

## FRISELLE, SARDE ALLA BECCAFICO AND PAPPA AL POMODORO: THREE SUSTAINABLE RECIPES FOR SUMMER 2020

### BARILLA FOUNDATION: "WITH THE SU-EATABLE LIFE PROJECT WE HAVE BROUGHT SUSTAINABLE DISHES TO CANTEENS, BUT WE CAN ALSO ENJOY THEM ON VACATION"

- *Adopting a sustainable diet is the best way to respect the environment, serving dishes that also guarantee a balanced nutritional intake. The SU-EATABLE LIFE (SEL) project, which introduced sustainable menus to the canteens of large companies and universities, presents its first results 3 months after its launch.*
- *Sustainable diets, however, do not go on vacation with the arrival of summer. Barilla Foundation presents 5 traditional regional recipes to try on vacation or at home, respecting the environment while ensuring great flavor.*
- *This year, Puglia, Sicily and Tuscany will be the three main destinations chosen by Italians going on vacation, together with Trentino-Alto Adige and Sardinia... and each region has its own sustainable dish you can eat, even at home, as many times as you want.*

*Friselle, sarde alla beccafico and pappa al pomodoro.* Will these be the most sustainable traditional Italian dishes - given their low environmental impact - to reign on our tables this summer? Quite possibly, given that this year, those who are able to travel even for a short holiday are expected to choose Italy (47.5% of Italians going on vacation will stay in Italy even for short trips). Puglia (12.4%), Sicily (11%), Tuscany (10.6%), Trentino-Alto Adige (7.2%) and Sardinia (6.5%)<sup>[1]</sup> will be the most popular destinations and, based on this, Barilla Foundation **has analyzed the typical dishes of each region and identified the sustainable ones you can enjoy at least once on holiday in local restaurants or simply by preparing them at home.** The food we put on our plate every day in fact has an impact on our health but also on that of the Planet: food production is the human activity that contributes most to climate change (up to 37%), more than the heating of buildings (23.6%) and transportation (18.5%). Yet not everyone knows that sustainable food can also be good and balanced in terms of its nutrients. Barilla Foundation's SU-EATABLE LIFE project aims to explore and enhance this "good and sustainable" relationship, bringing menus made with low environmental impact ingredients to university and company canteens in Italy and UK, starting from February. An initiative that, despite the current health emergency, has already achieved significant results, allowing each canteen user who chooses sustainable dishes to save on average half a kilogram of CO<sub>2</sub> equivalent and 390 liters of (virtual) water per meal, compared with the average ones prepared at home. With the arrival of the vacations, the Barilla Foundation presents traditional dishes you can try and try again, to be good to your health and that of the Planet.

*"With the SEL project we have had confirmation that, by improving their eating habits, Italians (considering those aged between 15 and 64 years) could save about 14 million tons of CO<sub>2</sub> equivalent per year, equal to 25% of all the CO<sub>2</sub> saved using renewable sources to produce energy (e.g. solar panels) or to the emissions produced by a flight carrying 200 passengers that makes more than 16,000 trips around the world, and a water footprint of around 11 billion m<sup>3</sup>, comparable to half of the water volume of Lake Como. SU-EATABLE LIFE project evidences that it is possible to bring to the table tasty recipes, produced altering and consuming fewer natural resources, while keeping us healthy at the same time. To eat healthily, respecting the Planet, we can choose some of our traditional Italian dishes. During our vacation we tend to cook more at home, while those of us going away will be visiting many beautiful regions, so why not start from here to focus on typical local dishes that are both healthy and respectful of natural resources and ecosystems?"*, says **Marta Antonelli, Barilla Foundation Research Director.**

If we look at the "food system" from a more global perspective, we don't need to produce more food to feed the Planet, but we do need to find the right balance. Every one of us can play a part in achieving this.

#### TELL US WHERE YOU'RE GOING AND WE'LL TELL YOU HOW TO EAT SUSTAINABLY

The first 3 months of experimentation of the SEL project showed that in the involved canteens, on average, people ate more sustainably, both because the dishes on offer were attentive to the environment and because, by providing targeted information, people were guided towards choosing more sustainable foods. This means that even on vacation

<sup>[1]</sup> <https://www.enit.it/wwwwwenit.it/pressroomonline/comunicati-stampa/3220-enit-turismo-promozione-italia-ripartenza-covid-vacanze-viaggi-viaggioitalia-bollettino-enit-bollettinotre-italia-italiani.html>

it is possible to follow the same principles: - to be curious about the eating habits of others and learn to recognize the value, for the health and the environment, of the dishes you are about to taste. To help Italians make an informed choice, the Barilla Foundation, together with Chef Roberto Bassi, has identified 5 traditional local recipes, analyzing them in terms of their impact on our health and that of the Planet:

- FRISELLE PUGLIESI AL POMODORO [APULIAN FRISELLE WITH TOMATO]:** the ultimate symbol of summer, *friselle* [twice-baked bread] with tomato are a must all over Italy. In Puglia you can enjoy the “original version” of the recipe, seasoned with local tomatoes and vegetables, including *caroselli* (cousins of cucumbers) and olives. A portion of tomato *friselle* contains just 223 calories and is highly sustainable for the environment, given that its ingredients have a water footprint of just 167 litres and produce just 64 g of CO<sub>2</sub> equivalent. To further improve the nutritional value, basil (or other aromatic herbs) can be used to give more flavor and reduce the amount of salt needed in the preparation, without sacrificing taste.  
THE CHEF’S ADVICE: to maintain the contrast between soft and crunchy, you have to be careful to wet the *friselle* evenly without soaking them too much. To boost the flavor further, you can add the juice obtained when opening clams (left over from the preparation of another dish) or a little vinegar to enhance the freshness of the tomato.
- SARDE ALLA BECCAFICO [SARDINES WITH RAISINS AND BREADCRUMBS] (SICILY):** with an extremely low environmental impact (278 litres of virtual water and 193 g of CO<sub>2</sub> equivalent per portion) and 426 calories, *sarde alla beccafico* unite Sicilian culinary traditions from east to west. Pine nuts, breadcrumbs, raisins, spices and sardines will immerse travelers in the typical potpourri of smells and flavors of Sicily. The added value of the dish is in the sardines, which provide proteins with a high biological value and are rich in Omega 3, important for reducing blood pressure and preventing cardiovascular diseases. Fresh vegetables can complete the dish without significantly altering its environmental impact.  
THE CHEF’S ADVICE: this dish is delicious even if prepared the day before, but above all, if it is left over, sardines will be the perfect condiment for a sumptuous first course.
- PAPPA AL POMODORO [BREAD AND TOMATO SOUP] (TUSCANY):** a classic example of a local dish made with simple ingredients. The dish allows you to stay in shape while caring for the Planet, given that a portion of *pappa al pomodoro* contains 49 g of carbohydrates (for a total of 321 calories), coupled with a water footprint of only 228 litres of water and CO<sub>2</sub> equivalent emissions of 155 g. Furthermore, lycopene, a substance present in the skin and seeds of tomatoes, has strong antioxidant properties. *Pappa al pomodoro* is also a recipe that permits to combat food waste, as it can be easily prepared using stale bread from the previous day.  
THE CHEF’S ADVICE: to give more flavor to tomatoes, add a few drops of balsamic vinegar. Also add a drizzle of oil and a handful of fresh pepper before serving.
- STRANGOLAPRETI WITH BUTTER AND SAGE (TRENTINO):** the regional cuisine among the mountain peaks of northern Italy is more full-bodied, but there are many tasty and sustainable delicacies too among the typical dishes of Trentino cuisine. Strangolapreti are an example: a complete meal made with simple ingredients, including flour (carbohydrates), spinach (fiber/vegetables) and butter (fat), the preparation of which emits just 604 g of CO<sub>2</sub> equivalent with a water footprint of 640 litres. Vitamin K and other fat-soluble vitamins which abound in spinach are absorbed by our body thanks to the seasoning fats contained in the dish, making it both sustainable and healthy at the same time.  
THE CHEF’S ADVICE: to add a touch of creativity and also to avoid food waste, you can replace spinach with other vegetables, such as endive, escarole or savoy cabbage leaves.
- FREGOLA CON ARSELLE [FREGOLA WITH CLAMS] (SARDINIA):** *fregola* is a traditional Sardinian type of pasta made with semolina flour that combines perfectly with *arselle*, typical clams found along the region’s coastline. The carbohydrates contained in the *fregola* and the proteins from the clams make this regional recipe a perfect all-in-one dish that is also easy to match with a generous side of vegetables. One portion contains about 402 calories and has an extremely high environmental sustainability: a water footprint of 292 litres of water and 226 g of CO<sub>2</sub> equivalent emissions.  
THE CHEF’S ADVICE: add some citrus fruit zest for an extra touch of freshness.



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Simone Silvi - Senior Account Media Relations - [s.silvi@inc-comunicazione.it](mailto:s.silvi@inc-comunicazione.it) - +39 335 1097279

Mariagrazia Martorana [m.martorana@inc-comunicazione.it](mailto:m.martorana@inc-comunicazione.it) 333 5761268 – 06 441608 64

**FOR BARILLA FOUNDATION:**

Mariacamilla Morino, Head of Communications Barilla Center for Food & Nutrition Foundation -  
[mariacamilla.morino@barillacfn.com](mailto:mariacamilla.morino@barillacfn.com) +39 0521 262511; +39 338 6769407



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