



CAPPELLO'S  
PASTA



Ever since we made the change to eat gluten-free, I have missed one thing more than most – fresh pasta. Growing up, fresh pasta was held in high favor with my family. I have fond memories of me rolling out pasta dough with my mom on our hand-cranked pasta machine. Homemade pasta was a once-and-a-while kind of dish making it an anticipated, and longed-for treat.

To be clear, it's not dried spaghetti noodles you find in the store that I long for. It is fresh pasta that I miss. When it comes to pasta, fresh cannot be beat, and it is always worth the extra effort. So when [Cappello's](#) sent us grain-free, fresh pasta I was skeptical, and expected to be let down, just as I had so many times before when I tried gluten-free pastas. I won't lie – I let Cappello's pasta sit in my freezer for a while because in my heart I just wasn't ready to have make yet another attempt to try to enjoy a food that I once loved and that I was pretty certain would, like the others I tried before it, fall short. But alas, I gave it a try.

To my surprise, the pasta turned out amazing, and got rave reviews from all of the family members (including the dog, who I am sure conned my kids into giving him some!)

After making a fantastic fettuccine with a red sauce and meatballs, I thought I would try the lasagna. Now I have made gluten-free lasagna before and it always turned out soupy, so I was a little nervous that the lasagna sheets wouldn't hold up and would result in a big pile of mushy babyfood-textured layers. Turns out, though, that the lasagna I made with the [Cappello's lasagna sheets](#) was the best lasagna I have ever made, and I mean that with all my heart! I am thrilled about this, and I will definitely be making it again.

So if you are at all curious to see how I used Cappello's products to get such a fantastic fresh pasta meal, here is the recipe for my Lasagna (not paleo) and my Fettuccine with red sauce and meatballs (paleo).

## GRAIN-FREE MEATBALLS

- 1 pound grassfed ground beef
- 1 small onion
- 2 cloves garlic minced
- 2 T [coconut flour](#)



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- 1 egg
- salt and pepper
- 8 slices of good salami, chopped finely
- 1/4 cup parsley, minced

Preheat your oven to 350. Combine all the ingredients into a bowl and mix until all the ingredients are combined. (I typically use my hands because, after all, they are our best tools in the kitchen.) Roll the meatballs into 1-inch balls, and place them on a rimmed cookie sheet. (If it doesn't have a rim, the fat from the meats will drip off and create a big mess in your oven). Cook them at 350 for about a half hour, or until they are cooked to the extent you like. (I prefer a little pink in the middle.)

## GREENFIELD'S EVERYDAY RED SAUCE

- 2 T high quality [extra virgin olive oil](#)
- 1 large onion chopper finely
- 2 cloves garlic, minced
- 1/2 - 1 t chili flakes (optional)
- 2 cans of crushed tomatoes (8 fresh Roma tomatoes)
- 2 T tomato paste
- salt and pepper to taste
- 1/4 fresh parsley, minced



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In a large skillet, heat the olive oil. Add the garlic cloves first (they take longer to cook), and cook them just until you can smell them. Toss in the onions, and cook until they become transparent. If you want some heat in your sauce, add in the chili flakes. Next, add in the crushed tomatoes and the paste. If you are using fresh tomatoes, don't bother skinning them. Finally, add salt and pepper. Simmer the red sauce for 20 minutes to allow all the flavors to blend. After 20 minutes, remove the sauce and add the minced parsley.

Now here you have some options: You can puree your sauce, and if you're using fresh tomatoes I recommend this method, otherwise the skins will add a different texture in the mouth. Or, you can leave it chunky. I normally puree it because my boys prefer it to the chunky texture.

While you have your sauce and meatballs going, cook the fettuccine according to the instructions on the box. Everything should finish cooking at about the same time. Then, place Cappello's Fettuccine on a plate. Pour some red sauce on top and arrange the meatballs. Dress it up with a little sprinkle of minced parsley. Dinner is served!

## Lasagna

Make the basic red sauce, or if you made a large batch earlier, thaw out some red sauce.

### Meat filling:

- 2 T high quality extra virgin olive oil
- 1 pound grassfed ground beef
- 1 onion finely chopped
- 2 clove garlic minced
- 15 oz of fresh ricotta (if you have it, I recommend homemade)
- salt and pepper
- 10 slices of fresh mozzarella (if you have it, I recommend homemade)



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Warm the olive oil in a large skillet. Add the minced garlic, and sauté until you get a strong aroma. Add in the finely-chopped onion. Cook the onions until they are transparent. Add the ground beef in, and cook until browned. Salt and pepper it all to taste. Next, allow the meat to cool a bit – let it sit/cool for about 15 minutes. Place browned meat into a large mixing bowl and add in fresh ricotta. (Note: If you have kids that don't like veggies, grate a few carrots and add them into the meat mixture.) Mix all the ingredients well, and like always, I use my hand here because no spoon can do as good of a job as our hand.

### **Assembling and baking the Lasagna:**

Preheat the oven to 350. In a 9" x 13" pan, put a layer of [Cappello's Lasagna sheets](#) down. Spread some red sauce over the sheets. Sprinkle 1 cup of spinach over the red sauce. Then, evenly distribute half of the meat filling across the pan. Repeat all of these steps, ending with a layer of Cappello's Lasagna sheets on top. Finally, top it off with one last spreading of the red sauce, and then arrange the mozzarella on top of the red sauce. For an exquisite presentation, sprinkle some fresh spinach on top. Place in the oven for 30-40 minutes. (Note: I like to finish my cooking with a quick broil to brown the cheese on top.)

