle as per packet instructions.
9. Dish on each plate ½ of the pasta and ½ of the tomato sauce with 2 eggplant balls. Drizzle with olive oil and fresh basil. Eggplant balls will keep in the fridge up to 1 week and can be frozen up to 6 months.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	11.1 g
Leucine	660 mg
Phenylalanine	462 mg
Tyrosine	270 mg

##### Per Serving:

Protein	5.6 g
Leucine	330 mg
Phenylalanine	231 mg
Tyrosine	135 mg

#### IDEAS FOR LEFTOVER EGGPLANT BALLS:

- Pack for lunch and plate with a nice green salad
- Mid-day snack option throughout the week
- Freeze to use for meal on another date

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>s</sup>For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).



# Spaghetti Aglio e Olio

## Spaghetti with Garlic and Oil

Serves: 2

Essentially this recipe is pasta in garlic oil, but cooked correctly, this dish results in something really special: a perfectly scented, garlic and chili-infused extra virgin oil wrapped around al dente pasta.

### INGREDIENTS:

150 g low-protein spaghetti<sup>§</sup>  
 6 garlic cloves, sliced thinly  
 ½ tsp dried red chili flakes  
 2 tbsp fresh parsley, finely chopped  
 3 tbsp extra virgin olive oil  
 Sea salt and black pepper

### METHOD:

1. Cook the spaghetti as per packet instructions. While the spaghetti is cooking, place a large frying pan over a medium-high heat and add the olive oil.
2. Fry the garlic until slightly golden. Add in the red chili flakes and fry for a further minute. Before draining the pasta, reserve 1 cup of the cooking water to make the sauce.
3. Add the oil with garlic and chili flakes, 3 fl oz (90 mL) of reserved cooking water and chopped parsley to the cooked pasta and toss until the pasta is evenly coated. Season with salt and pepper.
4. Serve immediately.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	2.2 g
Leucine	117 mg
Phenylalanine	64 mg
Tyrosine	27 mg

#### Per Serving:

Protein	1.1 g
Leucine	58,5 mg
Phenylalanine	32 mg
Tyrosine	14 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

<sup>§</sup>For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).



## Penne a la Norma

Serves: 2

This dish is named after the famous opera, Norma, composed by Bellini from Catania in Sicily.

### INGREDIENTS:

1 eggplant, finely sliced and quartered  
 1 ½ tbsp salt  
 4 tbsp extra virgin olive oil  
 1 cup tomato sauce  
 150 g low-protein penne pasta<sup>s</sup>  
 ⅓ cup low protein cheese  
 Salt and pepper  
 5 fresh basil leaves

### METHOD:

1. Place the eggplant quarters in a colander, sprinkle with salt and allow to rest for 30 minutes. Rinse and pat dry.
2. Fry the eggplant in the olive oil in 2 batches until soft and golden. Set aside and keep warm.
3. Pour the tomato sauce in a saucepan and heat through.
4. Meanwhile, cook the penne as per packet instructions, drain and reserve some of the cooking water.
5. Add the pasta into the heated tomato sauce. If the pasta is a little sticky, loosen it with the reserved cooking water.

6. Transfer to a serving platter, spoon over any remaining sauce and place the eggplant on top.
7. Shred the basil on top and sprinkle with the low protein cheese.
8. Season with salt and pepper
9. Drizzle with some extra virgin olive oil.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	10 g
Leucine	539 mg
Phenylalanine	397 mg
Tyrosine	232 mg

#### Per Serving:

Protein	5 g
Leucine	270 mg
Phenylalanine	199 mg
Tyrosine	116 mg

*Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.*

<sup>s</sup>For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).

## Fusilli agli Asparagi

### Fusilli with Asparagus

Serves: 2

Historically, Sicilians would sprinkle dried breadcrumbs over pasta dishes instead of parmesan cheese to save money. The crunchy herb topping beautifully contrasts this dish.

#### INGRÉDIENTS :

1 tbsp olive oil  
1 garlic clove, chopped  
1 onion, chopped  
⅓ cup white wine†  
1 cup asparagus, chopped  
2 tbsp butter  
1 cup vegetable stock  
2 tbsp of fresh rosemary, finely chopped  
Salt and pepper  
150 g low-protein fusilli<sup>§</sup>

#### Breadcrumb topping

½ cup low protein breadcrumbs  
1 garlic clove, finely chopped  
½ tbsp olive oil  
Zest of 1 lemon  
1 tbsp rosemary, chopped

#### METHOD :

1. Heat the olive oil in a frying pan and sauté the garlic and onion until soft.
2. Add the white wine† and allow to simmer for 2 minutes.
3. Add the chopped asparagus and fresh rosemary. Season with salt and pepper.

4. Add the vegetable stock and butter, and allow to come to a gentle simmer for 10 minutes.
5. Cook the fusilli as per packet instructions.
6. While the pasta is cooking, make the breadcrumb topping by frying the breadcrumbs, garlic, rosemary and lemon zest in the olive oil for 3 minutes.
7. Add the cooked fusilli into the asparagus sauce and finish by sprinkling with the golden breadcrumbs.
8. Serve with a drizzle of olive oil and seasoning.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	8.3 g
Leucine	435 mg
Phenylalanine	281 mg
Tyrosine	171 mg

##### Per Serving:

Protein	4.2 g
Leucine	218 mg
Phenylalanine	141 mg
Tyrosine	86 mg

*Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.*

*†Please check with your healthcare professional before using recipes containing alcohol.*

*§For this recipe, low-protein pasta is estimated to contain 0.5 g protein, 28 mg leucine, 18 mg phenylalanine, and 5 mg tyrosine per 100 grams (uncooked).*





3

SAUCES

## Salsa di Pomodoro

### Tomato Sauce

Makes: ~3 cups

This is a core recipe in Italy. It is used in many dishes and is worth making in large batches for freezing. Its versatility means it can be used with pasta, pizza, lasagne and soup. If you have ripe red tomatoes during the summer you could use them instead of canned tomatoes.

#### INGRÉDIENTS :

¼ cup extra virgin olive oil  
3 garlic cloves, finely chopped  
1 tsp tomato puree  
28 oz (800 g) canned petite diced tomatoes  
Salt and pepper  
10 large basil leaves

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	8.1 g
Leucine	320 mg
Phenylalanine	225 mg
Tyrosine	140 mg

#### METHOD:

1. Heat the olive oil in a large pan. Add the garlic and cook for about
2. 2–3 minutes on a low heat until soft. Add the tomato puree and cook for another minute. Add the tomatoes along with their juices and season with salt and pepper.
3. Bring to a boil, reduce heat and simmer for about 30 minutes, or until the sauce has thickened.
4. At the last minute shred the basil and add to the sauce.
5. The sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

*Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.*

# Pesto

Makes: ~2 cups

This originates in Genoa. Traditionally pesto includes parmesan and pine nuts but this low protein version is bursting with a fresh herby flavor.

## INGREDIENTS:

2 garlic cloves  
Juice of ½ lemon (1-2 tbsp)  
2 cups of fresh basil leaves  
½ cup olive oil  
Salt and pepper

## METHOD:

1. To make the pesto, using a hand blender, blend<sup>‡</sup> the basil, lemon juice, olive oil and garlic together and set aside. Season with salt and pepper. If you want a thinner consistency you can add more olive oil.
2. This will keep in the fridge for up to 1 week.

## NUTRITION INFORMATION:

### Per Recipe:

Protein	2 g
Leucine	113 mg
Phenylalanine	76 mg
Tyrosine	42 mg

*Allergens may be present; please check individual product and ingredient labels.  
If concerned about allergens please contact your healthcare professional.*

*<sup>‡</sup>Always follow the manufacturer's instructions for safe blending.*





Suggestion d'utilisation

## Arrabbiata

### Spicy Tomato Sauce

Makes: 1 ½ cups

This is a spicy tomato sauce. Delicious with all types of pasta.

#### INGREDIENTS:

1 ½ cups of Salsa di Pomodoro (page 36)  
 ½ tbsp red pepper chili flakes (or to taste)  
 1 tbsp lemon juice  
 Salt and pepper  
 Chopped parsley (to taste)  
 Chopped basil (to taste)

#### METHOD:

1. Add sauce, chili flakes and lemon juice to saucepan and bring to a simmer.
2. Cook for 30 minutes. Season with salt, pepper.
3. Finish by adding parsley and basil to taste.
4. This sauce will keep in the fridge for 1 week and can be frozen for up to 6 months.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	5.1 g
Leucine	218 mg
Phenylalanine	150 mg
Tyrosine	90 mg

## Burro alla Salvia e Limon

### Sage and Lemon Butter

Makes: ½ cup

A simple sauce that is delicious drizzled over pasta, soups or toast.

#### INGREDIENTS:

1 stick (8 tbsp) butter  
 1 ½ tbsp chopped sage leaves  
 1 tbsp lemon juice  
 Salt and pepper

#### METHOD:

1. Melt the butter in a large frying pan.
2. Add the sage and fry for a few seconds.
3. Quickly remove the pan from the heat and add the lemon juice and season with salt and pepper.
4. This will keep for about 1 week in the fridge.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	1 g
Leucine	95 mg
Phenylalanine	48 mg
Tyrosine	47 mg

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DESSERTS





## Pesche al Forno Ripiene

### Baked Peaches

Serves: 2

This dessert is so simple to make but looks really special. It is perfectly light and sweet. The peaches are equally delicious served hot or cold.

#### INGREDIENTS:

2 peaches  
2 low protein sugar cookies, crushed  
1 tsp sugar  
1 tbsp simple syrup  
¼ cup non-dairy whipped cream  
½ tsp vanilla seeds from a pod or ½ tsp vanilla extract

#### SIMPLE SYRUP INGREDIENTS:

1 cup sugar  
1 cup water  
1 tsp almond extract

#### METHOD:

1. Preheat the oven to 400°F (200°C). Grease a baking tray with butter.
2. Halve the peaches and remove the pits. Scoop out some of the flesh with a small spoon, dice, and place into a bowl.

3. Mix the crushed cookies, sugar and simple syrup with the peach flesh.
4. Place the peaches on the greased baking tray. Spoon the peach, cookie, sugar, and simple syrup mixture into the peaches.
5. Bake for 15–20 minutes.
6. Mix the vanilla with the whipped cream and serve with the peaches.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	3,2 g
Leucine	105 mg
Phenylalanine	72 mg
Tyrosine	54 mg

##### Per Serving:

Protein	1,6 g
Leucine	53 mg
Phenylalanine	36 mg
Tyrosine	27 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

## Affogato al Caffè

### Frozen Dessert Drowned in Coffee

Serves: 1

A true authentic Italian dessert. A perfect sweet pick-me-up after a rich meal.

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#### INGREDIENTS:

½ cup of vanilla non-dairy frozen dessert\*

1 shot of espresso

#### METHOD:

Scoop the frozen dessert into a serving bowl, pour the hot espresso over it and serve.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	0.7 g
Phenylalanine	26 mg

\*Leucine and Tyrosine content for vanilla non-dairy frozen dessert not available

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# Prugne al Vino Rosso

## Prunes Soaked in Red Wine with Orange Whipped Cream

Serves: 2

These are rich, indulgent and absolutely delicious. The orange whipped cream is the perfect creamy tangy accompaniment.

### INGREDIENTS :

¾ cup pitted prunes

½ cup boiling water

½ cup red wine†

2 tsp of honey

1 vanilla pod, cut in half lengthwise

1 tsp of ground cinnamon

Zest of ½ orange

### Orange whipped cream

3 tbsp non-dairy whipped cream

Juice and zest of ½ orange

1 tsp of confectioners' sugar (also called powdered sugar)

### METHOD:

1. Place the prunes in a bowl and cover with boiling water. Leave to sit for 5 minutes and drain.
2. Gently heat the wine, honey, cinnamon and vanilla pod seeds in a saucepan until simmering.

3. Add the prunes to the simmering wine. Cover and simmer 10 minutes. Turn off the heat and stir in the orange zest.
4. To make the orange whipped cream, mix together the whipped cream, orange juice, orange zest and confectioners' sugar.
5. Serve the prunes warm or at room temperature with some of the remaining liquid and the orange whipped cream.

### NUTRITION INFORMATION:

#### Per Recipe:

Protein	3.6 g
Leucine	122 mg
Phenylalanine	90 mg
Tyrosine	46 mg

#### Per Serving:

Protein	1.8 g
Leucine	61 mg
Phenylalanine	45 mg
Tyrosine	23 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

†Please check with your healthcare professional before using recipes containing alcohol



## Fragole al Vino Rosso

### Red Wine Soaked Strawberries

Serves: 2

This is such a delicate dish and is very popular during the summer months in Chianti, an area in Italy famous for their wine. Ripe strawberries work best for this recipe.

#### INGRÉDIENTS :

16 oz (454 g) of strawberries  
⅓ cup of red wine†  
1 tbsp of granulated sugar  
Zest of ½ lemon  
Seeds from ½ vanilla pod  
¼ cup non-dairy whipped cream

#### METHOD:

1. Mix the wine, sugar, lemon zest and vanilla seeds together in a bowl.
2. Add in strawberries and chill in the fridge for up to 1 hour.
3. Serve berries at room temperature in small bowls with some of their juices and a dollop of whipped cream.

#### NUTRITION INFORMATION:

##### Per Recipe:

Protein	3.7 g
Leucine	179 mg
Phenylalanine	103 mg
Tyrosine	114 mg

##### Per Serving:

Protein	1.9 g
Leucine	90 mg
Phenylalanine	52 mg
Tyrosine	57 mg

Allergens may be present; please check individual product and ingredient labels. If concerned about allergens please contact your healthcare professional.

†Please check with your healthcare professional before using recipes containing alcohol





For more information contact your dietitian, visit **NutriciaMetabolics.com** or call

**USA:** 1-800-365-7354

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Food photography by Roisin Gallagher

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