



Great news about coffee!

Warm Up and Perk Up a Cold Winter's Day with this Tempting Pasta Delight

Sure, stew and pasta are traditional, hearty dishes to warm us up on a cold winter's day. But this hearty and aromatic dish from Chef Steve Petusevsky is sure to make friends and family think you graduated from a gourmet cooking school! The good news is that it's the blending of complimentary flavors that makes this simple recipe memorable. And, the addition of coffee as an ingredient gives this a rich, sultry flavor that sets this pasta/vegetable/shrimp dish in a class all its own.

This is perfect as a one-dish meal. But be sure to make enough (just double the recipe), as friends and family are sure to ask for seconds!

If your friends ask you how you thought of adding coffee as an ingredient, you can proudly say you have their good health in mind. We now know that coffee goes far beyond being simply a great-tasting beverage. Studies show it may help reduce our risk of type 2 diabetes,¹ liver disease,² Parkinson's³ and even certain types of cancer.³ And it may even enhance short-term memory.⁴ Now that's news to chew on!

Creamy, pink, coffee-flecked tortellini provides a flavorful background for crunchy broccoli florets and delicate shrimp. Cheese filled pasta is used here, but you could substitute ravioli or agnolotti half moons. (Whole wheat tortellini will yield an added earthy flavor.) If you prefer, you can eliminate shrimp for a vegetarian version.

As you enjoy each rich, satisfying bite, you'll realize that a cozy winter lunch can be more pleasurable than you'd ever thought possible!

For other flavorful and healthful food creations, you may want to try other coffee recipes available at www.coffeescience.org.

¹Coffee, Caffeine, and Risk of Type 2 Diabetes: A prospective cohort study. *Diabetes Care*: 2006.

²Influence of Coffee Drinking on Subsequent Risk of Hepatocellular Carcinoma: A Prospective Study in Japan. *J Natl Cancer Inst*: 2005.

³Coffee and health: a review of recent human research. *Crit Rev Food Sci Nutr*: 2006.

⁴Influence of Caffeine Excess on Activation Patterns in Verbal Working Memory. *Radiological Society of North America*: 2005.

Tortellini with Coffee Creole Cream, Broccoli and Shrimp (makes 2-3 servings)

9-ounce package fresh cheese-filled tortellini, cooked al dente
1 tablespoon olive oil
6 small green onions (scallions), minced
2 cloves minced garlic
1 cup small broccoli florets
½ lb. medium shrimp, peeled and deveined
2 teaspoons Cajun spice blend
1 tablespoon finely ground coffee, regular or decaffeinated
1 tablespoon tomato paste
1 cup cream (or light cream)
Salt to taste
Optional: ¼ cup freshly grated Parmesan or Romano cheese for garnish



Method:

Set aside the cooked tortellini to chill while preparing the recipe.

Heat the oil in a large nonstick sauté pan and add the green onions, garlic and

broccoli florets. Sauté over medium heat for 1 minute, adding a sprinkle of water to prevent sticking if needed.

Add the shrimp, Cajun spices, coffee and tomato paste, stirring well to lightly brown. Add the cream and stir in to combine all ingredients well, forming a light pink, creamy sauce.

Add the cooked tortellini to the mixture and stir well. Cook for 3 minutes until a smooth sauce is formed around the pasta and shrimp. Season to taste with salt.

