

Easy homemade spinach crepes

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Looking for a quick , easy and delicious healthy meal that's perfect any time of the day ? These easy, homemade and quick spinach crepes are just what you need! Light , savory, and full of good for you spinach, these crepes come together in minutes and make a versatile base for your favorite fillings. I used them to make a lighter version of spinach manicotti- filled the crepes with a creamy ricotta and spinach filling, placed them in a baking dish with my easy marinara sauce, topped them with shredded mozzarella and baked them until the cheese was bubbly and golden.

Things to know about this Easy homemade spinach crepes recipe

These savory spinach crepes are easy to make! They take a little bit of time- you have to fry each one separately but other than that, they're really easy to make. Crepes are nothing more than super thin pancakes, deliciously neutral in taste. It's the fillings that make them savory or sweet.

If you want to make crepes into a lunch or dinner, what I do is make a rich ricotta and spinach filling and use these spinach crepes instead of store-bought pasta tubes to make manicotti. I layer them in a baking dish with my easy marinara sauce and bake until bubbly and golden. It's a lighter, healthier version on the classic- delicious and perfect to make ahead of time , and bake when you're ready to serve.

These easy homemade spinach crepes are a healthy alternative, they're delicious and a versatile staple you'll make over and over again. Whether you're making them for a quick lunch, using them for manicotti, or filling them with whatever you have on hand, you're going to love them!!! Try them with my easy marinara sauce and your favorite savory filling for a delicious easy dinner everyone will love. And if your looking for a more classic option, check out my plain crepes how to make homemade crepes -prefect for sweet or savory fillings. And what I used to make my delicious Italian crepe Manicotti with bechamel

Let me know how you used them- I'd love to hear what fillings you came up with, snap a picture and tag me on social media, I love to see your creations . It's my favorite part!!

Ingredients

- 2 cups fresh spinach
- 1 1/2cups of flour
- 3 eggs
- 1 cup milk
- 2 Tbsp. of butter
- salt and pepper to taste

Instructions

1. Prepare the spinach by placing it a dry saute pan and cook until wilted (2-3 minutes) let cool, squeeze out as much liquid as possible.
2. In a blender or food processer combine the spinach, eggs, milk and salt , blend until smooth.
3. Add the flour and pulse until combined. Don't over mix. The consistency should be smooth and thin , similar to heavy cream. It should coat the back of a spoon. Then set the batter in the fridge to rest for at least 1 hour or overnight.

4. Heat an 8 inch non-stick skillet over medium high heat. Grease with a small amount of batter. Pour a small amount of batter(about 2 Tbsp.) into the pan and swirl to coat evenly. Cook each crepe 1-2 minutes per side. Greasing the pan with butter lightly before each crepe.
 5. To store spinach crepes, allow them to cool completely before stacking and covering them tightly with plastic wrap or placing them in an airtight container. Keep them in the fridge for 2-3 days. For freezing separate each cooled crepe with parchment paper, stack and wrap tightly with plastic wrap or place in a freezer safe container. They will last in the freezer up to three months.
 6. To reheat the frozen spinach crepes, thaw the crepes in the fridge, then warm them up in a skillet or microwave until heated through.
 7. Second,
 8. And so on
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Easy Italian chicken croquettes

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These easy Italian chicken croquettes are ideal as a starter or appetizer because they not only taste delicious but also look irresistible. Crispy and crunchy on the outside and moist on the inside, they're a hit with both kids and adults.

While croquettes originated in France, they've become a loved dish all over Italy and around the world, with savory variations that reflect local flavors and traditions. In this version, inspired by Southern Italy, the raw chicken is processed either in a food processor or chopped fine by hand and mixed with simple , flavorful ingredients- no potatoes.

Perfect for parties, family dinners , or anytime snack, these crocchette di pollo should come with a warning label- HIGHLY ADDITIVE!!!!

Things to know about this easy Italian chicken croquette recipe

Your going to love this recipe. Not only are these chicken croquettes easy to make and delicious, they can be make ahead of time, making them perfect for entertaining or weeknight meals. In fact , they're actually better if they're refrigerated before frying- chilling helps them firm up , hold their shape, and crisp up beautifully.

You can shape them in advance and refrigerate up to 2 days or freeze until you're ready to fry. They're kid-friendly, crowd pleasing, and freezer friendly- what more could you want. Pair them with my creamy lemon parmesan zucchini orzo or my Italian-style sauteed swiss chard for a complete Italian dinner.

Ingredients

- 1 Lb. cubed skinless, boneless chicken breast
- 1/2 cup grated parmesan cheese
- 1/2 cup breadcrumbs
- 1 egg
- 1/3 cup Italian parsley
- 1 garlic clove
- salt and pepper to taste

- pinch of nutmeg (optional)
- **FOR THE BREAD COATING**
- 1 egg slightly beaten
- 1 cup breadcrumbs
- 1/3 cup grated parmesan +
- 1/3 cup chopped Italian parsley
- 1 teaspoon garlic, onion, and paprika powder
- whisk everything together to blend well
- 2 cups canola olive oil blend for shallow frying

Instructions

1. In a food processor add the chicken breast, breadcrumbs, parmesan, egg , parsley, garlic, nutmeg (if using), salt and pepper to taste.
 2. Pulse until well combined, but still coarse. The texture should be thick and sticky , like a meatball. If it's too wet add one or two more tablespoons of breadcrumbs.
 3. Lightly oil your hands, and form about 2 Tbsp. of the chicken mixture into small ovals, or fat finger shapes, about 2 inches long.
 4. Dip each croquette first in the slightly beaten egg and then in the Italian seasoned breadcrumbs. Set aside.
 5. Heat a shallow layer of oil in a heavy skillet over medium heat . Fry the chicken croquettes in batches, turning to brown evenly on all sides (about 6-7 minutes total), or until golden and cooked through. ENJOY!!!
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Italian spinach pie Torta Pasqualina

Italian spinach pie Torta Pasqualina

This delicious Italian spinach pie torta Pasqualina is made with pastry dough, spinach, or other greens like swiss chard or artichokes, ricotta cheese and eggs. Traditionally, torta Pasqualina was made with Swiss chard. This leafy green was abundant in Italy during the spring and symbolized the season's renewal.

Over time , as the dish made it's way into Italian- American kitchens, the recipe evolved. spinach became a popular substitute- it's easier to find, milder in flavor, and cooks down perfectly into the creamy filling. Today , both greens are widely used, and many home cooks use what's seasonal or convenient. You can mix swiss chard and spinach for the best of both greens. Despite the changes the basis of torta Pasqualina remains the same, a flaky pie filled with greens, ricotta and those signature whole eggs inside, symbolizing life and a celebration of renewal.

Make Italian spinach pie Torta Pasqualina easy

To make this classic Italian spinach pie more approachable for busy or beginner cooks, you can (like I did) use store-bought pie crust or puff pastry. The original version used an olive oil dough and had 33 layers of dough, symbolizing the 33

years of Christ's life. In today's home kitchens, you can still honor the spirit of the tradition without all the layers.

Simply roll out the a refrigerated pie crust into a pie pan or spring form pan and press it gently to fit. Add your creamy filling, then crack in your whole eggs, just like the traditional method. You can choose how many eggs to add based on the size of your pie and your preference- some use two , others like me go for four or five. Top with the second crust, crimp the edges and bake until golden. Using ready-made crust gives you a buttery, flaky texture with minimal fuss- perfect for Easter brunch or weekday prep.

Whether you're honoring a family tradition or starting a new one, this Italian spinach and ricotta pie brings a slice of Italy to your table. And with the help of a store-bought crust, you can enjoy all the flavors of Torta Pasqualina- without spending all day in the kitchen. Simple, delicious and full of history, it's a recipe that brings me back to my childhood. ENJOY!!!

If you like traditional Italian Holiday recipes try my rosemary garlic seared lambchops or Italian Easter rice pie or Italian boneless leg of lamb roast

Ingredients

- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 1/2 lbs. fresh spinach or swiss chard
- 2 cups ricotta
- 1/2 cup grated parmesan cheese
- pinch of nutmeg
- 2 Tbsp. chopped Italian parsley
- 7 eggs 3 mixed into the filling and 4 or more cracked whole into the pie

- 2 pie crust store bought
- egg wash for brushing the crust
- salt and pepper to taste

Instructions

1. Sauté the onion and garlic in the 2 Tbsp. of olive oil until soft and translucent, then add the spinach and cook for just a few minutes until wilted. Let cool slightly. Then use your hands to squeeze out as much of the liquid as possible and chop.
2. In a bowl, mix the add three of the eggs and whisk slightly, add in the ricotta, parmesan, spinach, parsley, nutmeg, salt and pepper to taste
3. Line a lightly greased pie dish or 8 inch spring form pan with one of the pie crust, fill with the spinach mixture.
4. Make 4-5 small indentations in the filling using the back of a spoon and crack one egg into each one- don't stir. These will bake whole inside the pie
5. Cover with second crust, seal the edges, and cut a few small slits on the top. brush with egg wash .
6. , Bake in a 375 degree preheated oven for 45-55 minutes, or until golden brown and the filling is set
7. Let cool slightly before slicing. ENJOY!!!

**Parmesan asparagus with
Blistered tomatoes**

Parmesan asparagus with blistered tomatoes

This Asparagus topped with grated parmesan and blistered tomatoes is a stovetop side dish that is easy to make. It's a favorite side dish in our house, especially during asparagus season. Asparagus have a short growing season, and I try to use it in different recipes when it's in season. Funny, I didn't even like asparagus growing up- but somewhere along the way , my taste buds matured. I use them in risotto, mixed in pasta dishes and frittata. In this recipe the tomatoes are blistered on the stovetop with garlic , then removed and in the same pan the asparagus are steamed tender, grated parmesan goes right over the warm asparagus, then topped with the blistered tomatoes. Then a little more freshly grated parmesan cheese over it all. It's a perfect side dish for any spring or summer meal.

Things to know about this Parmesan asparagus with blistered tomatoes recipe

Look for asparagus stalks that are around the size of your pinky finger for the best results. Skinny asparagus stalks tend to become stringy after cooking and larger ones may require more time to cook. Use ripe cherry or grape tomatoes. Look for ones that are plump and bright in color- we don't want wrinkled or dull tomatoes they don't blister as nicely or taste as fresh.

Don't overcook the asparagus. You want them to be tender but still have a bite. It only needs a few minutes in the pan . especially if you are using the thinner asparagus.

Grate the parmesan fresh . Pre-shredded cheese won't melt or taste the same. Freshly grated parmesan makes a big difference in flavor.

This Parmesan asparagus with blistered tomatoes is best served warm or at room temperature. That said leftovers are great on top of toasted bread , for a delicious bruschetta or tossed into pasta.

This asparagus recipe is quick , fresh and full of flavor – perfect for busy weeknights or spring time gatherings. ENJOY!!!

If you like asparagus as much as I do check , be sure to check out some of my other favorite asparagus recipes. Leeks, peas and asparagus risotto or asparagus prosciutto ricotta tart or asparagus and rice soup

Ingredients

- 1 bunch fresh asparagus trimmed
- 1 pint cherry tomatoes
- 3 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1/3 cup white wine
- 1/2 cup vegetable stock
- 1 cup freshly grated parmesan cheese
- fresh basil leaves
- salt and pepper to taste

Instructions

1. Prep the asparagus by trimming off the woody ends
2. In a medium saute pan over medium high heat in 2 tbsp. olive oil saute the garlic until soft and translucent. Add the tomatoes and cook until blistered, remove. In the same pan add the remaining olive oil. Then add the

asparagus, white wine. and the vegetable stock , steam for 7-10 minutes or until the asparagus are cooked but still crisp tender and the liquid has been absorbed.

3. Top the asparagus with the parmesan cheese. Place the tomato mixture on top of the parmesan, add more cheese on top of the tomatoes, cover and cook just until the cheese melts and the tomatoes are heated through.
 4. Top with fresh basil. ENJOY!!!
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Braised Italian artichokes alla Romana

Braised Italian artichokes alla Romana

Braised Italian artichokes alla Romana are as authentic as it gets. Stuffed with breadcrumbs, cheese and parsley they're a family favorite. My mother would make them from the artichokes she grew in our garden. Sometimes she stuffed them and sometimes she would braise them with the fava beans she grew.

This artichoke recipe is typical of Italian cooking , where simple, seasonal, ingredients come together with delicious results. You don't have to grow your own artichokes to make this artichoke recipe- just pick up some fresh ones from your grocery store or local farmers market.

Tips for success when making braised Italian artichokes alla Romana

For this braised artichoke alla Romana recipe, the best artichokes to use are the smaller, more tender ones often called "baby artichokes" or Italian globe if you can find them. Look for ones that feel firm and heavy for their size, with tightly packed leaves and no browning or dryness on the tips.

When it comes to cleaning them, don't be intimidated- it just takes a little patience. Start by snapping off the tough outer leaves near the base until you reach the softer, pale green ones. Trim the top inch or so off the artichoke using a sharp knife, and a vegetable peeler to shave the tough outer layer from the stem. Then, with a spoon scoop out the fuzzy choke in the center if it's developed (smaller ones may not have much). Rub the cut parts with a sliced lemon right away to keep them from browning. Then drop them in the bowl of lemon water while you clean the rest.

Once the artichokes are cleaned and stuffed, they are placed in the pan upside down with the stem up-so the filling stays in place. Nestle them tightly, then leave them alone. This is important: once they're in the pan, don't move them around. Let them slowly braise in the seasoned liquid until tender.

It's a bit of a labor of love, but once they're stuffed and gently braised they become melt in your mouth delicious. If you've never made braised Italian artichokes alla Romana, this is your sign to try this recipe. Trust me- once you taste them, you'll be making them often. Let me know if you do-I'd love to hear how they turned out. THANKS!!! These stuffed artichokes pair deliciously with my ROSEMARY GARLIC SEARED LAMBCHOPS for a delicious restaurant-quality meal. Or along

side my perfectly wine reduction filet mignon

Ingredients

- 3-4 medium size globe artichokes
- 1 lemon
- 2 thinly sliced garlic cloves
- 1/2 cup good quality extra virgin olive oil
- 1 cup white wine
- 1 cup chicken stock
- FOR THE FILLING
- 2 cups breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. finely minced garlic
- 1 Tbsp. olive oil
- salt and pepper to taste

Instructions

1. Fill a large bowl with water and the juice from 1 lemon.
2. Trim the stems, leaving about 1 inch. Peel the stems with a paring knife. Remove the tough outer leaves until you get to the pale green/yellow tender ones.
3. Slice off the tough top third of the artichokes.
4. Gently open the center and remove the tough choke using a spoon(if present)
5. Use the sliced lemon and rub each artichoke.
6. Place the cleaned artichokes in the lemon water to prevent browning while making the filling.
7. MAKE THE FILLING: Mix together the breadcrumbs, garlic, parmesan cheese, parsley and 1-2 Tablespoons of olive oil. Mix until well combined.
8. Remove the artichokes from the water, pat dry . Place 2 Tablespoons of the filling into the center of each artichoke.
9. Place the olive oil in a large pot large add the garlic

and cook for 1 -2 minutes to infuse the oil. Don't allow the garlic to brown. Then add the wine and chicken stock. Place the artichokes in the pot stem up and filling side down. (they should fit snugly) and the liquid should come about 1/3 of the way up. If the stems are too tall to allow for the pot to be covered just cut the stems shorter and put them in the pot.

10. Cover and simmer over low heat for 30-40 minutes or until tender. Serve warm or at room temperature with some of the braising liquid served on top. ENJOY!!!!

How to make homemade crepes

How to make homemade crepes

Don't be intimidated by making homemade crepes they are so very easy to make. Though it may seem complicated making restaurant- quality crepes at home isn't very difficult. With just a few simple ingredients and minimal prep these from the diner crepes can be ready to enjoy. These homemade crepes are thin and delicate with the most buttery crisp edges. Easy to make with no special equipment needed just a blender and a regular 9 inch skillet, and they're ready for your choice of sweet or savory filling and toppings.

This crepes were on our menu at the two dinners we had, and I have eaten my fair share learning a lot along the way. My recipe hasn't changed, but my method has. At the restaurants we mixed the batter in a large bowl because of the amount of batter we went through, but at home you can put all the ingredients into a blender and blend until smooth. How easy is

that?

Things to know about how to make homemade crepes

Don't you worry if your first crepe fails, in the restaurant we used to say that the first crepe fail goes to the cook. The reason ? A pan not hot enough to receive the batter. To prevent this from happening heat the pan before and after adding the butter for almost a minute before adding the batter for a perfect , beautiful first crepe. Or maybe you mess it up on purpose so you can eat the first crepe.

Other reason for failed crepes is the consistency of the batter is crucial- it should be silky smooth, and pourable, like heavy cream. If it's too thick, the crepes will be dense and hard to spread in the pan, too thin , and they'll tear or cook unevenly. To achieve the perfect consistency, blend your ingredients thoroughly, to avoid lumps, then let the batter rest for at least one hour to allow the flour to fully absorb the liquid and the gluten to relax. If the batter seems to thick after resting add a tablespoon or two of milk or water , until it flows easily but still lightly coats the spoon.

Mastering the consistency of crepe batter may take a little practice, but once you get it right, you'll be flipping perfect crepes every time. Whether you're filling them with sweet jam or savory cheese, it all starts with a smooth, silky batter. Be patient, let the batter rest and adjust as needed – it's a few simple steps that make a big difference. Ready to give it a try? Grab your ingredients, mix up a batch and let your first crepe set the tone . Don't forget to share your creations- tag me on Instagram so I can see your crepe creations . I love hearing from you it's my favorite part, and it helps others. ENJOY!!!

Ingredients

- 3 eggs
- (1/3 cup sugar for sweet crepes)
- 1 1/3 cup milk
- 3 Tbsp. melted butter
- 1 teaspoon vanilla
- scant 1 cup of flour
- pinch of salt

Instructions

1. Add the eggs, (sugar if making sweet crepes omit for savory crepes), melted butter, flour and vanilla to a blender, blend until smooth (about 2-3 minutes) transfer to a bowl, cover and refrigerate for it least 1 hour or up to 2 days.
 2. Preheat a 9 inch non-stick skillet over medium high heat, add 1 teaspoon butter, briefly whisk batter then pour 1/4 cup of the batter in the center of the pan, tilting the pan in a circular motion to help the batter to cover the bottom of the pan in an even circle. Cook until top is set and bottom golden brown about 1 minute flip and cook on the other side until cooked about 1 minute more.
 3. Using a spatula fold the crepes in quarters. Transfer to a plate. Repeat the process with the remaining batter for a total of 8 crepes.
 4. Serve with fresh berries and confection sugar. ENJOY!!!
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Italian -Style sauteed Swiss chard

Italian -Style sauteed Swiss chard

Naturally vegetarian, this Italian style sauteed swiss chard is simple to make and you can customize it to fit your taste preferences by adjust the ingredients you use. Have you noticed that most Italian recipes use few ingredients? As a result they are usually farm-fresh, simple high quality ingredients, the signature of Italian cooking.

In this simple recipe for Italian Swiss chard , the chard is first parboiled and then gently sauteed with fresh garlic and hot pepper in olive oil. The result creates an easy side dish or a delicious add in to frittatas, it's delicious in sandwiches and a perfect to add in ravioli filling.

Things to know about this Italian-style sauteed Swiss chard

Swiss chard is a leafy green vegetable that is part of the beet family. It is also known as spinach beet or silver beet. Known for its vibrant color and slightly bitter, earthy flavor. I usually grow my Swiss chard at home in raised garden beds but if you're using store-bought it works just as well. When shopping for Swiss chard, look for crisp leaves with vibrant color. Avoid yellow or wilted leaves, these are an indication that the chard is past its prime. Swiss chard is in season late spring and early summer, and is one of those greens that can be found in many Italian gardens and kitchens.

Just a heads up , the stems take a little longer to cook than the leaves. After blanching chop the stems and toss them into the pan first, giving them a few extra minutes to cook before adding the leafy parts. That way everything ends up tender and perfectly cooked. Whether home grown or store bought Swiss chard is a great addition to your plates. Serve it along side my easy chicken francese, or my bone-in porkchops piccata for a delicious restaurant quality meal.

If you give this Swiss chard recipe a try let me know if the comments below. THANKS.

Ingredients

- 1 large bunch rainbow Swiss chard
- 4 gloves thinly sliced
- 3 Tbsp. olive oil
- 1 red pepper
- 1 teaspoon red pepper flakes (adjust to taste)
- Salt and pepper to taste
- 2 Tbsp. chopped Italian parsley
- water for blanching

Instructions

1. Start by cleaning the Swiss chard and removing the tough stems. Wash the chard 2-3 times to remove all of the dirt
2. In a large stock pot blanch the Swiss chard in salted boiling water for 3-4 minutes, then drain and chop the stems .
3. In a large saute pan over medium high heat in the olive oil fry the garlic, red pepper and the red pepper flakes, fry until the garlic is crisp and the red peppers fragrant. Then remove the red pepper .
4. Add the chopped stems first and cook for 3-4 minutes before adding Swiss chard leaves and saute 4-5 minutes

to finish cooking the chard and to combine flavors. Salt and pepper to taste. Drizzle with some really good extra virgin olive oil , sprinkle with freshly chopped Italian parsley . ENJOY!!!!

Spaghetti frittata Easter pie

Spaghetti frittata Easter pie

If you've never had Spaghetti frittata Easter pie you're missing out on one of the best Italian traditions. Spaghetti pie may not be a dish your familiar with, but it's one you should try. This delicious meal takes traditional spaghetti and turns it into a savory pie. Spaghetti pie, often made with a filling of cooked pasta, cheese, eggs and sometimes cured meats is a dish that many Italian -Catholic families traditionally prepare and eat around Easter.

The pie is often made on the day before Easter and served at noon to signify the end of Lent and the breaking of the fast. I usually make this spaghetti pie each year as it is a family traditional .

Variations for this Spaghetti frittata Easter pie

Here are three variations Of spaghetti frittata Easter pie, based on regional traditions.

1. Neapolitan: A classic from Naples, this version is often made with leftover pasta and a mix of Pecorino Romano

and parmesan. Some families add a touch of tomato sauce for color and extra flavor.

2. Southern Italy : In Calabria and Sicily, this dish might include a mix of cured meats like soppressata , capicola, along with a generous amount of cheeses . I am using this version in this recipe.
3. Ricotta and sausage Easter pie: A richer version found in some Italian -American kitchens, this variation swaps salami for crumbled Italian sausage and adds ricotta cheese for a creamier texture.

Each of these versions is delicious and carries a special tradition to who ever makes it. Spaghetti frittata Easter pie is an easy way to bring a little bit of Italian tradition to your table. Serve it warm, room temperature , or straight from the fridge-it's delicious no matter what and it's perfect any time of the year . ENJOY! And please leave me a comment on your experience with this recipe. I love hearing from you!!!THANKS

Ingredients

- 12 oz. cooked spaghetti
- 4 large eggs
- 1/2 cup grated pecorino Romano or parmesan
- 1 cup shredded mozzarella
- 1 cup diced provolone
- 1 cup diced salami
- 1/4 cup chopped Italian parsley
- salt and pepper to taste
- 2 Tbsp. olive oil

Instructions

1. Start by cooking the pasta al dente in boiling salted water, drain and let cool slightly.
2. In a large bowl whisk the eggs then add in the rest of

the ingredients, spaghetti mozzarella, parmesan, provolone, parsley and salami. Salt and pepper to taste. Mix until well combined.

3. In a 10 inch saute pan over medium high heat add the 2 Tablespoons of olive oil. When the oil is hot add the spaghetti mixture, cover, lower the heat to low cook for 10-12 minutes or until golden brown. Put a plate over the skillet and flip the pasta pie , slide it back into the pan cover and cook 10 minutes remove the cover the last 5 minutes.
4. Let rest before slicing. Can be served at room temperature or hot. ENJOY!!!!

Stovetop Italian sausage and peppers

Stovetop Italian sausage and peppers

There's nothing quite like the irresistible and recognizable smell of Italian Sausage sizzling along side vibrant bell peppers and sweet onions. This Italian classic is a simple, one-pan dish that brings bold flavors to your table with minimal effort. Whether your planning a cozy family dinner or a casual get-together, sausage and peppers is always a hit. This dish is a staple in Italian -American households, often served at celebrations, family gatherings, or part of Sunday dinners. It's simplicity and comforting flavors make it a go-to recipe for any occasion. Plus , it's budget friendly and

uses just a handful of ingredients, making it a perfect option when you want something hearty and satisfying without the fuss.

Why you will love this stovetop Italian sausage and peppers

Authentic Italian flavor: Italian sausage , pairs perfectly with tender bell peppers and caramelized onions.

Quick and Easy: If you been following along you know I'm all about quick and easy. Ready in under 30 minutes with minimal ingredients, this is a great go-to meal for busy weeknights.

Versatile: serve it as a hearty main dish, tucked into a hoagie roll, or over pasta for a complete meal.

One -pan wonder: less cleanup means more time enjoying your meal and family .

Make it your Own: Looking to put your own spin on this classic Dish? Add a sprinkle of red pepper flakes for extra heat, or a splash of balsamic vinegar for a touch of tang. You can also melt some provolone cheese over the top for a gooey cheesy twist.

This classic stovetop Italian sausage and peppers recipe is proof that simple ingredients can create the most comforting and delicious meals. Give a try and enjoy the taste of Italy at home. BUON APPETITO!!!!

Ingredients

- 2 Tbsp. olive oil
- 4 links Italian sausage mild or spicy or a combination of both
- 1 red and 1 green cleaned and sliced into thin strips
- 1 thinly sliced onion

- 1 Tbsp. minced garlic
- 1/2 cup white wine
- 1/2 cup balsamic vinegar
- Salt and pepper to taste

Instructions

1. Heat the oil in a large skillet over medium high heat. Add the sausage and brown on all sides, about 5-7 minutes . Remove and set aside.
2. In the same skillet , add the onions, and peppers and cook until soft . Deglaze the pan with the wine, wait until absorbed before proceeding.
3. You can slice the sausage into thick pieces or leave it whole, then return it back to the pan . Add the garlic, and balsamic vinegar and stir everything together. Cook for an additional 5 minutes until the sausage is fully cooked through and the flavors are well combined.
4. Season with salt and pepper to taste. Top with fresh Italian parsley, if desired. ENJOY!!!!

creamy lemon parmesan
zucchini orzo

Creamy lemon parmesan
zucchini orzo

If your looking for a quick and easy weeknight dinner that's full of fresh flavors, this creamy lemon parmesan zucchini

orzo is just what you need. Made entirely in one pan, it's a fuss-free dish that's perfect for busy worknights or when your craving something comforting without the cleanup. the orzo soaks up a velvety lemon parmesan sauce, and the zucchini adds a fresh heathy touch.

Serve it as a light vegetarian main , (if you use vegetable stock) or pair it with my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Also a delicious addition to grilled chicken, shrimp or fish for an easy elegant meal. It's creamy texture and bright citrus flavor also make it a delicious side dish for gatherings, adding color and flavor to your table. Whether served as a main dish or a side, it's guaranteed to keep them coming back for more.

Switch up this creamy lemon parmesan zucchini orzo

What to switch things up? Try adding grilled chicken, shrimp or seared scallops for a flavor boost. For extra veggies, toss in fresh spinach, cherry tomatoes or peas. If you prefer a little heat, a pinch of red pepper flakes will add a spicy kick. You can even swap out the zucchini for asparagus, broccoli, or whatever is in season. The possibilities are endless, making this one -pan creamy lemon parmesan zucchini orzo your go-to for easy , adaptable meals. With just one pan and minimal effort, you can have a meal that feels special yet easy enough for any day of the week. This orzo recipe is a perfect side dish too along side my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Give it a try and let me know in the comments what variation you tried and tag me on social media, I love seeing your creations and it helps others. THANKS!!!!

Ingredients

- 4 cups orzo
- 2 medium zucchini cleaned and cut into dice
- 2 Tbsp. olive oil
- 1 Tbsp. butter
- 1 cup chopped red or yellow onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 2 cups chicken or vegetable stock
- 1 cup cream
- 1 cup grated parmesan cheese
- juice from 1 lemon
- 2 Tbsp. chopped Italian parsley

Instructions

1. In a large saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent
2. Add the orzo to the pan and cook for a few minutes to toast. (2-3 minutes) then deglaze the pan with the wine. After the wine has been absorbed add the stock and cream cook until sauce begins to thicken (about 5 minutes) add in the zucchini and parmesan cheese and cook 5 minutes longer.
3. Finish with a squeeze of lemon juice and the Italian parsley. ENJOY!!!!