

Baked Chicken Rigatoni pasta

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This baked chicken rigatoni pasta dinner will let us know what Italians knew all along, that pasta is easy to prepare, versatile and good for you.

By having just a few basics, you can throw together a satisfying dinner ready to serve in less than an hour.

Virtually anything, yesterdays left over chicken, that's what I used, some fresh vegetables, a handful of cheese can be turned into a simple quick pasta dinner.

Pasta is an ideal main course it's high in complex carbohydrates and low in fat, making it a staple in our house two to three times a week.

It's not often you find a meal the whole family will like, when you do you'll want to make it often. And because pasta is so versatile you can serve it two to threes a week, without repeating the same dish. What's not to love? Nothing!!!!

Things to know about this baked chicken rigatoni pasta recipe

This chicken baked rigatoni recipe uses pantry and refrigerator staples, that I had on hand. Pasta is so versatile, you can change this recipe up by leaving the mushrooms or the spinach out, or changing the pasta shape, without changing the flavor much.

Talk about different shape pasta, did you know there are more than 500 distinct commercial pasta shapes.

Pastas are now made in a variety of flavors and made with many different flours. The most important thing to remember when selecting, cooking and serving dried pasta is that they are interchangeable.

If you can't find a particular type called for in the recipe, simply use a pasta of similar size and shape.

If you make this recipe please leave me a comment, let me know your experience with the recipe, and don't forget to tag me on Instagram, Hearing from you is my favorite part.

Ingredients

- 1/2 Lbs. rigatoni
- 2 skinless, boneless, chicken breasts, cut into thin strips
- 1/2 Lbs. sliced mushrooms
- 2 cups chopped spinach
- 1/4 cup flour
- 2 cups low fat milk
- 1 cup diced swiss cheese
- 1 cup parmesan cheese
- pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook pasta el dente reserve 1 cup of pasta water
2. Preheat oven to 350 degrees
3. In a sauce pan in 2 tablespoons of butter and olive oil saute chicken until brown
4. Push chicken to side of pan, add Mushrooms and garlic saute until golden....salt and pepper now.
5. Mix the flour with 1 cup of the milk whisk until smooth
6. Slowly add the flour/milk mixture to simmering pan
7. Add remaining milk, cheeses, spinach, nutmeg and drained

pasta and re severed pasta water

8. Transfer to a heat proof casserole dish, sprinkle with additional cheese and Italian Parsley
 9. Bake covered for 20 minutes uncover and bake 10 minutes longer
 10. Serve and ENJOY!!!!
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Air fried Chicken Parmesan

Air fryer Chicken Parmesan

This air fryer chicken parmesan dinner can be on your table in 30 minutes, if your using prepared marinara sauce.

What do I mean prepared??? Here is Italian restaurant cooking 101. Marinara sauce is used in many Italian recipes, so when I make it, I make more than I need, and freeze it in different size containers for ready made meals.

If you don't want to make your own marinara you can use store bought. Making your own marinara is so easy you'll want to make it often.

Here's how easy it is: Marinara Sauce recipe.....In a stock pot in 4 tablespoons of olive oil saute one bunch of chopped Italian parsley, with one chopped onion and 4 tablespoons of chopped garlic saute until limp add in 3 15 oz cans chopped tomatoes and 3 15 oz cans of tomato sauce, and 2 cans of water simmer covered for 2 hours, that's it restaurant quality marinara sauce made in your kitchen!!!

What Is An Air fryer

An air fryer is a counter top kitchen appliance that uses convection to circulate hot air around food to cook it. It produces a fried look and taste without the oil.

Hot air rushes down and around food placed in a fryer style basket. This rapid circulation makes the food crisp, much like deep frying. with a lot less guilt.

Let me tell you I was skeptical, until I tried it this Air fry chicken parmesan recipe. Guess what, this recipe made me a believer in air frying. The chicken was crispy and tender

Here's a few tips:

- Refrigerate the chicken after coating with the bread crumbs it helps the bread crumbs stick to the chicken
- It helps if the chicken is cut in uniform pieces to insure even heating
- Pre heat the air fryer
- Bring chicken to room temperature before frying

You can also make your own Italian flavored bread crumbs. You know that stale bread that's about to turn a different color? Don't toss it, put it your food processor add in 1 cup parmesan cheese to every 3 cups of bread crumbs,

add 1 tablespoon each garlic, onion powder, fresh chopped Italian parsley, thyme and oregano.

There you have it, homemade Italian bread crumbs that you can freeze for ready use. the chicken parmesan can be frozen too, for weeknight family meals or

unexpected company is coming, and I need easy, quick and delicious right now!!!

If you make this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients

- 1/2 lbs. linguine
- 4 skinless boneless chicken breast
- 2 cups Italian seasoned bread crumbs
- 1 cup grated Parmesan cheese
- 1 egg
- salt and pepper to taste
- 4 cups prepared marinara sauce
- 2 cups shredded mozzarella cheese

Instructions

1. turn air fryer to 400 degrees
 2. Cook pasta according to package directions reserving 1 cup of the pasta water
 3. Mean while salt and pepper chicken
 4. Mix the Parmesan cheese with the bread crumbs
 5. Dip the chicken breast in the slightly beaten egg then the breadcrumbs
 6. Air fry the chicken breast for 10 minutes
 7. Add shredded mozzarella on top of the chicken breast
 8. Air fry 5 minutes longer or until cheese is melted
 9. Heat the prepared marinara if sauce is too thick add reserved pasta water
 10. Toss pasta with marinara
 11. Top each chicken breast with the marinara and additional parmesan....ENJOY!!!!
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Crispy Oven Fried Chicken Bites

Crispy Oven-Fried Chicken Bites

Two Irresistible Ways: Italian & Buffalo Style

Looking for a crowd-pleasing appetizer or easy dinner with maximum flavor and minimal fuss? These crispy oven-fried chicken bites are a game-changer! Air-fried to golden perfection, they're crispy on the outside, juicy on the inside, and ready to be tossed in your favorite sauces.

Today, I'm giving you **two delicious flavor variations from one simple base recipe**: one tossed in a zesty Italian parmesan-herb blend, and the other drenched in classic spicy Buffalo sauce. This is the kind of recipe that feels like a treat but keeps things lighter thanks to the air fryer—no deep frying, no mess, just deliciousness. They come together in less than 30 minutes, and from one recipe you get two different taste, one hot and tangy, the other, full of Italian flavors, that you can dip in a marinara sauce or cool ranch dressing. I serve them with crispy celery sticks, ranch dressing and marinara sauce. They're perfect for football Sundays or Saturday lunches. They're oven fried so you don't have to feel guilty about eating more than you planned, I don't. In fact I eat one or two plain, right out of the oven, they can be addicting. I use boneless skinless chicken breast, you can use chicken thighs if that fits your taste. I use my air fryer toaster oven and they come out perfectly crispy and delicious.



If you like easy and delicious chicken recipes try Italian

chicken and potato patties or my personal favorite Air fryer parmesan chicken spiedini.



Ingredients serves four

1/3 cup olive oil 2 tablespoons butter

4 skinless, boneless 6 oz chicken breast cut into large cube

2 cups bread crumbs

1 cup Parmesan cheese

1 tablespoon each dried chili powder, cumin, garlic, oregano, Italian seasoning

2 eggs slightly beaten

1/3 cup milk

Instruction

Salt and pepper chicken

cut into chunks

mix egg and milk together

add seasonings and parmesan to bread crumbs

Dip chicken into egg mixture then bread crumb mixture until well coated

Heat oil and butter in a cookie sheet in a 425 degree oven until smoking hot

Add chicken fry until golden brown about 15 minutes turning to brown evenly

Remove from heat

Roll half in a mixture of 1 cup grated parmesan cheese, 1 tablespoon powdered garlic and 1 tablespoon dried Italian herbs

Roll the rest in a mixture of 1/2 cup hot sauce, 1/4 cup melted butter, and 1 tablespoon Italian herbs

Top with parmesan and Italian parsley..... Enjoy!!!!!!

Prosciutto Wrapped Chicken Breast

Prosciutto Wrapped Chicken Breast

As much as I like pretty plated food, that looks like a work of art, not to be eaten, most of the time I like simple recipes, that come together in less than an hour, but from the looks of the meal we can tell our friends it took hours.

This is Prosciutto Wrapped Chicken Breast is one of those recipes, it comes together in 30 minutes, is quick and easy for family weekday dinners and just fancy enough for special occasions. This recipe was inspired by the classic chicken Cordon Bleu recipe. in that recipe the chicken is stuffed with ham and Swiss cheese, breaded and either fried or baked .



In this recipe I reversed the order, by topping the chicken with the stuffing, and cooking it on the stove top. Another method you can use, is to cook the chicken on the stove top up to the point of returning the chicken to the pan and instead



finishing cooking it in a 375 degree oven the last 15 minutes. if you use the oven method, It frees up the watch time and you get to join your guest and enjoy the meal you cooked and listen to the raves!!!! Enjoy my friends!!!!!!I hope you try this and the part I like best....Let me know how you liked it!!

Ingredients

4 boneless, skinless chicken breast

4 slices prosciutto

4 slices swiss cheese

4 potatoes thinly sliced

4 cups spinach chopped

1 cup parmesan cheese

1 cup heavy whipping cream

1 cup chicken stock

2 Tbs. chopped garlic

1/2 cup chopped onion

1 Tbs. each chopped Italian parsley, thyme, and sage

2 Tbs. each olive oil and butter

Instruction

Heat oil and butter

Brown salt and peppered chicken breast

remove chicken

Wrap prosciutto around chicken breast set aside

add onion garlic, potatoes saute until potatoes are golden brown

Add heavy whipping cream, chicken stock and parmesan cheese

return chicken to pan

Add spinach and herbs

Simmer 10 minutes longer

Add the swiss cheese last 5 minutes to melt

..... Enjoy!!!!!!