

Roasted Italian-style chicken

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A whole roasted Italian -style chicken with potatoes is a comforting and delicious dish that brings out the simple and deep flavors of Italian cooking. with just a few simple ingredients and 15 minutes of prep time you'll have everything ready to create a meal that's easy enough for busy weeknight family meals and fancy enough for Saturday night dinner with friends.

A roasted chicken with potatoes and vegetables is Italian comfort food that's hard to beat. The chicken turns out juicy with golden, crispy skin, and the potatoes and vegetables soak up the delicious drippings, becoming tender and caramelized. It's a complete meal made in one pan, easy to make, affordable and always feels like an elegant homemade meal

What makes this roasted Italian style chicken so good

Easy to make: This chicken dinner is prepped in less than 15 minutes and the cooking time is quick. this chicken is baked at a higher temperature and cooks in just under an hour.

It can be prepped ahead of time: you can prepare this meal up to a day ahead of time store in the fridge . then add the potatoes and bake when you are ready to serve.

It's great for left overs to use for chicken sandwiches, add it to pasta dishes and it makes a great addition to salads.

Ingredients

- 1 whole chicken 4- 5 lb.
- 1 Tbsp. each garlic + onion + paprika powder
- 4 peeled potatoes cut in half
- 4 peeled carrots cut in equal pieces
- 2 cups peeled butternut squash cut in medium dice
- 1 peeled sliced onion
- 5-6 cloves of peeled garlic
- 1 sliced lemon
- 1 cup white wine
- 3-4 sprigs of rosemary
- 4 Tbsp. olive oil
- salt and pepper to taste

Instructions

1. start by cleaning the chicken and removing any insides. Then pat dry.
 2. mix the garlic , onion and paprika together. Rub the chicken with the herb mixture rubbing it into the the chicken. Then drizzle with 1 Tbsp. of the olive oil. salt and pepper to taste. Place the potatoes, carrots, butternut squash, lemons, onions and garlic in a large roasting pan. Make room in the center and place the chicken in the middle. Drizzle the vegetables with the remaining olive oil. salt and pepper to taste. Add the rosemary sprigs
 3. Bake in a preheated 400- degree oven for 1 hour.
 4. Place the chicken on a platter with the vegetables cut the chicken pour the pan sauce over top. ENJOY!!!!
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Italian Chicken sausage scarpariello

Italian chicken sausage scrapariello

This Italian chicken sausage scarpariello recipe is the classic Italian-American shoemaker style dish of crispy chicken braised with sausage, peppers and onions. It is tangy, spicy and delicious. The name “scarpariello” is said to come from the Italian word for “shoemaker” the phrase is often associated with dishes that are humble, frugal and made with basic ingredients. It involves braising chicken and Italian sausage with simple pantry staples . It’s not about fancy presentation but about flavor and making the most out of minimal ingredients.

Variations for this Italian chicken sausage scarpariello recipe

Traditionally this Italian chicken sausage scarpariello recipe is made with bone-in skin-on chicken thighs because I wanted to lighten up the dish and also my family likes chicken breast I used boneless , skinless chicken breast.

You can also use chicken sausage in place of the pork sausage if that fits your taste. Add extra vegetables like mushrooms, or spinach or both for a heartier, veggie-packed version.

For a creamy variation add a cup of heavy cream to the sauce for a richer, creamier texture. You could also melt in some parmesan cheese to deepen the flavor.

These variations allow you to customize the classic flavors of this Italian chicken sausage scapariello to fit your lifestyle and taste while staying true to it's essence!!!

If you make this dish, please leave me a comment on your experience with this Italian classic recipe. I love hearing from you. It's my favorite part. And it helps others. THANKS!!!

Ingredients

- 2 lbs. chicken breast or bone in chicken thighs
- 2 -3 links spicy Italian sausage
- 1 sliced onion
- 1 red and 1 green sliced bell peppers
- 2 Tbsp. minced garlic
- 1 cup pickled cherry peppers hot or sweet + 1/2 cup pickling juice from the jar
- 1 cup white wine
- 1 cup chicken stock
- 2 Tbsp. chopped Italian parsley

Instructions

1. preheat oven to 375-degrees
2. Start by washing the chicken then pat dry salt and pepper the chicken.
3. Heat the oil in an oven proof skillet or dutch oven sear the chicken on all sides for 5 minutes or until golden remove the chicken and set aside. In the same add the sausage. Cook 3-4 minutes or until brown . Remove cut the sausage in half and set aside.
4. In the same pan add the onion, garlic and bell peppers. cook for 3-5 minutes to soften slightly. Add the cherry peppers, the pickling juice, chicken stock and the white wine. Scrape up the brown bits from the bottom of the pan. Then cook 5 minutes to reduce the liquid.

5. Add the chicken and the sausage back to the skillet.
 6. Set the skillet in the oven and bake for 20 – 30 minutes, until the chicken is cooked through.
 7. Top with the Italian parsley. ENJOY!!!!!!
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Pan seared salmon orzo

Pan seared salmon orzo

If you're looking for a weeknight dinner that's both both easy for weeknight family meals and fancy enough Saturday night dinner with friends, my pan seared salmon with Tuscan orzo is the perfect meal choice. This dish combines crispy, flaky salmon with a creamy spinach and sundried tomatoes orzo inspired by the rustic flavors of Tuscany. Not only is it easy to make, but it's also a complete meal full of vibrant colors and good for you ingredients, that will impress family and friends.

Why you will love this pan-seared salmon orzo recipe

This recipe brings together two of the best ingredients a rich, comforting pasta dish and perfectly cooked salmon. The orzo, in a garlicky, creamy sauce gets extra flavor from the sundried tomatoes and spinach, and the salmon provides a delicious crispy contrast. It's the perfect balance of comfort food and the fresh ingredients makes it an ideal recipe for any time of the year.

Let me know how your pan-seared salmon with Tuscan orzo turns

out! !!!

Ingredients

- 2 lb. cleaned skinless salmon
- 1 Tbsp. garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

Instructions

1. Start by cleaning the fish then pat dry cut into equal parts. salt and pepper to taste. Combine the garlic, onion and paprika massage the rub into the fish.
2. In a 12 inch saute pan in the 2 Tbsp. of oil over medium high heat sear the fish on both sides until beginning to brown about 5 minutes per side. Remove cover with alumni foil set aside while making the orzo.
3. In the same pan add the 2 Tbsp. of butter. Add the garlic and saute until soft and translucent. Then add the sundried tomatoes, cook until the tomatoes are soft and fragrant. Deglaze the pan with the wine , waiting until evaporated before adding the chicken stock, cream and water. Add in the orzo lower the heat to a simmer and cook until the orzo is fork tender but firm. About 7 minutes. Then add the grated parmesan and chopped

spinach and cook 5 minutes longer. ENJOY!!!

oven fried lemon chicken cutlets

Oven fried lemon chicken cutlets

These Oven -fried lemon chicken cutlets are crispy, delicious and easy to make. There's something irresistible about a crispy chicken cutlet, golden on the outside , juicy on the inside and packed with flavor. What makes it even better? When it's oven-fried with a zesty lemon, wine sauce. Oven- fried lemon chicken cutlets give you the crunch of traditional frying , without the extra grease. They're a lighter, healthier alternative without sacrificing any of that delicious flavor and texture. Perfect for weeknight family meals or social gatherings.

Things to know about this oven fried lemon chicken cutlet recipe

Oven- frying allows you to achieve the crispy texture we love without deep-frying. By baking the cutlets at a high temperature, you get a crunchy coating that's healthier and less messy than pan- frying. Plus it's easier to cook a large batch of cutlets in the oven, making this the perfect method to feed a crowd or meal prep.

I always make more than I need for one meal these chicken cutlets can be kept in the fridge for 3 days after baking or make them up to frying point and refrigerate for one day. I recommend refrigerating the cutlets before frying this helps the breadcrumb coating adhere to the chicken. These cutlets are freezer friendly, after breading and before frying or after frying. Spread the cutlets on a cookie sheet covered in the freezer. After frozen they can be stored in zip lock bags until ready to serve.

As always if you make these oven-fried lemon chicken cutlets please leave me a comment on your experience with this recipe. I love hearing from you, and it helps others. THANKS!!!

Ingredients

- 3 skinless boneless chicken breast (2 lbs.)
- 2 eggs slightly beaten
- 2 cups breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. each onion, garlic and paprika powder
- 1/2 cup extra virgin olive oil
- 2 lemons sliced
- 1 cup white wine
- 1 cup chicken stock
- salt and pepper to taste

Instructions

1. Preheat your oven to 400-degrees
2. Start by slicing the chicken breast into as thin as possible slices. Then cover with plastic wrap and pound thin with a meat mallet, salt and pepper to taste.
3. Mix the breadcrumbs, parmesan, Italian parsley , onion, garlic, and paprika powder together until well combined. In a separate bowl beat the two eggs slightly.

4. Dip the chicken first in the egg then in the breadcrumb mixture. Use your hands to coat the chicken well.
 5. Add the extra virgin olive oil to a 12 x 9 sheet pan place in the preheated oven until smoking hot. about 5 to 10 minutes . remove from the oven.
 6. Place the chicken on the sheet pan return to the hot oven and bake until golden brown about 10 minutes. Turn over and cook the other side until golden.
 7. Remove the chicken from the pan tent with alumni foil set aside while making the sauce. Add one thinly sliced lemon the white wine and chicken broth, return to the hot oven and cook the sauce for 10 minutes, or until emulsified.
 8. Pour the sauce over the chicken serve with the remaining lemon slices. ENJOY!!!
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Crispy fried Buffalo Chicken strips

Crispy fried Buffalo chicken Strips

These homemade pepperoncini juice marinated crispy fried Buffalo chicken strips are a take on the famous bone in Buffalo chicken wings that originated at the Anchor bar in Buffalo. The anchor bar is also where I met my husband . They are melt in your mouth tender and guaranteed to become a family favorite.

The first place we had was a hole in the wall submarine

sandwich and chicken wing shop, that was literally held together with duct tape. But the food was good and the lines long. We sold chicken wings by the dozen all the way up to buckets of wings in a spicy, medium or mild buffalo sauce.

What I use to made these crispy fried Buffalo chicken strips

I use skinless boneless chicken breast and slice them into strips when I make these crispy fried Buffalo chicken strips. You can use chicken tenders. Then I let them marinate in pepperoncini juice. You can use pickle juice if that's what you have on hand. Then I dip the chicken first in the egg then in the bread crumb mixture. There is no need to flour the chicken, this is an unnecessary step.

I use canola oil for frying, you can use vegetable or peanut oil or combinations of these oils . Fill your pan with about 2 to 3 inches of oil for deep frying. For the hot sauce I have always used Frank's Hot Sauce.

Enjoy your crispy golden fried Buffalo chicken strips!!! If you are craving more crispy things try my crispy pan fried chicken cutlets

Ingredients

- 2 skinless boneless chicken breast
- 1 cup pepperoncini juice
- 2 eggs
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 4 cups olive oil canola oil for frying
- 1 stick of butter
- 1 cup franks hot sauce
- 2 tsp. each garlic + onion + and paprika powder
- Chopped Italian parsley

- Ranch dressing for dipping

Instructions

1. Start by cleaning your chicken pat dry. Salt and pepper to taste. Cut into strips of equal size. Then marinate in the pepperoncini juice for at least one hour.
2. Add the bread crumbs, parmesan and Italian parsley to one bowl mix to combine and the eggs to another wisk to blend
3. Remove the chicken from the marinate and pat dry. Dip first in the egg then in the bread crumb mixture. repeat the process with all the chicken pieces.
4. Bring the oil yo medium high heat, Fry the chicken fingers until golden brown. About five minutes. being sure not to over crowd the pan, Repeat the frying for all the chicken. Drain on paper towels.
5. Meanwhile make the hot sauce. In a small saucepan melt the butter. Add the hot sauce, garlic, onion and paprika, simmer on low for 5 minutes
6. Toss the chicken in the hot sauce top with more hot sauce and Italian parsley. ENJOY!!!

**Classic Italian chicken
Cacciatore**

Classic Italian chicken

cacciatore

Classic Italian chicken cacciatore is an Italian chicken dish that translates to “hunter style” chicken. It's made by simmering pieces of bone-in chicken in a rich tomato sauce with a variety of vegetables and Italian seasonings.

This chicken dish is hearty, rustic and full of warm comforting flavors. It can be served with crusty Italian bread or over Pasta, polenta or mashed potatoes. Making this one pan chicken dinner a perfect comforting family dinner.

Why I love this Classic Italian cacciatore recipe

1. Rich slow cooked flavors. Chicken cacciatore is simmered in a sauce made with tomato sauce, onions, bell peppers, garlic, herbs and mushrooms. The slow simmer allows all these flavors to combine deliciously.
2. The chicken becomes tender as it cooks in the sauce, absorbing all the flavors, making each piece juicy and full of flavor.
3. Rustic and comforting taste. It's a one-pan dutch oven chicken meal that brings together simple, wholesome ingredients you probably already have on hand.
4. It's a versatile recipe. Chicken cacciatore can be served over pasta, polenta, mashed potatoes or on its own with crusty Italian bread.
5. And lastly this chicken cacciatore recipe can be made ahead of time and reheated when you are ready to serve. It's also freezer friendly make extra one for now and one to freeze for a quick family night dinner.
6. If you make this recipe please leave me a comment, on how this chicken recipe works out for you. I love hearing from you it's my favorite part!!!

Ingredients

- 1 small cut up chicken
- 4 Tbsp. olive oil
- 4 Tbsp. minced garlic
- 1 cup each chopped onion + celery + carrots
- 1 red and 1 green bell pepper diced
- 2 cups sliced mushrooms
- 1 cup red wine
- 2 cups beef or chicken stock
- 2 cups marinara sauce

Instructions

1. Start by cutting your chicken in half then cut into quarters . Wash the chicken and pat dry. Salt and pepper to taste.
 2. Then over medium high heat in a dutch oven saute the garlic, onions, celery and carrots until soft and translucent. Then add in the bell peppers and mushrooms and saute until just beginning to brown.
 3. Deglaze the pan with the wine waiting until it evaporates before adding the stock and marinara sauce.
 4. Add the bay leaves and bring to a simmer. Return the chicken back to the pan and simmer covered until the chicken is fork tender and falling off the bone.
ENJOY!!!!
 5. Second
 6. And so on
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Italian flavored chicken spiedini

Italian flavored chicken spiedini

Full of Italian flavors, this chicken spiedini recipe is such an easy and delicious chicken dish. Marinated chicken strips are skewered and grilled to a crispy goodness, Served with a simple yogurt sauce, this tasty dish is a good for you meal your family and friends will love.

It's such a great chicken dish for weeknight family meals and perfect for weekend BBQs with friends.

What's so good about this Italian flavored chicken spiedini

The first thing that's good about this chicken recipe is that it is delicious. It's a super easy recipe to make.

And this recipe can be made ahead of time and grilled when your ready to serve. I used my cast iron grill pan to grill the chicken spiedini indoors, but the are perfect for your outdoor grill. Also I use metal skewers. If you are using wood skewers be sure to soak them in water before using.

I made a simple dipping sauce with yogurt, minced garlic, onion and lemon juice. You can use any sauce that fits your taste, or don't use any. These chicken skewers are delicious on they're own!!!

One more thing I used chicken tenders. You can use regular

boneless chicken breast or chicken thighs.

Ingredients

- 2 lbs. chicken tenders
- 1 cup olive oil
- 1/3 cup red wine vinegar
- 4 Tbls. minced garlic
- 1 Tbsp. each oregano, thyme, paprika and rosemary
- salt and pepper to taste

Instructions

1. Start by cleaning the chicken and removing the tough white membra
2. mix all of the rest of the ingredients in a bowl. Add the chicken tenders to the marinade and let sit in the marinade for at least thirty minutes.
3. Heat the grill to medium high heat. meanwhile tread the marinated chicken onto metal skewers or prepared wooden skewers.
4. Grill the chicken spiedini until golden brown about 5 minutes pre side.

Italian pan chicken dinner

Italian pan chicken dinner

It's no secret that I'm a big fan of easy meals, especially the ones that come together in less than 30 minutes.

This Italian easy pan chicken dinner with zucchini combines chicken breast, zucchini, and tomatoes with classic Italian flavors.

The tomatoes, zucchini, and herbs combine to create a delicious pan sauce for the chicken breast the whole family will love, and you will feel good serving your family a delicious healthy meal.

Made with just a few simple easy to find ingredients, this recipe works well with chicken thighs too!

Why You will love this Italian pan chicken dinner

It's fast: it takes less about 20 minutes to cook and a few minutes to chop everything up.

It's healthy and nutrient: packed with protein and good for you vegetables. Ingredients your whole family will love

Easy to make: Sauté the chicken saute the vegetables combine everything together and dinner is ready.

I'm using a 12 inch no-stick saute pan in this recipe.

Ingredients

- 3 skinless boneless chicken breast
- 1 cup flour
- Salt and pepper
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped shallots
- 2 cups cherry tomatoes
- 1 cup white wine or vegetable stock
- Juice from one lemon
- 2 cups sliced cherry tomatoes

- 2 medium diced zucchini
- 2 cups chopped spinach
- 1/2 cup kalamata olives
- 1 Tbsp. each oregano and Italian parsley
- 1/2 cup feta cheese

Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside
4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes or until the zucchini is fork tender.
5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
6. Plate the zucchini sauce top with the chicken breast, sprinkle with the feata cheese and Italian parsley and ENJOY!!!!

Crispy pan fried chicken cutlets

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. Growing up chicken cutlets were a staple on Sundays, along with Sunday sauce (primo) the cutlets were part of the second course (secondo piatti)

It's a great chicken recipe that can be made ahead of time and fried when you're ready to serve, it is also freezer friendly.

Tips for better crispy pan fried chicken cutlets

1. Slice the chicken breast in half and pound thin this allows for quick cooking and tenderizes the chicken.
2. Season both the chicken and the breadcrumbs
2. Adding water to the egg wash makes it the ideal for breading.
3. Refrigerating the chicken breast for at least 30 minutes after breading it helps the breadcrumbs stay on the chicken.
4. Use the right frying oil. I use a canola olive oil blend. If you would like a lighter version try my oven fried lemon chicken cutlets they are so good or my easy crispy oven fried chicken bites

Ingredients

- 1 1/2 lb. skinless boneless chicken breast
- 4 cups canola olive oil blend for frying
- 1 lemon
- 2 cups breadcrumbs
- 1 cup grated parmesan cheese
- 2 Tbsp chopped Italian parsley
- 2 eggs slightly beaten
- 2 Tbsp. water
- Salt and pepper to taste
- Lemon slices for serving

Instructions

1. Start by pounding the chicken breast thin in-between two pieces of plastic wrap until thin and the same thickness
 2. In a bowl drizzle the chicken with lemon juice from one lemon salt and pepper to taste.
 3. Meanwhile in a bowl add the eggs and water whisk slightly. In another bowl combine the breadcrumbs, parmesan cheese, lemon zest and Italian parsley.
 4. Coat the chicken breast first in the eggs then in the breadcrumb mixture well coating on all sides
 5. Over medium high heat bring the oil to medium. Begin frying the chicken in batches until golden brown on all sides. About 3 minutes per side.
 6. Drain on paper towels, sprinkle with additional Italian parsley serve with lemon slices and Enjoy!!!!
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Pesto chicken farfalle pasta

Pesto chicken farfalle pasta

This pesto chicken farfalle pasta recipe is made with farfalle pasta, basil pesto, chicken and broccoli, it is a delicious pasta meal complete with juicy chicken and healthy broccoli. Not only is it healthy it is easy and delicious. And the best part??? This past dish can be on your table in thirty minutes.

The addition of fresh or store- bought pesto and a good quality parmesan cheese takes this humble dish to a new level. This easy pasta dish comes together in under 30 minutes and makes a great weeknight family dinner!!!

Variations on pesto chicken farfalle pasta

1. Pesto chicken farfalle pasta with spinach: Stir in 4 cups of chopped baby spinach the last few minutes along for extra greens .
2. Spicy pesto chicken farfalle pasta : Mix in some red pepper flakes or chopped fresh chilis along with the onion and garlic for a spicy kick.
3. Lemon pesto chicken farfalle pasta: Add a squeeze of fresh lemon and lemon zest from one lemon for a bright citrus flavor.
4. Shop the picture: stainless Steele oil can

Ingredients

- 1/2 lb. farfalle pasta
- 2 boneless, skinless diced chicken breast

- 1 Tbsp each onion, garlic, onion and paprika powder
- 4 cups cut and washed broccoli florets
- 2 Tbsp. olive oil + 2 Tbsp. butter
- 2 Tbsp. minced garlic + 1 cup chopped onion
- 1 cup white wine
- 1 cup fresh or store bought basil pesto
- 1 cup pasta water
- Salt and pepper to taste

Instructions

1. Start by washing the chicken pat dry
2. cut the chicken into medium size dice add to a bowl season with salt, pepper, onion, garlic and paprika powder. Massage the spice mixture into the chicken . set aside while you make the sauce and the pasta is cooking.
3. Cook your pasta in salted boiling water el dente add the cut broccoli the last 5 minutes.
4. In a saute pan in the oil and butter over medium high heat saute h onion and garlic until soft and translucent. Turn the fire up to medium high add the seasoned chicken and saute until golden brown.
5. lower the fire back to medium deglaze the pan with the white wine waiting until absorbed before adding the pasta water. Simmer until sauce thickens about 10 minutes.
6. Add the pasta and broccoli to the pan sauce. mix in the grated parmesan cheese
7. Ladle into pasta bowls top with more cheese and ENJOY!!!