

# **Savory Italian-Style Cabbage Roll**

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These Savory Italian-Style Cabbage Roll are the first meal I cooked for my first husband, who was Polish when I was sixteen years old, they were not good. I was a straight from the boat Italian girl that knew nothing about polish cooking.

All I knew was they were a favorite in my husbands family, and I wanted to make them. After a few failed attempts I came up with this Italian version. Ground beef, and rice stuffed cabbage topped with a garlicky marinara sauce full of Italian flavors makes this recipe a favorite in my family now. The best part is it's freezer friendly, for ready made meals on busy weeknights or unexpected company is coming.

## **Things To know about this Savory Italian-Style Cabbage Roll recipe**

Of course you can customize this recipe. It can work with different combinations of ingredients. For instance if you don't like beef you can use chicken and if you want a healthier rice use brown rice.

My favorite has always been the combination of cabbage and beef. But you can use ingredients that fit you lifestyle and taste. A few things to remember when home cooking

It's important to have the right saute pan, you don't need a lot of pans, but you do need the right sized ones. To have a well functioning kitchen you need the right equipment just like in a commercial kitchen it's the most important part. Here's a link to a complete set of pans, or if you want to start with one and build from there here's a good all around

saute pan.

Every kitchen needs at least one covered casserole dish that goes from oven to table to dishwasher here is my favorite one. It's a little pricey but you only need one that you can use for a lot of different recipes

Just one more thing, everyone has different taste buds, that is why I don't give you measurements for salt and pepper.

I personal don't like a lot of salt and I am of the mind set that you can always add more but it's difficult to correct over salting. It can be done in soups and other foods that have a liquid base, by adding a cut potato. speaking of soups if your looking for the best and my personal favorite soup try my Italian vegetarian minestrone soup.

If you make this please leave me a comment and don't forget to tag me on Instagram, I love hearing from you!!!!

## **Ingredients**

- 2 tablespoons olive oil
- 1 head savory cabbage
- 1 lb ground beef
- 2 cups cooked rice
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 3 cups prepared marinara sauce
- 2 Tablespoons each Italian parsley, basil and thyme
- 1/2 cup parmesan
- Salt and pepper to taste

## **Instructions**

1. Preheat oven to 325
  2. With a sharp paring knife core the cabbage separating the leaves being careful not to tear them
  3. In a large stock pot in rapidly boiling salted water par boil the cabbage for 5 minutes
  4. Drain cabbage reserving 2 cups of the water before draining run the cabbage under cold water
  5. In a large saute pan with 2 tablespoons each of butter and olive oil on medium high heat saute the onion and garlic until tender and just beginning to brown
  6. Add ground beef and saute just until slightly pink
  7. Add the cooked rice, herbs, and 1 cup of prepared marinara mix well
  8. fill the cabbage leaves with the ground beef mixture roll tightly
  9. Mix remaining 2 cups of marinara with the reserved cabbage water
  10. Spread 1 cup of the marinara sauce in a 9 x 12 casserole dish
  11. line with the stuffed cabbage leaves
  12. Pour remaining marinara over the cabbage rolls
  13. Bake covered at 375 degrees for 1/2 hours. Uncover and bake an additional 10-15 minutes.
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# Chicken And Sausage Pasta

## Chicken And Sausage Pasta

If you love pasta your going to love this Chicken And Sausage Pasta recipe. Penne pasta tossed in a creamy pesto sauce, with chunks of juicy chicken breast and Italian sausage, make this a restaurant quality dinner.

In most Italian kitchens pasta is a staple, it was in my house growing up and it still is today. Growing up most of the pasta was made by hand. I can still see my Mom rolling out the dough by hand, on a wooden board my father made for her.

There's no doubt homemade pasta is the best, but with so many delicious commercial brands store bought is a good alternative. Pasta is still one of my go to staples when I need dinner quick, or I have unexpected company. it's quick, easy, and so versatile it's easy to please the pickiest eater.

Ever wonder why most restaurants have pasta on the menu?? Well the answer may be it's too imitating for the home cook, **IT'S NOT** . You need dinner quick, on those busy weeknights, you have unexpected guests coming **Pasta** to the rescue.

Pasta is delicious plain and simple. Think olive oil, garlic, parmesan, cream, herbs, chicken and sausage and you have a meal fancy enough for weekend dinners with friends. **Customize Chicken And Sausage Pasta**

This Chicken And Sausage Pasta recipe calls for easy ingredients you probably already have on hand, butter, garlic, cream, tomatoes, chicken and Italian chicken sausage which together create a creamy, saucy Italian flavored dinner. And the best part is that you can mix and match ingredients to customize this recipe to your tastes.

You can substitute the chicken for tofu if your going the

vegetarian route, using the same process. You don't like chicken or sausage? Then use shrimp adding it the last 5 minutes of cooking.

If your gluten free there are a lot of good gluten free pastas too. Use ingredients that fit your lifestyle and taste. I used my homemade pesto sauce, you don't have too, store bought works just as well.

**Here is the recipe to make basil pesto, combine one bunch of basil, 1 cup parmesan cheese, 2 cups toasted walnuts**

**with 1 cup extra virgin olive oil pulse blender pouring the olive oil in last in a slow stream while pulsing.**

Please let me know your experience if you make this recipe, comments, feedback whatever you feel like talking about. That's my favorite part and don't forget to tag me on Instagram.....

## Ingredients

- 1 lb penne pasta
- 2 boneless skinless chicken breast
- 2 links chicken Italian sausage
- 2 Tablespoons each olive oil and butter
- 2 cups chopped spinach
- 2 cups cherry tomatoes
- 1 cup parmesan cheese
- 1 small chopped onion
- 2 tablespoons chopped garlic
- 1 cup heavy whipping cream
- 2 cups pesto sauce
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

# Instructions

1. Cook pasta according to package directions reserving 2 cups of the water before draining
  2. Mean while heat olive oil and butter in large saute pan
  3. salt and pepper chicken to taste
  4. Cut sausage into thick diagonal slices
  5. Add chicken and sausage saute until golden
  6. Saute onion and garlic until tender
  7. Add tomatoes saute until blistered about 10 minutes
  8. De glaze pan with chicken stock
  9. Add heavy whipping cream, pesto sauce and reserved pasta water
  10. Simmer until sauce thickens about 10 minutes
  11. And parmesan cheese, spinach, and herbs last 5 minutes
  12. Toss drained pasta in the sauce
  13. Top with the additional parmesan and Italian parsley
  14. Salt and pepper to taste
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## Flank Steak Skewers

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These Flank Steak Skewers are all about Summer and this 4th of July weekend. A whole meal right here on these metal skewers, the steak, the vegetables and the flavor. Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that

uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

The difference between the two is just a few ingredients and sugar!!! Because I added sugar, it also added an extra step, cooking it to melt the sugar.

Those little changes produced big results in terms of flavor. This recipe works well with chicken too, if you want something lighter.

## Wood Verses Metal Skewers

In this Flank Steak Skewer recipe I used 12 inch long metal skewers. Skewers come in a variety of lengths and materials. Wooden bamboo too are a great option for camping trips or when you don't want to have to wash metal ones. They're inexpensive and typically quite sharp.

But there are a few downsides that you might want to consider upgrading to reusable metal skewers. Bamboo is a naturally fibrous and tends to split easily, what this means is you have to be careful you don't end up with wood splinters in your meat.

They also burn, soaking wooden skewers in water for 30 minutes helps to prevent them from burning while cooking. I prefer metal skewers, which have a long life are reusable and thus easier on the environment. They won't catch on fire, but you do need to be careful as they get incredibly hot. We're in the grilling season and in my house meals on metal skewers and Summer go together.

Happy 4th of July my friends remember the reason for the celebration.... The Land of the Free because of the Brave!!!

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

# Ingredient

- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup water
- 1/2 cup brown sugar
- 2 Tablespoons hot sauce
- 2 lbs Flank steak
- 1 Tablespoon each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste
- 2 zucchini cut in thick rounds
- 1 red and 1 green bell pepper cut in seeded and cut in large squares
- 2 red onions cut in chunks
- 1 Tablespoon each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste

# Instructions

1. Mix first 7 ingredients
2. Simmer covered for 15 minutes
3. made a marinade for the meat and vegetables by whisking of 1 tablespoon each garlic, onion, and paprika powder, thyme, Worcestershire, 1/3 cup olive oil and juice from two lemons
4. Cut steak into large cubes
5. Put steak and marinade in a large plastic baggie and refrigerate for two hours or overnight reserving 1/4 cup to marinate the vegetables
6. Preheat grill or indoor oven to 400
7. Pour reserved marinade over cut vegetables
8. Coat Flank steak in the balsamic BBQ sauce
9. On medal skewers alternate layering the meat and vegetables

10. Grill for 20 minutes or oven roast basting the skewers with the BBQ sauce and turning to brown evenly

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## **Turkey Meatball Garlic Toast**

## **Turkey Meatball Garlic Toast**

I love Meatballs as much as I love Pasta and for the same reasons. They're just so easy, delicious, versatile and everyone loves them. This meatball garlic toast uses my Mama's traditional meatball recipe reconstruct to fit my lifestyle and taste, using ground Turkey breast. While ground turkey isn't my favorite I use it when I want a healthier option, plus you can never go wrong with Meatballs.

Plenty of Parmesan with a few simple ingredients and plenty of fresh herbs, turned that flavorless ground turkey into something totally drool worthy.

## **Three Tips When Making This turkey meatball garlic toast**

First when mixing the meat into the other ingredients don't over mix or overcook, both lead to tough hard meatballs.

A case in point to the last sentence, a new prep cook was mixing the mixture in the dough mixer, and that explained why the meatballs were rock hard. There is no nice way to put it, they were not good.

The other thing to remember is that the meatballs are cooked

twice first roasted, then in the sauce, so it's easy to overcook them. Roasting the meatballs adds another depth of flavor and beautiful color.

I try to use my handy- dandy toaster oven whenever I can. I don't like turning on my oven every time I need to toast something, my toaster oven is one of my most used small kitchen appliances, if you don't have one they're well worth the cost.

Third this is another custom-able recipe, if you like the traditional use a high grade ground beef, or a mixture of chicken, beef, or veal.

Experiment, food and cooking is meant to be fun and enjoyable, I have simplified and gave you made ahead tips to make cooking a journey, not a destination always learning, always finding new ingredients to satisfy our changing life style and diet....Have Fun!!! If you love Meatballs you may want to try these meatball recipes Mama's best Italian meatballs or for a vegetarian option try my Melanzane polpetta Italian eggplant meatballs.

## Ingredients

- 1 Lbs. ground turkey breast
- 6 slices crusty Italian Bread cut medium thick on a diagonal
- 1 cup shredded mozzarella
- 1 cup bread crumbs
- 1/2 cup chopped Italian parsley
- 1/2 cup grated Parmesan
- 1 egg
- 2 Tbs. each chopped garlic and onion
- Salt and pepper
- 4 cups my easy marinara sauce
- 1 stick butter softened
- 1/2 cup each mozzarella, parmesan and sharp cheddar

- 3 tablespoons each chopped Italian parsley, garlic and onion

## **Instructions**

- Preheat oven to 350
  - In a bowl make the cheesy garlic butter by mixing the last 4 ingredients
  - Spread the garlic mixture on the bread slices
  - toast for 10 – 15 minutes.
  - Mix egg, bread crumbs, parsley, garlic, onion, parmesan salt and pepper ending with the meat
  - Shape into golf size balls
  - Roast in a preheated 350 oven until light golden brown about 10 minutes
  - Cook an additional 20 minutes in simmering homemade marinara sauce
  - Top garlic toast with 2 meatballs top with additional mozzarella
  - Return to oven just to melt the cheese
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# **Sweet and Tangy Balsamic BBQ Sauce Recipe**

# **Sweet and Tangy Balsamic BBQ Sauce Recipe**

This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to

state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

## **Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe**

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the week.

It's the perfect sauce to use for pulled pork or chicken and keeps fresh in your fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

### **Ingredients**

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup brown sugar

- 2 tablespoons hot sauce
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon smoked paprika
- 1 tablespoon Worcestershire sauce
- Salt and black pepper to taste

## **Instructions**

1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your liking.
4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.

Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.

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# **Crispy Chicken Tenders in the Air Fryer**

Crispy Chicken Tenders in the Air Fryer



My every first time using the air fry option on my Cuisinart toaster oven, and I have to say Am in love. There really is nothing better than fried chicken.

These parmesan and everything bagel seasoned, air fried chicken tenders are no exception. Delicious and guiltless these chicken tenders are baked to perfection using the air fry option on my Cuisinart toaster oven. If you don't have an air fryer NO problem use the oven fry method in the instructions.

Chicken tenders have always been one of my family's favorite food. It's one of those recipes I know I can make in no time and the whole family will love. They come together in less than 30 minutes, I serve them with crispy celery sticks, buffalo hot sauce, ranch dressing, and marinara sauce. They're perfect for Super Bowl Sundays, add a salad, some starch and you have an easy weeknight meal that's delicious enough for Saturday night dinner with friends.

### **Things to know about this Crispy Chicken Tenders in the Air Fryer**

I used whole boneless, skinless, chicken breast and cut them, you can use chicken tenders or boneless chicken thighs if that



fits your taste.

The everything bagel seasoning adds fantastic flavor when mixed with the breadcrumbs and Parmesan, but it can be quite salty, so use it sparingly. If you're air frying, spraying the chicken with cooking spray helps create an extra crispy crust—but it's optional.

These chicken tenders are just as delicious cold or at room temperature, making them perfect for next-day meals. Plus, they freeze well, so any leftovers can be stored for a quick, ready-made meal later.



They're air 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, and since I've discovered the awesomeness of air frying, for sure I'll be making them more often.



If you make this recipe please leave me a comment, and don't forget to tag me on Instagram..... that's my favorite part!!!!!! And if you love crispy chicken as much as i do try my crispy fried Buffalo chicken strips or crispy pan fried chicken cutlets

**You said:**

**Crispy Chicken Tenders in the air fryer**

**Ingredients:**

- 3 boneless, skinless chicken breasts (about 6 oz each), cut into large strips or chunks
- Salt and pepper, to taste

- 2 cups Italian-seasoned breadcrumbs
- 1 cup grated Parmesan cheese
- 2 tablespoons everything bagel seasoning
- 1 tablespoon each: chili powder, garlic powder, and Italian seasoning
- 2 eggs, slightly beaten
- $\frac{1}{4}$  cup milk
- 1 tablespoon hot sauce (plus more for dipping)
- Ranch dressing, for dipping

### **For the Hot Sauce:**

- 1 stick ( $\frac{1}{2}$  cup) butter
  - 1 cup hot sauce (preferably Frank's RedHot)
  - 1 tablespoon each: garlic powder, onion powder, and Italian seasoning
  - Parmesan cheese and chopped Italian parsley, for garnish
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### **Instructions:**

1. Season chicken strips with salt and pepper.
2. In a shallow bowl, whisk together eggs, milk, and 1 tablespoon hot sauce.
3. In another bowl, combine breadcrumbs, Parmesan cheese, everything bagel seasoning, chili powder, garlic powder, and Italian seasoning.
4. Dip each chicken strip into the egg mixture, then coat

evenly with the breadcrumb mixture. Press lightly to adhere the coating.

5. **Air Fryer Method:** Preheat air fryer to 400°F. Place chicken strips in the basket in a single layer (work in batches if needed).

1. Air fry for about 15 minutes, turning halfway through, until golden brown and cooked through.

2. **Oven Method (if you don't have an air fryer):**

- Preheat oven to 400°F.
- Pour  $\frac{1}{2}$  cup olive oil onto a large baking sheet and place it in the oven until the oil is hot and slightly smoking.
- Carefully arrange the chicken strips on the hot sheet.
- Bake for about 20 minutes, flipping once, until golden brown and crispy on both sides.

3. **Make the Hot Sauce:**

- In a small saucepan, melt the butter over low heat.
- Stir in hot sauce, garlic powder, onion powder, and Italian seasoning. Heat gently until warm and combined.

4. Drizzle or toss the chicken with the hot sauce, or serve it on the side for dipping. Garnish with grated Parmesan and chopped Italian parsley. Serve with ranch dressing for dipping.

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# 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!!!!!!

