

# Carbonara Frittata, Gluten Free

<b>Yield:</b>	8	oz.
<b>Serving # &amp; Size:</b>	2	(4 oz.) Servings
<b>Meal Part:</b>	Starter	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Starters-Egg	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 10 min.
<b>Cost:</b>	Cheap	<b>Difficulty</b> Easy



**Description:** A spin on a classic Italian favorite featuring *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Eggs, liquid	6 fl. oz.	g	3/4 cup
Peas, frozen	3/4 oz.	g	2 Tbsp.
Bacon, low sodium, cooked, diced	1/4 oz.	g	1 Tbsp.
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b> , hot	3 fl. oz.	g	1/3 cup
Parsley, fresh, chopped		g	1 tsp.

## Procedure

1.	Combine the eggs, peas and bacon.
2.	Cook egg mixture in a sauté pan over medium heat, stirring constantly, until the bottom starts to form. Transfer to a 350°F oven, and cook until done.
3.	Plate the frittata. Top with the hot Alfredo Sauce and chopped parsley.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



# Shrimp and Kale Penne Alfredo

<b>Yield:</b>	2	cups
<b>Serving # &amp; Size:</b>	1	(13.5 oz.) Servings
<b>Meal Part:</b>	Dinner	
<b>Cuisine:</b>	International	
<b>Category:</b>	Culinary Prepared	Hot
<b>Channel:</b>	FSR	
<b>Classification:</b>	Main Course-Pasta	
<b>Prep Time:</b>	2 min.	<b>Cook Time:</b> 6 min.
<b>Cost:</b>	Medium	<b>Difficulty</b> Easy



**Description:** Gluten free pasta is tossed with satisfying shrimp and healthful kale for a dish even gluten lovers would go for.

Ingredients	Weight	Metric	Measure
Olive oil		4 g	1 tsp.
Shrimp, peeled, deveined	2 oz.	57 g	5 each
Bell peppers, red, julienne	1 oz.	28 g	
Kale, Tuscan, chopped	1.5 oz.	42 g	1 cup
<b>Stouffer's® ALFREDO SAUCE</b> , thawed	4 fl. oz.	113 g	1/2 cup
Penne pasta, gluten free, cooked	5 oz.	142 g	1-1/4 cups

## Procedure

1.	Heat olive oil in a sauté pan over medium high heat. Add shrimp and cook on one side for 1-2 minutes or until they are cooked about half way.
2.	Flip shrimp and add bell peppers. Sauté until shrimp are almost cooked and bell peppers are soft, approximately 2 more minutes.
3.	Add kale and toss 1-2 times to begin to wilt the kale.
4.	Add Alfredo Sauce and toss a few more times to finish wilting the kale.
5.	Add pasta and toss to coat.

**Serving Suggestions:** Top with grated Parmesan cheese.

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# Pear, Prosciutto and Arugula Pizza

<b>Yield:</b>	2	lb.
<b>Serving # &amp; Size:</b>	8	(4 oz.) Servings
<b>Meal Part:</b>	Lunch	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Main Course—Pizza	
<b>Prep Time:</b>	10 min.	<b>Cook Time:</b> 12 min.



**Description:** Pear and prosciutto pizza with *Stouffer's*® Alfredo Sauce and salad mix.

Ingredients	Weight	Metric	Measure
Pizza dough, 12", fresh or par baked, gluten free	16 oz.	g	1 each
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b>	3 fl. oz.	g	1/3 cup
Pear, sliced thin	1 oz.	g	1/4 each
Walnuts, chopped	1 oz.	g	2 Tbsp.
Arugula	1 oz.	g	1 cup
Prosciutto, sliced thin, chopped	4 oz.	g	4 each
Oil, Olive	1 fl. oz.	g	2 Tbsp.
Balsamic vinegar reduction	1/2 fl. oz.	g	1 Tbsp.

## Procedure

1.	If using raw dough, shape into a 12" circle. Spread Alfredo Sauce evenly over dough.
2.	Top evenly to the edge with the sliced pear and chopped walnuts.
3.	Bake in a 425°F oven for approximately 10-12 minutes until slightly browned.
4.	Toss the arugula and prosciutto with the olive oil and balsamic vinegar.
5.	Place the salad mix on the pizza, and cut into desired portions.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



# Crispy Calamari with Alfredo Sauce, Gluten Free

<b>Yield:</b>	8	oz.
<b>Serving # &amp; Size:</b>	2	(4 oz.) Servings
<b>Meal Part:</b>	Starter	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Starters—Fish & Seafood	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 3 min.
<b>Cost:</b>	Cheap	<b>Difficulty:</b> Easy



**Description:** Crispy calamari and vegetables served with *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Calamari rings, breaded, gluten free, cooked	5 oz.	g	1 cup
Roasted red sweet peppers, canned, drained, julienne	1/2 oz.	g	1 Tbsp.
Pickles, spicy, diced	1/2 oz.	g	1 Tbsp.
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE, hot</b>	3 fl. oz.	g	1/3 cup
Parsley, fresh, chopped		g	1/2 tsp.

## Procedure

1.	Toss together the cooked calamari, peppers and pickles.
2.	Ladle the Alfredo Sauce onto the serving plate. Top with calamari mix, and sprinkle with parsley.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.



# Creamy Alfredo Kale, Gluten Free

<b>Yield:</b>	1	lb.
<b>Serving # &amp; Size:</b>	4	(2 oz.) Servings
<b>Meal Part:</b>	Side	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Side Dishes—Vegetable	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 5 min.
<b>Cost:</b>	Cheap	<b>Difficulty</b> Easy



**Description:** A fresh seasonal side dish featuring *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Oil, olive	1/2 fl. oz.		1 Tbsp.
Kale, blanched, chilled and cut into bite-size pieces	3 oz.	g	1 cup
Onions, pearl, peeled, blanched, chilled	3 oz.	g	1/2 cup
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b> , hot	3 fl. oz.	g	1/3 cup
Parsley, chopped		g	1 Tbsp.

## Procedure

1.	Heat oil in a sauté pan over medium heat. Add kale and onions. Cook until hot, approximately 2-3 minutes.
2.	Add Alfredo Sauce and parsley. Toss to coat. Serve immediately.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.

# Creamed Mushrooms, Gluten Free

<b>Yield:</b>	8	oz.
<b>Serving # &amp; Size:</b>	4	(2 oz.) Servings
<b>Meal Part:</b>	Side	
<b>Cuisine:</b>	North American	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Side Dishes—Vegetable	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 5 min.
<b>Cost:</b>	Cheap	<b>Difficulty:</b> Easy



**Description:** Creamed mushrooms featuring *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Oil, olive	1/2 fl. oz.		1 Tbsp.
Wild mushroom blend	1 lb.	g	1 qt.
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b> , hot	3 fl. oz.	g	1/3 cup
Parsley, fresh, chopped		g	1 Tbsp.
Chives, fresh, chopped		g	1 Tbsp.

## Procedure

1.	Heat oil in a sauté pan over medium heat. Add mushrooms, and cook until hot, approximately 2-3 minutes.
2.	Add Alfredo Sauce, parsley and chives. Toss to coat. Serve immediately.

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# Chicken Asparagus and Sundried Tomato Pizza, Gluten Free

<b>Yield:</b>	2	lb.
<b>Serving # &amp; Size:</b>	8	(4 oz.) Servings
<b>Meal Part:</b>	Lunch	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Main Course—Poultry	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 12 min.
<b>Cost:</b>	Cheap	<b>Difficulty</b> Easy



**Description:** White pizza with chicken, sundried tomatoes and *Stouffer's®* Alfredo Sauce.

Ingredients	Weight	Metric	Measure
Pizza dough, 12", gluten free	16 oz.	g	1 each
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b> , hot	3 fl. oz.	g	1/3 cup
Chicken meat, cooked, chopped	8 oz.	g	1-1/2 cups
Red onion, julienne	1 oz.	g	1/3 cup
Asparagus, chopped	2 oz.	g	1/2 cup
Sundried tomatoes, chopped	2 oz.	g	1/4 cup
Parsley, fresh, chopped		g	1 Tbsp.

## Procedure

1.	Spread Alfredo Sauce evenly over pizza dough. Top with chicken, onions, asparagus and sundried tomatoes.
2.	Place into a 425°F oven and cook until done and slightly browned, approximately 10-12 minutes.
3.	Sprinkle with the parsley before serving.

At a minimum, the cooking and handling instructions set forth in the Food Code of the U.S. Public Health Service of the Food and Drug Administration, Department of Health and Human Services, should be reviewed and followed with respect to your preparation of this recipe.





# Chicken Meatballs with Alfredo Sauce, Gluten Free

<b>Yield:</b>	4	oz.
<b>Serving # &amp; Size:</b>	1	(4 oz.) Servings
<b>Meal Part:</b>	Starter	
<b>Cuisine:</b>	Italian	
<b>Category:</b>	Culinary Prepared Hot	
<b>Channel:</b>	C&U	FSR
<b>Classification:</b>	Starters—Poultry	
<b>Prep Time:</b>	5 min.	<b>Cook Time:</b> 3 min.
<b>Cost:</b>	Cheap	<b>Difficulty</b> Easy



Ingredients	Weight	Metric	Measure
Chicken meatballs, 1 oz. each, gluten free, cooked, hot	4 oz.	g	4 each
<b>Stouffer's ALFREDO SAUCE GLUTEN FREE</b> , hot	3 fl. oz.	g	1/3 cup
Breadcrumbs, gluten free		g	1 Tbsp.
Basil, fresh, chiffonade		g	1 tsp.

## Procedure

1.	Place hot meatballs into an ovenproof dish. Cover with Alfredo Sauce and top with breadcrumbs.
2.	Place into a 350°F oven, and cook until breadcrumbs are slightly browned, approximately 2-3 minutes.
3.	Sprinkle with the basil before serving.

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