

# **15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes**

# **15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes**

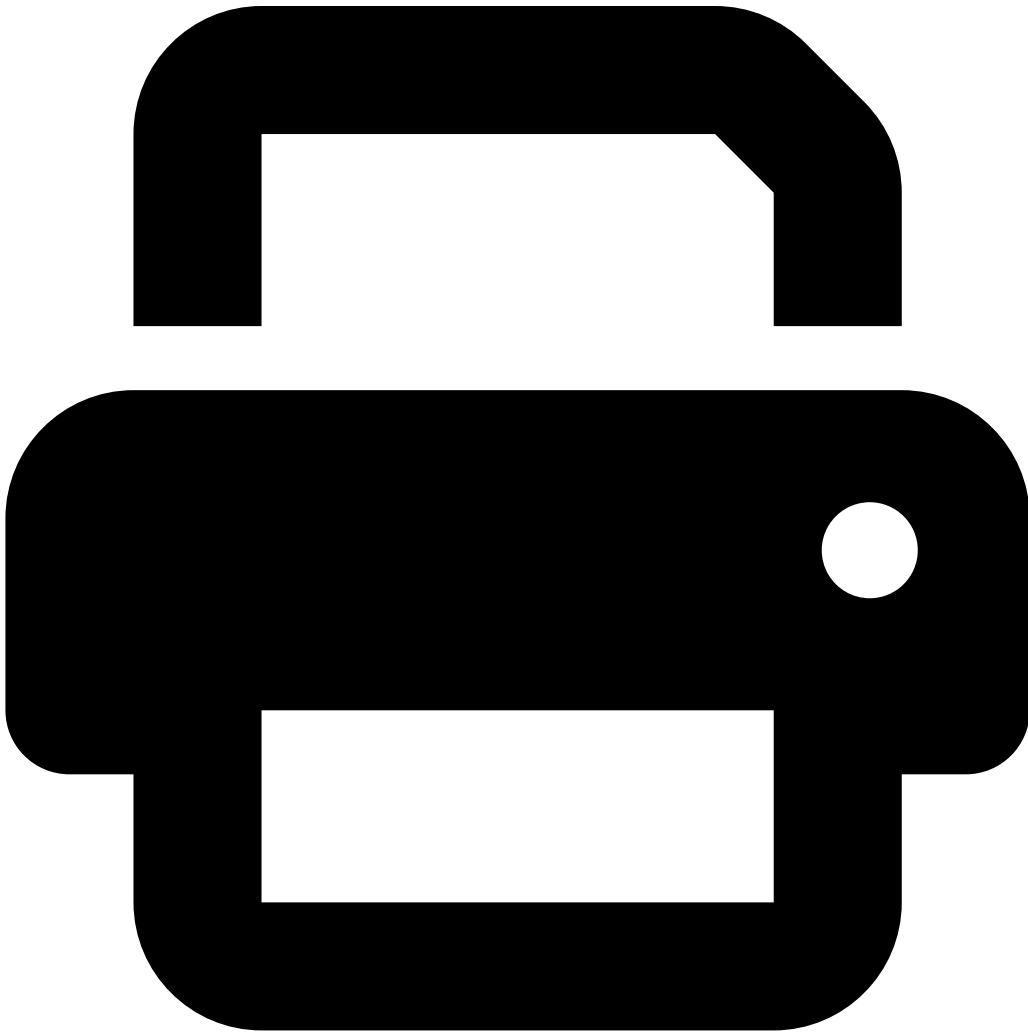
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.











Weeknight cooking doesn't need to be complicated to be good. Some of the best Italian meals are built on simple ingredients, cooked well, and brought to the table without overthinking it.

This is the kind of food you make when you want something real—pasta that comes together in one pan, sauces that don't take all day, and meals that feel comforting without being heavy. It's not about perfection, it's about flavor, timing, and knowing a few go-to recipes you can rely on.

Inside this 15 weeknight Italian meals guide, you'll find a collection of easy weeknight Italian meals—from quick pastas and skillet dinners to cozy baked dishes and fresh, seasonal sides. Everything here is designed to work in real life, with recipes you can make in under 45 minutes and come back to again and again.

# Lemon Asparagus Ricciarelle Pasta

Light, fresh, and full of spring flavors! This **Lemon Asparagus Pasta** features tender sautéed asparagus, bright lemon sauce, and Parmesan, perfect for an easy weeknight dinner or elegant spring meal.

[GO TO RECIPE](#)

# One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This one-pot creamy zucchini pasta is a traditional Italian recipe where pasta cooks directly with zucchini, onion, and olive oil, creating a naturally creamy sauce with Parmesan and pasta starch.[GO TO RECIPE](#)

# Spicy pasta Norcina Spicy Italian sausage pasta

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook[GO TO RECIPE](#)

# Pesto tortellini pasta salad

If you're looking for the perfect summer pasta salad, this pesto tortellini pasta **Salad** is one of my favorites. Full of Mediterranean flavors and hearty enough to be a meal on its

own, it's one of those dishes that always disappears quickly when ever I bring it to potlucks, or Sunday lunches.[GO TO RECIPE](#)

## **Authentic Italian Pasta e Fagioli**

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. for many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It's the ultimate "cucina povera" dish- poor kitchen.[GO TO RECIPE](#)

## **Air Fryer Parmesan chicken Spiedini**

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.[GO TO RECIPE](#)

## **Chicken Meatballs with marry me orzo**

Tender chicken meatballs are always a hit at the dinner table, and when you pair them with creamy *Marry Me Orzo*, you've got the ultimate comfort meal. This dish brings together juicy baked chicken meatballs and orzo pasta simmered in a rich Parmesan and sun-dried tomato cream sauce. It's the kind of meal that feels special enough for date night yet easy enough for a weeknight family dinner.[GO TO RECIPE](#)

## **Pollo al Limone Italian lemon**

# chicken

Lemons are in peak season right now, and there's no better way to celebrate their bright, zesty flavor than with this Italian Lemon Chicken. Known as *Pollo al Limone*, this dish is simple, rustic, and full of Southern Italian charm. With a golden sear, a light pan sauce, and a fresh lemon-parsley drizzle, it's the kind of meal that tastes like summer. GO TO RECIPE

## Best cod Francese Recipe- in 30 minutes

**Best Cod Francese Recipe – in 30 Minutes** is a lightly battered, pan-fried cod fillet in an elegant lemon, butter and white wine sauce. It's similar to chicken piccata—but without the capers and with a velvety, lemon-butter sauce that clings to the golden crust. Cod Francese is a classic restaurant-style dish that's surprisingly simple to make at home. The hallmark is the light coating of flour and egg that gives the fish a delicate, crisp texture—perfect for soaking up that tangy, buttery sauce. GO TO RECIPE

## Shrimp spaghetti with basil tomato sauce

This Shrimp Spaghetti with Tomato Basil Sauce is a simple, fresh pasta dish made with sautéed shrimp, juicy summer tomatoes, garlic, and plenty of fragrant basil. The sauce is created right in the pan by combining the tomato juices with starchy pasta water and a generous handful of grated parmesan, giving you a light flavorful coating that clings to the pasta. GO TO RECIPE

<https://lorianasheacooks.com/shrimp-tomato-basil-spaghetti/>

# Authentic Italian shrimp oreganata

Crispy, garlicky, and straight out of an Italian kitchen.

This shrimp oreganata is all about simple ingredients—olive oil, lemon, breadcrumbs, and a heavy hand with oregano—baked until golden and perfect for scooping with bread.

It's fast, it's bold, and it tastes like something you'd order at your favorite spot... but better at home.

[GO TO RECIPE](#)

# Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They are juicy, crispy delicious and so easy to make. Serve the cutlets along side a salad for a light lunch or dinner.[GO TO RECIPE](#)

# The Best Italian-Style Fried Calamari

Golden, crispy, and impossible to stop eating.

This Italian-style fried calamari is light, crunchy, and finished with lemon and a pinch of salt—just the way it should be. No heavy batter, no fuss—just fresh squid, a quick fry, and that perfect crisp.

Serve it hot with marinara or straight up with lemon... either way, it's gone in minutes.

GO TO RECIPE

## Braised Fennel Oreganata with Pancetta

Braised fennel oreganata with pancetta is one of those simple Italian side dishes that feels both rustic and elegant – the kind of recipe that tastes like it came out of a cozy countryside kitchen. Fennel is one of my favorite seasonal ingredients to cook with this time of year. When it's in season, it's sweet, aromatic, and incredibly versatile, and I love finding ways to let its natural flavor shine.

GO TO RECIPE

## One pan orzo with summer vegetables

**Some meals just feel easy**—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.  
GO TO RECIPE

At the end of the day, weeknight cooking should feel manageable—not like a project. These are the kinds of Italian meals you can lean on when you want something good without spending hours in the kitchen. Simple ingredients, a few solid techniques, and recipes that actually work on a busy night.

Whether it's a quick pasta, a one-pan skillet, or something baked and cozy, this is the kind of cooking that becomes part of your routine—the meals you make without thinking twice, and the ones everyone looks forward to.

Save this guide so you always have a go-to list of easy weeknight Italian meals.

Pick a recipe to try this week, and come back when you need something new. For more simple, flavorful Italian recipes, explore the blog and find your next favorite.

---

# **The Ultimate Chicken Recipes Collection**

## **The Ultimate Chicken Recipes Collection**

### **12 Easy Italian-Inspired Chicken Dinners**

Chicken is one of the most versatile proteins you can cook. It can be crispy, saucy, creamy, light, baked, grilled, or made in one pan. Whether you need a quick weeknight dinner or something special for Sunday, this collection has you covered.

Here are 12 of my favorite chicken recipes – all in one place.

### **Chicken Francese**



Lightly floured chicken cutlets pan-fried until golden, then simmered in a delicate lemon butter white wine sauce. Bright, fresh, and perfect with pasta or roasted potatoes. [recipe here](#) [Chicken Francese](#)

## Chicken Valdostana



Tender chicken layered with prosciutto and melted fontina. Elegant but simple – a beautiful dinner for guests or a cozy night in. [Recipe com/chicken-valdostana-chicken-with-prosciutto-and-fontina/](#)

## Chicken Parmesan



Crispy breaded chicken baked with marinara and mozzarella until bubbly and golden. A true Italian-American classic that never disappoints. [Recipe here:](#)

<https://lorianasheacooks.com/30-minute-crispy-chicken-parmesan/>

---

## ☐ Chicken Marsala



Golden chicken cutlets simmered with mushrooms in a silky Marsala wine sauce. Rich, savory, and perfect served over pasta.

Recipe

Here:

<https://lorianasheacooks.com/?s=chicken+marsala>

## Chicken Milanese (Stuffed Version)



These Milanese-style stuffed chicken breasts are crispy on the outside and tender on the inside, filled with a savory combination of cheese and herbs. Breaded and baked (or lightly pan-fried), they have that classic golden crust with an extra flavorful center. It's a beautiful dish for entertaining but still simple enough for a weeknight dinner. **Recipe here:** <https://lorianasheacooks.com/milanese-style-stuffed-chicken-breasts/>

# Stuffed Chicken Breasts with Mushroom Gravy



Tender chicken breasts stuffed with a savory filling, then topped with a rich, homemade mushroom gravy. This dish is hearty, comforting, and perfect for a Sunday dinner or when you want something cozy and satisfying.

The creamy mushroom sauce makes it feel special, but it's made with simple, everyday ingredients.

☐ **Get the Stuffed Chicken Breasts with Mushroom Gravy recipe here**

**<https://lorianasheacooks.com/stuffed-chicken-breasts-with-mushroom-gravy/>**

# Pollo al Limone (Italian Lemon Chicken)



This classic Italian-style lemon chicken is light, bright, and full of fresh flavor. Tender chicken is sautéed until golden, then finished in a simple lemon, white wine, and butter sauce that's silky but not heavy.

It's elegant enough for guests but easy enough for a weeknight dinner. Serve it with roasted vegetables, pasta, or crusty bread to soak up the sauce.

☐ **Get the Pollo al Limone recipe here**  
<https://lorianasheacooks.com/pollo-al-limone-italian-lemon-chicken/>

## **Creamy Chicken Breast with Mushrooms**



Juicy chicken breasts simmered in a rich, creamy mushroom sauce flavored with garlic and herbs. This is one of those easy skillet dinners that feels restaurant-worthy but comes together with simple ingredients.

It's perfect served over pasta, rice, or even mashed potatoes to soak up that creamy sauce.

☐ **Get the Creamy Chicken Breast with Mushrooms recipe here**

## **Tuscan Chicken Under a Brick**



This rustic Tuscan-style chicken is pressed under a brick

while cooking, creating incredibly crispy skin and juicy, flavorful meat. Seasoned simply with olive oil, garlic, herbs, and lemon, it's a beautiful example of how traditional Italian cooking turns simple ingredients into something extraordinary.

The brick method ensures even cooking and that signature crisp exterior while keeping the inside tender and moist.

□ [Get the Tuscan Chicken Under a Brick recipe here](#)

## **Italian Roasted Lemon Chicken Dinner**



This Italian roasted lemon chicken dinner is simple, comforting, and full of fresh flavor. The chicken is roasted with olive oil, garlic, herbs, and fresh lemon until golden and juicy, creating a beautiful pan sauce as it cooks.

It's the kind of meal that feels effortless but tastes like Sunday dinner – especially when served with roasted potatoes or seasonal vegetables.

□ [Get the recipe here Italian Roasted Lemon Chicken Dinner recipe](#)

## **Easy Chicken Piccata**



This easy chicken piccata features tender chicken cutlets lightly floured and simmered in a bright lemon, butter, and caper sauce. It's tangy, slightly briny, and incredibly flavorful while still being simple to make.

Ready in about 30 minutes, it's perfect for busy weeknights but elegant enough to serve to guests.

□ [Get the Easy Chicken Piccata recipe here](#)

## My Favorite Crispy Italian Chicken Cutlets



These crispy Italian chicken cutlets are thin, tender, and perfectly golden. Lightly breaded with seasoned breadcrumbs and pan-fried until crisp, they're simple, classic, and incredibly versatile.

Serve them on their own with a squeeze of lemon, alongside pasta, or use them as the base for other dishes like Chicken Parmesan. This is one of those go-to recipes every home cook should have.

□ [Get My Favorite Crispy Italian Chicken Cutlets recipe here](#)

## Things to know about this

# Tips for Cooking Perfect Chicken

### ✓ Don't Overcook It

Chicken breast should reach 165°F. Use a thermometer – it makes all the difference.

### ✓ Let It Rest

Give it 5 minutes before slicing so the juices stay inside.

### ✓ Lightly Flour When Needed

Flouring chicken before pan-frying helps create that beautiful golden crust and naturally thickens sauces.

### ✓ Slice Against the Grain

This keeps your chicken tender instead of stringy

## How to Store Cooked Chicken

- Store in an airtight container in the refrigerator for up to 4 days.
- Freeze in cooked chicken for up to 3 months, in airtight freezer containers
- Many of these recipes reheat beautifully, especially the saucy ones.

---

# Frequently Asked Questions

## What's the best way to cook chicken breast?

Pan-searing followed by a short simmer in sauce keeps it juicy and flavorful.

## Can I substitute chicken thighs?

Yes. Thighs are more forgiving and stay moist longer.

## How do I keep chicken from drying out?

Avoid overcooking and don't skip resting time.

## Final Thoughts

Chicken doesn't have to be boring. With the right techniques and simple ingredients, it can be elegant, comforting, or quick and practical.

I hope this collection makes your meal planning easier and gives you new inspiration for dinner this week.

If you try one of these recipes, let me know which one is your favorite – I love hearing from you.



---

## Prosciutto-Wrapped Chicken Fingers with Hot Honey

## Prosciutto-Wrapped Chicken Fingers with Hot Honey

When it comes to Italian-style appetizers, simple ingredients done right always steal the show. These **prosciutto-wrapped**

**chicken fingers with hot honey** are the perfect balance of savory, salty, and just a little sweet. Lightly seasoned chicken is wrapped in prosciutto, pan-seared until crisp, then finished in the oven and drizzled with hot honey for an irresistible bite. Elegant enough for New Year's Eve, yet easy enough to make any time you're entertaining.

## **Things to know about this Prosciutto-Wrapped Chicken Fingers with Hot Honey recipe**

- **Prosciutto does the work:** Its saltiness adds flavor and helps keep the chicken juicy.
- **Pan-sear first:** This step crisps the prosciutto and adds depth before finishing in the oven.
- **Drain excess fat:** If needed, blot lightly before baking so the prosciutto stays crisp.
- **Hot honey at the end:** Drizzle just before serving to keep the coating glossy and fresh.
- **Perfect for parties:** Skewers or toothpicks make these easy, mess-free appetizers.
- If you love easy Italian-inspired appetizers, be sure to explore more crowd-pleasing recipes on the blog. From savory **Italian sausage rolls** to **vegetarian stuffed mushrooms** and elegant **puff pastry twists**, you'll find simple, flavorful ideas perfect for entertaining, holidays, or casual gatherings any time of year.





# **Prosciutto-Wrapped Chicken Fingers with Hot Honey**

## **Prep Time**

10 minutes

## **Cook Time**

15–18 minutes

## **Ingredients**

- 1 lb boneless, skinless chicken breasts, cut into finger-size strips

- 3 Tbsp olive oil
- 2 tsp garlic powder
- 2 tsp Italian seasoning
- salt and pepper to taste
- 8–10 thin slices prosciutto, cut in half lengthwise if needed
- 1–2 tbsp olive oil or cooking spray
- 2–3 tbsp hot honey, for drizzling

## ▪ Instructions

### ▪ Season the chicken

Place the chicken strips in a bowl. Season with salt, black pepper, garlic powder, and Italian seasoning.

### ▪ Wrap with prosciutto

Wrap each chicken strip tightly with prosciutto. Thread onto skewers if desired.

### ▪ Pan-fry

Heat olive oil or in a large oven proof skillet over medium heat. Cook the chicken, turning, until the prosciutto is lightly crisped, about **5–6 minutes**.

### ▪ Finish in the oven

Transfer to a pre heated **375°F** until cooked through, **8–10 minutes**.

### ▪ Drizzle & serve

Drizzle with hot honey just before serving and serve warm.

---

# Milanese-Style Chicken Breasts

# Stuffed

# Milanese-Style Chicken Breasts

# Stuffed

In Italy, “Milanese-style” simply means breaded and pan-fried – a classic technique from Milan that gives chicken the most beautiful golden crust. Today I’m giving that tradition my own twist by stuffing the chicken with delicate prosciutto and melty provolone before searing it in the pan and finishing it in the oven. It’s elegant enough for company but easy enough for a weeknight, and the garlic Parmesan sauce pulls everything together in the most delicious way.

## Things to know about these Milanese-Style Stuffed Chicken Breasts

### Make Ahead:

You can assemble the stuffed, breaded chicken breasts up to **24 hours in advance**. Keep them covered in the refrigerator, then simply sear and bake when you’re ready to cook. Perfect for entertaining or prepping dinner earlier in the day.

### Freezing:

Uncooked stuffed chicken freezes beautifully. Place the assembled, breaded breasts on a baking sheet, freeze until solid, then transfer to a freezer-safe bag for up to **2 months**.

Thaw overnight in the refrigerator before searing and baking.

### **Leftovers & Storage:**

Store cooked chicken in an airtight container in the refrigerator for **up to 3 days**. Reheat in a 350°F oven for 10–12 minutes to keep the breading crisp. Avoid microwaving – it softens the coating and can overcook the chicken.

### **Variations:**

- **Cheese:** Swap provolone for fontina, or mozzarella, for different meltiness.
- **Meat:** Use speck instead of prosciutto for a smokier flavor.
- **Herbs:** Add fresh basil or parsley inside the chicken for brightness.
- **Breadcrumbs:** Try panko for extra crunch or mix in more Parmigiano for a richer crust.
- **Sauces:** Serve with marinara, lemon butter, or a simple white wine pan sauce if you want something lighter than the garlic Parmesan sauce.
- If you enjoy this Milanese-Style Stuffed Chicken, you'll love some of my other Italian chicken favorites already on the blog. Try my **Italian-Style lemon Roast Chicken (a Complete Meal)** my **Stuffed Chicken Breast with mushroom sauce**, or my **Italian stuffed meatloaf roll** for another elegant, restaurant-quality dinner at home. And if you're in the mood for cozy comfort, don't miss my **Creamy Sausage Tortellini Soup** or **Tortellini al Brodo** – both reader favorites!





# Milanese-Style Stuffed Chicken Breasts

Servings: 4

Prep Time: 15 minutes

**Cook Time:** 25–30 minutes

**Total Time:** 40–45 minutes

# Ingredients

## For the Chicken:

- 4 boneless, skinless chicken breasts
- 4 slices prosciutto di Parma
- 4 slices provolone or fontina cheese
- 2 large eggs, beaten
- 1 cup Italian-style breadcrumbs (or panko mixed with 1/2 cup grated Parmigiano-Reggiano)
- 1 tsp dried Italian herbs (oregano, basil, thyme)
- Salt and pepper, to taste
- 1 cup olive oil for frying

## For the Garlic Parmesan Sauce:

- 2 tbsp butter
- 2 cloves garlic, grated
- 1 cup heavy cream
- 1/2 cup freshly grated Parmigiano-Reggiano
- Zest of 1 lemon + 1–2 tbsp lemon juice
- Salt and pepper to taste

# Instructions

## Prep the Chicken:

- Butterfly each chicken breast by slicing horizontally, almost through, and open like a book.
- Pound lightly to even thickness. Season with salt, pepper, and Italian herbs.

## 2. Assemble:

- Place a slice of prosciutto and a slice of cheese inside each chicken breast.
- Fold the chicken over to enclose the filling. Secure with toothpicks if needed.

## 3. Bread the Chicken:

- Add the Italian parsley to the egg whisk lightly Dredge each breast in the egg mixture, then coat with breadcrumbs mixed with Parmigiano . Press lightly to adhere.( no flour is necessary )

## 4. Sear:

- Heat olive oil in a large pan over medium heat. Sear chicken 3–4 minutes per side until golden brown.

## Bake:

- Transfer seared chicken to an oven proof dish bake in a reheated 375°F (190°C) oven.
- Bake for 10 minutes, until chicken is cooked through (internal temperature 165°F / 74°C) and cheese is melted.

## 6. Make the Garlic Parmesan Sauce:

- In a small saucepan, melt butter over medium heat.
- Add garlic and sauté until fragrant (about 30 seconds).
- Stir in heavy cream, simmer 2–3 minutes.
- Whisk in Parmigiano, lemon zest, and lemon juice.
- Season with salt and pepper to taste.

## 7. Serve:

- Plate the baked chicken and drizzle with garlic parmesan sauce.
- Optional: serve with roasted vegetables, salad, or potatoes.

---

# Stuffed Chicken Breasts with Mushroom Gravy

# Stuffed Chicken Breasts with Mushroom Gravy

*All the flavors of a classic holiday turkey dinner—made easy any night of the week.*

There's something special about the flavors of a holiday meal – the savory stuffing, the juicy roast turkey, and of course,

that rich mushroom gravy poured over everything. But who says you have to wait until Thanksgiving to enjoy it all? These **Stuffed Chicken Breasts with Mushroom Gravy** bring those same cozy, comforting flavors to your dinner table in under an hour.

This recipe takes simple chicken breasts and transforms them into something spectacular. Each breast is butterflied, filled with the same savory sausage and mushroom **stuffing recipe** I use for my holiday turkey, then rolled up and baked until golden and juicy. To finish, everything is smothered in my rich, velvety **mushroom gravy** – the perfect finishing touch.

It's an elegant yet easy dish that feels festive, whether you're making it for Sunday dinner or just craving something comforting and homemade on a chilly evening. Plus, it's a great way to enjoy all those nostalgic holiday flavors without cooking an entire turkey!

## **Things to know about this Stuffed Chicken Breasts with Mushroom Gravy**

- **All the holiday flavor–no turkey required:** This dish gives you that classic Thanksgiving-style comfort with a fraction of the effort. Perfect when you're craving something festive without roasting a whole bird.
- **Use your favorite stuffing:** Any kind of stuffing works – traditional bread, sausage, or even a vegetable stuffing. Just make sure it's cooled before you roll the chicken.
- **Pound the chicken evenly:** This helps the chicken cook faster and more evenly, while also making it easier to roll and keep together.
- **Searing adds flavor:** Browning the chicken before baking gives it beautiful color and seals in the juices.

- **Don't skip the gravy:** The mushroom gravy ties everything together and keeps the chicken moist and rich.
- **Great for entertaining or meal prep:** You can assemble the rolls a day ahead, refrigerate them, and bake before serving. They also reheat beautifully for leftovers.
- **Serving ideas:** Pair with mashed potatoes, roasted vegetables, or a light salad for a balanced meal that feels special any night of the week.

## ▪ Try This Next!

If you love the cozy, comforting flavors in these **Stuffed Chicken Breasts with Mushroom Gravy**, be sure to check out a few of my other favorite recipes that bring the same warmth to your table:

- **Savory Sausage and Mushroom Stuffing** – the same delicious stuffing used in this recipe.
- **Easy Savory Mushroom Gravy** – rich, velvety, and perfect for drizzling over everything.
- **Italian-Style Roast Chicken Dinner** – a complete meal baked on one pan for simple elegance.
- **Italian Holiday Chicken Soup** – a cozy, comforting bowl to enjoy any time of year.

Whether you're making this dish for Sunday dinner or a special family meal, don't forget to leave a comment below and share how it turned out – I love hearing from you! ☐





## **Stuffed Chicken Breasts with Mushroom Gravy**

**Prep Time:** 20 minutes

**Cook Time:** 35 minutes

**Total Time:** 55 minutes

Servings: 4

# Ingredients

## • For the Chicken:

- 4 boneless, skinless chicken breasts (6–8 ounces each)
- 2 tablespoons olive oil or butter (for searing)
- Salt and freshly ground black pepper, to taste
- 1 teaspoon garlic powder (optional)
- 1 teaspoon dried thyme or Italian seasoning

## • For the Stuffing:

- 2 cups prepared **holiday stuffing** (cooled slightly before using)

*Tip: If the stuffing is too moist, spread it on a plate for 5–10 minutes to dry slightly before filling.*

## For the Mushroom Gravy:

- 2 cups prepared **mushroom gravy**, warmed before serving

## To Finish:

- Fresh parsley, chopped, for garnish
- Extra mushroom gravy, for serving on the side

# Instructions

1. **Preheat the oven** to 375°F (190°C). Lightly grease or line a baking dish with parchment paper.
2. **Prepare the chicken:**  
Slice each chicken breast in half horizontally to create 4 thin pieces. Place each piece between two sheets of parchment or plastic wrap and gently pound to an even  $\frac{1}{4}$ -inch thickness.
3. **Season both sides** of the chicken with salt, pepper, garlic powder, and thyme (or Italian seasoning).
4. **Add the stuffing:**  
Spoon about  $\frac{1}{4}$  to  $\frac{1}{3}$  cup of prepared stuffing onto each pounded chicken breast and spread evenly, leaving a small border around the edges.
5. **Roll tightly** from the short end, securing each roll with toothpicks if needed.
6. **Sear for flavor:**  
Place the rolled chicken breast in an oven proof baking dish and bake uncovered for 20–25 minutes, or until the chicken is cooked through (internal temperature should reach 165°F / 74°C). While the chicken is baking make the mushroom sauce
7. **Finish with mushroom gravy:**  
Remove the toothpicks, spoon the warm mushroom gravy over the chicken, and let rest for a few minutes before slicing.
8. **Garnish and serve** with extra gravy and a sprinkle of fresh parsley.

---

## □ Tips

- **Pound the chicken evenly** so it cooks uniformly and rolls easily.
- **Make ahead:** Roll and refrigerate the chicken up to 1 day in advance; bake when ready to serve.
- **Serving idea:** Add mashed potatoes and greens

---

# Creamy Italian Pan Chicken and Potatoes

# Creamy Italian Pan Chicken and Potatoes

I love simple one pan meals that are easy to make, and use few recognizable ingredient. This **Creamy Italian Pan Chicken and Potatoes** takes a comforting classic and gives it a delicious Italian twist – tender chicken, golden potatoes, and sweet bell peppers simmered together in a rich white wine and cream sauce. The final touch of freshly grated mozzarella melts into every bite, creating a silky, flavorful finish that's pure comfort in a pan.

This recipe was inspired by the rustic Italian meals I grew up with – those cozy, one-pan dishes that fill the kitchen with warmth and the kind of aroma that draws everyone to the table.

It's hearty yet elegant, perfect for a busy weeknight when you want something satisfying but don't want to fuss with too many dishes.

The beauty of this meal is in its simplicity: a few humble ingredients, one pan, and a touch of Italian love. Whether you're cooking for family, hosting a cozy dinner, or just craving something creamy and comforting, this dish is sure to become a favorite.

## Things to know about this Creamy Italian Pan Chicken and Potatoes

- **Chicken prep:** Slicing the chicken into medium dice ensures it cooks quickly and stays tender. You can also use boneless, skinless thighs for extra juiciness.
- **Potatoes:** Small, waxy potatoes work best for this recipe since they hold their shape while cooking. Yukon Gold or red potatoes are ideal.
- **Wine swap:** If you prefer a non-alcoholic version, substitute the white wine with low-sodium chicken broth.
- **Creaminess:** Heavy cream gives a rich sauce, but you can use half-and-half for a lighter version – just simmer a little longer to thicken.
- **Cheese finish:** Freshly grated mozzarella melts best; pre-shredded cheese often has anti-caking agents that affect texture.
- **Seasoning tips:** Garlic and onion powder season the chicken perfectly, but feel free to add Italian herbs like oregano, thyme, or rosemary.
- **Make it spicy:** Add a pinch of crushed red pepper flakes while cooking the peppers for a subtle kick.

- **One-pan cleanup:** Using the same pan for the whole recipe not only builds flavor but keeps cleanup simple – a win for weeknight dinners!
- Loved this **Creamy Italian Pan Chicken and Potatoes** recipe? Try more of our **easy Italian-inspired dinners:**
  - Creamy chicken breast with mushrooms – a creamy, garlicky favorite
  - Stovetop Italian Sausage and Peppers – simple, flavorful, and family-friendly
  - Chicken Marbella with an Italian Twist – tangy, sweet, and savory perfection

Don't forget to **subscribe to our newsletter** for more one-pan meals, weeknight dinners, and authentic Italian recipes delivered straight to your inbox! ☐





## **Creamy Italian Pan Chicken and Potatoes**

**Servings: 4**

**Cook Time: 25–30 minutes**

# Ingredients

- 2 chicken breasts, cut in medium dice
- 3 small potatoes, diced (about 2 cups)
- 1 red bell pepper cut into dice
- 1 yellow bell pepper cut into dice
- 2 cloves garlic, minced
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- $\frac{1}{2}$  cup dry white wine (for deglazing)
- $\frac{3}{4}$  cup heavy cream
- 1 cup freshly grated mozzarella cheese
- 2 tablespoons olive oil
- Salt and black pepper to taste
- Fresh parsley, chopped (for garnish)

# Instructions

## 1. Prepare the ingredients:

Slice the chicken breasts into medium dice so they cook quickly and evenly. Dice the potatoes, slice the bell peppers, and mince the garlic.

## 2. Cook the potatoes:

Heat 1 tablespoon of olive oil in a large pan over medium heat. Add the diced potatoes and season lightly with salt. Cook for 8–10 minutes, stirring occasionally, until golden and tender. Remove from the pan and set

aside.

**3. Sear the chicken:**

Add the remaining tablespoon of olive oil to the same pan. Season the chicken with salt, pepper, garlic powder, and onion powder. Cook for 4–5 minutes per side, until golden and cooked through. Remove and set aside.

**4. Sauté the peppers:**

Add the sliced bell peppers to the pan and cook for 3–4 minutes until softened. Add minced garlic and sauté for 30 seconds, just until fragrant.

**5. Deglaze with wine:**

Pour in the white wine, scraping up any browned bits from the bottom of the pan. Let it simmer for 2–3 minutes to reduce slightly and cook off the alcohol.

**6. Make the creamy sauce:**

Lower the heat and stir in the heavy cream. Simmer for 2–3 minutes until the sauce thickens slightly.

**7. Combine and finish:**

Return the cooked chicken and potatoes to the pan. Stir to coat everything evenly in the creamy sauce. Sprinkle mozzarella on top, cover, and let it melt for 2–3 minutes.

**8. Serve:**

Garnish with fresh parsley and serve warm straight from the pan.

---

# Creamy Chicken Breast with Mushrooms

## Creamy Chicken Breast with Mushrooms

I love a one-pan meal that feels both comforting and elegant – and this **Creamy Chicken Breast with Mushrooms** delivers exactly that. Tender chicken breasts simmer in a velvety sauce made with white wine, garlic, and earthy mushrooms, creating a dish that's full of rich, savory flavor. It's a **restaurant-quality meal** made easily at home, ready in **30 minutes** and cooked all in **one pan** – perfect for busy weeknights or a cozy dinner in.

## Things to know about this Creamy Chicken Breast with Mushrooms

- **Use a dry white wine:** A crisp Pinot Grigio or Sauvignon Blanc adds depth and enhances the creamy sauce.
- **Sear the chicken first:** That golden crust adds incredible flavor to the dish and builds the base for your sauce.
- **Mushrooms matter:** Cremini, baby bella, or white mushrooms all pair perfectly with the cream and wine.
- **Adjust your sauce:** Simmer longer for a thicker consistency or add a splash of broth if you prefer it lighter.
- **Reheats beautifully:** Gently warm leftovers on the stove

– it tastes just as good the next day.

## • **Serving Ideas**

Pair this creamy chicken and mushroom dish with:

- Buttered noodles or creamy mashed potatoes
  - Steamed green beans, spinach, or roasted asparagus
  - A simple salad and crusty Italian bread for dipping
- If you love quick, creamy comfort meals, don't miss these reader favorites:
- **Pork medallions marsala** – another one-pan wonder with bright lemon caper sauce.
  - **Lasagna Bolognese** with béchamel sauce– meaty , cheesy, and full of Italian flavor.
  - **Creamy vegetarian Broccoli Shell Pasta** – rich, comforting, and perfect for pairing with this dish.
  - **Creamy Sausage Tortellini Soup** – hearty and satisfying for those cozy nights in.

Each recipe brings the same Italian-inspired warmth and simplicity to your table.

### **Creamy Chicken Breast with Mushrooms**

**Serves:** 4

**Prep Time:** 10 minutes

**Cook Time:** 25 minutes

**Total Time:** 35 minutes

# Ingredients

- 4 boneless, skinless chicken breasts
  - Salt and black pepper, to taste
  - 2 tablespoons olive oil
  - 2 tablespoons unsalted butter
  - 8 ounces cremini or white mushrooms, sliced
  - 2 cloves garlic, minced
  - 1 teaspoon fresh thyme (or  $\frac{1}{2}$  teaspoon dried)
  - $\frac{1}{2}$  cup white wine
  - $\frac{1}{2}$  cup chicken broth
  - 1 cup heavy cream
  - $\frac{1}{2}$  cup grated Parmesan cheese
  - 1 Tbsp. Dijon mustard
  - 2 tablespoons chopped parsley (for garnish)
- 

# Instructions

## 1. Prepare the Chicken:

Pat the chicken breasts dry and season both sides with salt and pepper.

## 2. Sear the Chicken:

Heat olive oil in a large skillet over medium-high heat. Add the chicken breasts and cook 4–5 minutes per side, or until golden brown and nearly cooked through. Remove and set aside on a plate.

### **3. Sauté the Mushrooms:**

In the same pan, reduce the heat to medium and add the butter. Once melted, add the sliced mushrooms. Cook for 5–6 minutes, stirring occasionally, until the mushrooms are browned and have released their juices.

### **4. Add Garlic and Herbs:**

Stir in the minced garlic and thyme. Cook for 1 -2 minutes until fragrant.

### **5. Deglaze the Pan:**

Pour in the white wine, scraping up any browned bits from the bottom of the pan. Let it simmer for 2–3 minutes to reduce slightly.

### **6. Make the Cream Sauce:**

Stir in the heavy cream, chicken stock, Parmesan cheese, and Dijon mustard . Simmer gently until the sauce thickens, about 3–4 minutes.

### **7. Return Chicken to the Pan:**

Place the chicken breasts back into the sauce and spoon the creamy mushroom mixture over them. Simmer for 5 minutes, or until the chicken is fully cooked and the sauce has thickened to your liking.

### **8. Finish and Serve:**

Sprinkle with fresh parsley before serving

---

# **Italian Chicken and Rice**

# Recipe

## Italian Chicken and Rice Recipe

There's nothing more comforting than a pot of chicken and rice simmering away in the kitchen. This Italian Chicken and Rice (*Pollo e riso*) is one of those humble Italian meals that takes simple ingredients—chicken, rice, a little onion, and garlic—and turns them into something rich and satisfying. Best of all, it's made in just one pan and ready in about 30 minutes, which makes it the perfect weeknight dinner. In my house, this recipe has become a go-to when I'm craving Italian flavors without spending hours in the kitchen.

## Things to know about this Italian Chicken and Rice Recipe

- **One Pan Wonder** – Everything cooks together in a single skillet or Dutch oven, which means fewer dishes and maximum flavor. The rice soaks up all the savory juices from the chicken as it cooks, making every bite rich and comforting.
- **Ready in 30 Minutes** – This recipe proves that you don't need hours in the kitchen to create something wholesome and delicious. Perfect for busy weeknights when you still want a home-cooked meal.
- **Budget-Friendly Ingredients** – Just a few pantry staples like rice, onion, garlic, and chicken breasts come together to make a complete meal that feels special without breaking the bank.
- **Versatile and Adaptable** – You can easily swap spinach for another leafy green, use chicken thighs instead of breasts, or even make it a touch spicy with red pepper

flakes.

- **Family-Friendly Comfort Food** – Mild flavors, creamy rice, and tender chicken make this dish a hit with both kids and adults. It's cozy, filling, and tastes even better the next day.
- Craving more Italian weeknight meals? Try our Creamy Italian Sausage Risotto or Italian Chicken with Lemon Wine Sauce next!

## Italian Chicken and Rice Recipe

### Servings

4 servings

### Cook Time

- Prep: 10 minutes
- Cook: 20 minutes
- Total: 30 minutes

### Ingredients

- 1  $\frac{1}{2}$  lb. boneless, skinless chicken breast
- 2 tablespoons olive oil
- 2 Tbsp. butter
- small onion, finely chopped
- 2 garlic cloves, minced
- 1 cup arborio rice
- $\frac{1}{2}$  cup dry white wine

- 4 cups chicken broth (warm)
- 1 cup fresh spinach (optional)
- $\frac{1}{2}$  cup grated Parmigiano Reggiano
- 2 tablespoons fresh parsley, chopped
- Salt and freshly ground black pepper, to taste
- Pinch of red pepper flakes (optional)

## Instructions

1. **Sear the chicken** – Season chicken with, garlic powder, salt and pepper. Heat 2 tablespoon olive oil in a skillet or Dutch oven, then sear chicken on both sides until golden (about 3–4 minutes per side). Remove and set aside.
2. **Sauté aromatics** – Add the butter, onion, and garlic to the same pan. Cook until softened and fragrant, about 3 minutes.
3. **Toast the rice** – Stir in the arborio rice, coating it in the butter and aromatics. Toast for 1–2 minutes.
4. **Deglaze** – Add the white wine and stir, scraping up the browned bits.
5. **Simmer** – Pour in warm broth. simmer for 10- 12 minutes or until the rice is almost cooked Cut the chicken into medium dice or strips Return the chicken (and any juices) to the pan. Cover and cook on low for an additional 5-7 minutes, stirring occasionally, until rice is tender and chicken is cooked through.
6. **Finish** – Stir in spinach (if using). Remove from heat, mix in Parmigiano Reggiano and parsley, and adjust

seasoning with salt, pepper, and red pepper flakes.

7. **Serve** – Scoop into bowls and enjoy warm. ENJOY!!!!

---

## **Chicken Meatballs with Marry Me Orzo**

## **Chicken Meatballs with Marry Me Orzo**

Tender chicken meatballs are always a hit at the dinner table, and when you pair them with creamy *Marry Me Orzo*, you've got the ultimate comfort meal. This dish brings together juicy baked chicken meatballs and orzo pasta simmered in a rich Parmesan and sun-dried tomato cream sauce. It's the kind of meal that feels special enough for date night yet easy enough for a weeknight family dinner.

The name "*Marry Me Orzo*" comes from the idea that the flavors are so irresistible, they just might win someone's heart. I love how the baked meatballs soak up the creamy sauce, making every bite flavorful and hearty. If you're looking for a one-pan recipe that's simple, satisfying, and a little bit romantic, this is it.

## **Things to Know About Chicken**

# Meatballs with Marry Me Orzo

- **Bake, don't fry:** Baking the meatballs keeps them juicy without extra oil, and it's hands-off while you prepare the orzo.
- **Cream swap:** Heavy cream gives the sauce its velvety texture, but you can lighten it up with half-and-half or even whole milk (just simmer a little longer to thicken).
- **Cheese matters:** Freshly grated Parmesan melts more smoothly than pre-shredded, giving the sauce that silky finish.
- **Customize the spice:** Red pepper flakes add a gentle kick—use more if you like a little heat, or leave them out for a milder dish.
- **Make it ahead:** The meatballs can be baked in advance and refrigerated (up to 3 days) or frozen (up to 3 months). Add them to the orzo to reheat.
- **Serving ideas:** This dish is filling on its own, but it pairs beautifully with a crisp green salad or roasted vegetables.
- **Storage tips:** Leftovers keep well in the fridge for 2–3 days. Reheat gently on the stove with a splash of broth or cream to loosen the sauce.
- If you loved these **Chicken Meatballs with Marry Me Orzo**, you'll also enjoy other comforting Italian favorites: try my Shrimp Marry Me Orzo for a seafood twist, or cozy up with Creamy Sausage Tortellini Soup for a hearty weeknight dinner.

# Chicken Meatballs with Marry Me Orzo

## Ingredients

**Yield:** 4 servings

**Prep Time:** 15 minutes

**Cook Time:** 25 minutes

**Total Time:** 40 minutes

### • For the Chicken Meatballs

- 1 lb ground chicken
- 1 large egg
- 1 cup breadcrumbs
- $\frac{1}{2}$  cup grated Parmesan cheese
- 2 cloves garlic, minced
- 2 tbsp onion, grated or finely minced
- 2 tbsp fresh parsley, chopped
- salt and pepper to taste

### • For the Marry Me Orzo

- 2 cups orzo pasta
- 2 tbsp olive oil
- 3 cloves garlic, minced
- $\frac{1}{2}$  cup sun-dried tomatoes, chopped
- 3 cups chicken broth (plus more if needed)
- 1 cup heavy cream

- 1 cup grated Parmesan cheese
- 1 tsp red pepper flakes (adjust to taste)
- 1 tsp fresh thyme (or  $\frac{1}{2}$  tsp dried)
- 2 cups baby spinach (optional)
- Salt & black pepper, to taste

## Instructions

### 1. Bake the Meatballs:

Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.

In a mixing bowl, combine ground chicken, egg, breadcrumbs, Parmesan, garlic, onion, parsley, salt, and pepper. Mix until just combined and roll into about 18–20 small meatballs.

Place on the prepared baking sheet and bake for 18–20 minutes, until cooked through and lightly golden.

### 2. Start the Orzo:

While the meatballs bake, heat olive oil in a large skillet over medium heat. Add garlic and sun-dried tomatoes, sautéing for 1–2 minutes. Stir in the orzo and toast lightly.

### 3. Simmer the Sauce:

Pour in chicken broth and heavy cream. Bring to a gentle simmer and cook, stirring occasionally, until the orzo is al dente and creamy, about 10–12 minutes. Add more broth as needed to keep it saucy.

### 4. Finish the Dish:

Stir in Parmesan, red pepper flakes, thyme, salt, and pepper. Add the baked meatballs to the skillet and simmer for 2–3 minutes so the flavors meld.

### 5. Add Spinach & Serve:

Stir in baby spinach (if using) until wilted. Garnish with extra Parmesan and parsley. Serve immediately.

---

# Tuscan Chicken Under a Brick Recipe

# Tuscan Chicken Under a Brick Recipe

In Tuscany, there's a beloved way of cooking chicken known as *Pollo al Mattone* – literally, “chicken under a brick.” Traditionally, the chicken is flattened and pressed beneath hot bricks while it cooks, creating crisp golden skin and juicy, flavorful meat. Since I don't keep bricks in my kitchen, I use a heavy cast iron pan instead, which delivers the same beautiful results with a touch of rustic Italian charm. This method transforms simple ingredients like garlic, rosemary, thyme, and lemon into a dish that feels both traditional and effortless.

## Things to Know About Tuscan chicken under a brick

- **What does *Pollo al Mattone* mean?**

In Italian, it translates to “chicken under a brick.” The brick's weight helps press the chicken flat,

ensuring even cooking, golden crisp skin, and juicy meat.

- **Do I need a brick?**

Traditionally, yes – the brick is wrapped in foil and heated. But a heavy cast iron skillet or Dutch oven works just as well and is easier to manage in a home kitchen.

- **Why spatchcock the chicken?**

Removing the backbone and flattening the chicken helps it cook faster and more evenly. It's the key to achieving that irresistible crisp skin without drying out the meat.

- **Flavor profile.**

This dish is all about simplicity. Olive oil, garlic, rosemary, thyme, and lemon are classic Tuscan ingredients that let the chicken shine.

- **Cooking method.**

While it can be made on the stovetop or in the oven, it's equally delicious grilled over wood or charcoal – the way it's often enjoyed in Tuscany.

- **Serving ideas.**

Pair with roasted potatoes, Tuscan white beans, or a peppery arugula salad. Keep the sides rustic and simple, just like the dish itself.

- **Love this Tuscan-style chicken? Try my **Oven-Roasted Spatchcock Chicken** next for another easy way to get juicy, golden chicken at home. Ch**

# Tuscan Chicken Under a Brick Recipe

**Servings:** 4

**Cook Time:** 40 minutes (plus resting)

## Ingredients

- 1 whole chicken (about 3  $\frac{1}{2}$ –4 lbs), backbone removed and butterflied (spatchcocked)
- 3 tablespoons olive oil
- 4 garlic cloves, minced
- 2 sprigs fresh rosemary, finely chopped
- 2 sprigs fresh thyme, leaves removed
- 1 lemon (zest and juice)
- 1 teaspoon kosher salt (or to taste)
- $\frac{1}{2}$  teaspoon freshly ground black pepper

## Instructions

### 1. Prepare the Chicken

- Place the chicken breast-side down on a cutting board. Using sharp kitchen shears, cut along both sides of the backbone and remove it. Flip the chicken breast-side up and press firmly to flatten. Pat dry with paper towels.

### 2. Season the Chicken

- In a small bowl, mix together olive oil, garlic, rosemary, thyme, lemon zest, lemon juice, salt, and pepper.
- Rub the mixture all over the chicken, making sure to get under the skin where possible for maximum flavor.

### 3. Heat the Pan

- Preheat a large cast iron skillet over medium-high heat for 5 minutes until hot. Lightly oil the pan.

### 4. Cook the Chicken

- Place the chicken skin-side down in the hot skillet.
- Carefully place another heavy cast iron skillet (or a Dutch oven) on top of the chicken to press it flat.
- Cook for about **12–15 minutes** without moving, until the skin is deeply golden and crispy.

### 5. Finish Cooking

- Remove the top skillet and carefully flip the chicken over.
- Return the weight on top and cook another **20–25 minutes**, or until the thickest part of the thigh registers 165°F (74°C) on a meat thermometer.

### 6. Rest and Serve

- Transfer chicken to a cutting board and let rest for 10 minutes before carving.

- Serve with lemon wedges, roasted potatoes, or a crisp green salad.