

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 from 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!!!
-

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, garlic, and fresh parsley, they've always been a family favorite in our home. Growing up, my mother made them with the artichokes she grew in our garden. Sometimes she stuffed and braised them on their own, and other times she cooked them alongside the fresh fava beans she harvested each spring.

This recipe is a perfect example of traditional Italian cooking, where simple, seasonal ingredients come together to create something truly special. The flavors are humble yet incredibly delicious, proving that good cooking doesn't have to be complicated.

And while I have fond memories of garden-fresh artichokes, you

certainly don't need to grow your own to make this recipe. Just look for fresh, firm artichokes at your local grocery store or farmers market, and you'll be well on your way to creating this classic Italian dish at home.

Tips for success when making braised Italian artichokes alla Romana

For this Braised Artichokes alla Romana recipe, the best artichokes to use are the smaller, more tender varieties often called baby artichokes or Italian globe artichokes, if you can find them. Look for artichokes 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 leaves underneath. Using a sharp knife, trim about an inch off the top of the artichoke, then use a vegetable peeler to remove the tough outer layer from the stem. If the fuzzy choke has developed inside, scoop it out with a spoon, though smaller artichokes may not have much at all. As you work, rub the cut sides with lemon to prevent browning, then place the cleaned artichokes into a bowl of lemon water while you finish the rest.

Once the artichokes are cleaned and stuffed, place them upside down in the pan with the stems facing up so the filling stays tucked inside. Nestle them tightly together, then leave them alone – this part is important. Once they're in the pan, resist the urge to move them around. Let them slowly braise in the seasoned liquid until perfectly tender.

This recipe is a bit of a labor of love, but the result is

absolutely worth it. The artichokes become tender, flavorful, and melt-in-your-mouth delicious. If you've never made Italian Braised Artichokes alla Romana before, consider this your sign to try them. Once you taste them, you'll want to make them again and again.

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 let homemade crepes intimidate you—they're much easier to make than you might think! With just a handful of pantry staples, a blender, and a 9-inch nonstick skillet, you can make delicate, restaurant-quality crepes right in your own kitchen. These easy homemade crepes are thin, tender, and buttery, with lightly crisp edges that are perfect for filling with your favorite sweet or savory ingredients.

These crepes were a customer favorite at the two diners my

husband and I owned, so I've made—and eaten—more crepes than I can count! While my recipe has stayed exactly the same over the years, my method has become much simpler. In the restaurant, we mixed large batches of batter by hand in oversized bowls because we went through so many crepes every day. At home, there's no need for all that work. Simply add all the ingredients to a blender, blend until silky smooth, and let the batter rest. That's it!

Whether you're serving them for breakfast, brunch, dessert, or even dinner, these foolproof homemade crepes are easy enough for beginners and delicious enough to impress your family and guests. Once you make them from scratch, you'll wonder why you ever thought crepes were difficult.

Things to know about this homemade crepe recipe

Don't worry if your first crepe doesn't turn out perfectly. In the restaurant, we always joked that **the first crepe belongs to the cook!** The most common reason? The pan isn't hot enough when the batter hits the surface.

For the best results, preheat your pan over medium-high heat. Add the butter, let it melt, then give the pan another 30–60 seconds to come back up to temperature before pouring in the batter. That little extra time helps create a beautifully thin, evenly cooked first crepe. Or, if you happen to “accidentally” mess up the first one, consider it the cook's reward!

The consistency of the batter is just as important as the heat of the pan. It should be silky smooth and pourable, similar to the consistency of heavy cream. If the batter is too thick, the crepes will be dense and difficult to spread. If it's too thin, they may tear

or cook unevenly.

To achieve the perfect texture, blend the ingredients thoroughly until smooth, then let the batter rest for at least one hour. This allows the flour to fully absorb the liquid and gives the gluten time to relax, resulting in tender, delicate crepes. If the batter seems too thick after resting, whisk in 1 to 2 tablespoons of milk or water at a time until it flows easily while still lightly coating the back of a spoon.

Making crepes may take a little practice, but once you get the batter and pan temperature just right, you'll be flipping beautiful crepes with confidence. Whether you fill them with fresh berries and whipped cream, your favorite jam, or savory ham and cheese, every great crepe starts with a smooth batter and a hot pan.

Now it's your turn! Grab your ingredients, make a batch, and don't stress over that first crepe—it might just become the cook's snack. If you make this recipe, I'd love to see it! Tag me on Instagram and share your creations. Seeing your recipes come to life is my favorite part, and your photos help inspire others to give them a try.

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, milk, melted butter, flour, vanilla,

and **sugar (only if making sweet crepes—omit the sugar for savory crepes)** to a blender. Blend until the batter is completely smooth, about 2–3 minutes.

2. Transfer the batter to a bowl, cover, and refrigerate for at least 1 hour or up to 2 days. Resting the batter helps create tender, delicate crepes.
3. Heat a 9-inch nonstick skillet over medium-high heat. Add 1 teaspoon of butter and swirl to coat the pan.
4. Give the batter a quick whisk, then pour $\frac{1}{4}$ cup into the center of the skillet. Immediately tilt and rotate the pan so the batter spreads into a thin, even circle.
5. Cook for about 1 minute, or until the top is set and the underside is lightly golden. Carefully flip the crepe and cook for another minute, until the second side is lightly golden and cooked through.
6. Transfer the crepe to a plate and fold it into quarters. Repeat with the remaining batter, adding a little more butter to the skillet as needed, until you have about 8 crepes.
7. Serve warm with fresh berries and a dusting of confectioners' sugar, or fill with your favorite sweet or savory fillings.

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 then 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 you're 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. Its 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!!!!

Easy stove top eggplant

caponata

easy stove top eggplant caponata

Stove top Eggplant caponata is an easy to make classic Italian dish that's packed with chunks of eggplant, tomatoes, onions and herbs. It can be enjoyed as a dip, with bruschetta, a side dish, great served over grilled meats, or served as a pasta sauce. My mom would make eggplant caponata every summer using fresh produce from the garden.

Like many Italian dishes, there are as many version of caponata as there people that make it- each with their own twist. Some fry the eggplant for a richer flavor, others roast it for a smoky depth, and some (like me) keep it simple with a stove top simmer. Some recipes add raisins, others include pine nuts for a bit of crunch or bell peppers for a pop of extra color.

Why you will love this easy stovetop eggplant caponata

This eggplant caponata is the perfect balance of sweet, sour and savory flavors. It's incredibly versatile- serve it as a side dish, spread it on crusty bread, serve it over pasta, or even as a topping for grilled fish or chicken. Plus it's a great make- ahead option since the flavors only get better as it sits. Using fresh summer produce makes it a vibrant and wholesome addition to any meal. And with so many variations , you can easily customize it to fit your taste.

Whether you to tradition or add your own twist, this easy

stovetop eggplant caponata is a delicious way to savor the best of summer's produce. It also stores beautifully- keep it in an airtight container in the fridge for up to a week. For longer storage caponata is freezer friendly up to three months, making it a perfect make -ahead option.

Make a batch, let the flavors meld , and enjoy it with family and friends. If you give this recipe a try , let me know in the comments how it turns out for you or tag me on Instagram – I'd love to see your version and it helps others. THANKS!!!!

Ingredients

- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil + 2 cups for frying the eggplant
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 1 cup my easy marinara sauce
- 1 cup chopped celery
- 1 cup kalamata olives
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste

Instructions

1. In a large saute pan over medium high heat add the frying oil add the diced eggplant and fry until golden . Remove and set aside on paper towels. Remove the frying oil from the pan and add the 2 Tablespoons of the olive oil/ lower the heat
2. Add the onions and garlic cook until soft and translucent

3. Add the tomatoes and cook until the tomatoes burst.
 4. mix the sugar with the vinegar and add to the tomato mixture along with the marinara sauce let it simmer for 15- 20 minutes. Then add the fried eggplant, olives and capers simmer an additional 5 minutes.
 5. Add in the basil. ENJOY!!!!!!
-

Classic Italian vegetarian stuffed artichokes

Classic Italian vegetarian stuffed artichokes

If you're looking for a delicious and authentic Italian appetizer, these classic Italian vegetarian stuffed artichokes are a must-try! Tender, steamed artichokes are filled with a savory breadcrumb mixture packed with Parmesan cheese, garlic, and fresh herbs.

Growing up, my mom made them a little differently. Instead of stuffing between the leaves, she would only fill the center of the artichoke. It was simple yet delicious, letting the artichoke's natural flavor shine through. This method was quicker and perfect for busy family dinners. Perfect as a holiday appetizer, a side dish for Sunday dinner, or a centerpiece for special occasions. With simple ingredients and traditional Italian flavors, these stuffed artichokes will transport you straight to an Italian kitchen.

Why you 'll love this classic Italian vegetarian stuffed artichoke recipe

You're going to fall in love with these Classic Italian vegetarian stuffed artichokes for their irresistible combination of flavors and heartwarming tradition. each tender artichoke leaf is coated in a savory mixture of breadcrumbs. The drizzle of olive oil and squeeze of lemon juice bring everything together, enhancing the natural sweetness of the artichoke. It's a rustic yet elegant dish that's perfect for family gatherings and special occasions.

What makes this recipe truly special is its connection to Italian heritage. For many families, including mine, stuffed artichokes are a staple at celebrations, passed down through generations. The simple wholesome ingredients come together to create a dish that feels both indulgent and comforting. Plus, they're surprisingly easy to make!!! with just a little prep , you'll have an impressive appetizer or side dish that will have everyone reaching for more. Whether you're introducing this dish to your table for the first time or keeping a family tradition alive, these classic Italian vegetarian stuffed artichokes are to become a favorite. ENJOY!!!

Ingredients

- 2 large artichokes
- juice from 1 lemon + 1 for serving
- 1 1/2 cups Italian seasoned breadcrumbs
- 1/2 cup grated parmesan cheese
- 2 minced garlic cloves
- 1/4 cup fresh chopped Italian parsley
- 1 Tbsp. hot pepper flakes
- 1/2 cup olive oil
- 2 cups water

- Salt and pepper to taste

Instructions

Prepare the Artichokes:

1. Fill a large bowl with water and squeeze in the lemon juice
2. Trim the artichokes by cutting off the stems and the top inch of the leaves.
3. Use kitchen shears to snip off the pointy tips of the remaining leaves.
4. Gently spread the leaves apart to make room for the stuffing.
5. Place the artichokes in the lemon water to prevent browning.

2. Make the Filling:

In a large bowl, combine the breadcrumbs, Parmesan cheese, minced garlic, parsley, salt, pepper, and red pepper flakes.

Drizzle in the olive oil and mix until the breadcrumbs are evenly coated and slightly moist.

3. Stuff the Artichokes:

Drain the artichokes and pat them dry.

Spoon the breadcrumb mixture into the center and between the leaves. Pack the stuffing in gently, but don't overfill.

4. Cook the Artichokes:

Place the stuffed artichokes in a large pot or Dutch oven.

Pour the broth into the bottom of the pot to about 1 inch

deep.

Drizzle a little olive oil over the tops.

Cover and simmer on low heat for 45-60 minutes, adding more broth if needed. The artichokes are done when the leaves pull away easily.

5. Serve:

Serve warm with extra Parmesan, lemon juice and a drizzle of olive oil. ENJOY!!!