

# Caramelized onion pasta

## Caramelized onion pasta

If you love the deep, sweet-savory flavor of caramelized onions, this caramelized onion pasta is going to be your new go-to comfort dish!! Slow cooked onions, rich beef broth, and parmesan cheese come together to create a simple yet luxurious pasta that taste like something you would order at your favorite Italian restaurant. The caramelized onions provide natural sweetness, balanced by the rich beef broth. You only need a handful of pantry ingredients to make this dish. And while the onions take time to cook, the process is mostly hands-off.

## Pro tips for the best caramelized onion pasta

Low and slow is key- Cooking onions over low heat allows them to slowly develop their signature sweet, golden flavor.

Deglazing adds extra depth- the wine helps lift any flavorful bits from the bottom of the pan, enriching the sauce.

Make it creamy- Stir in a spoonful of mascarpone or heavy cream for a richer texture.

Add protein- Crispy pancetta or shredded beef would be a delicious addition.

This pasta pairs beautifully with a simple green salad or garlic bread for a complete delicious meal.

If you make this caramelized onion pasta, don't forget to tag me on Instagram! I'd love to see your creations, it's my

favorite part!!!

## Ingredients

- 3 large onions thinly sliced
- 2 Tbsp. butter + 1 olive oil
- 1 Tbsp. minced garlic
- 1 tbsp. flour
- 1/2 cup red wine
- 2 cups beef broth ( vegetable broth if you want to keep it vegetarian)
- 1/2 lb. medium size shells
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

## Instructions

1. in a Dutch oven or heavy stockpot heat the butter and olive oil over medium low heat. Add the onions with a pinch of salt and cook for 40 -45 stirring occasionally minutes until deep golden brown.
  2. Stir in the garlic and flour cook for 1 minute. Deglaze the pot with the wine waiting until it evaporates before adding the beef or vegetable stock .
  3. Bring to a simmer and add the pasta . Cook until the pasta is el dente (7-8 minutes) add in the grated parmesan cheese and Italian parsley.
  4. Ladle into pasta bowls. Top with additional grated parmesan . ENJOY!!!
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# **Classic spinach ricotta gnudi**

## **Classic spinach ricotta Gnudi**

If you love Italian food, you've probably heard of gnocchi- but have you ever tried gnudi? These delicate, ricotta – spinach based dumplings are a lesser -known Tuscan specialty, and they are as delicious as they are easy to make. Their name , “gnudi”, literally means “naked ” in Italian, as they are basically the filling of ravioli without the pasta shell. Light, pillowy, and melt-in-your-mouth delicious, gnudi are a must try for any pasta lover. Unlike gnocchi, which are made primarily with potatoes, gnudi are made with creamy ricotta, spinach and just enough flour to hold them together. The result is an incredibly tender bite far lighter than traditional pasta. Their delicate makes them perfect for absorbing rich sauces while still feeling light and airy.

## **Sauces for these classic spinach ricotta gnudi**

One of the best things about gnudi is their versatility. They can be served with a variety of sauces.

My easy marinara sauce– a simple yet robust tomato sauce provides a bright contrast to the delicate dumplings.

Classic sage butter-Browned butter with crispy sage leaves enhances gnudi's natural richness with a nutty aromatic flavor.

My Bolognese meat ragu– A slow- simmered hearty ragu transforms gnudi into a Tuscan comfort comfort dish that's perfect for chilly nights.

Light and fresh- serve with sauteed greens, lemon zest , grated parmesan and a drizzle of olive oil for a refreshing twist.

Classic spinach ricotta gnudi are a delicious example of how simple, high-quality ingredients can create an extraordinary dish. Their delicate yet satisfying taste makes them an irresistible option for any pasta lover looking to try something new.

Have you ever had gnudi before? What's your favorite sauce? Let me know in the comments below.

## Ingredients

- 1 1/2 cups ricotta
- 4 cups clean spinach
- 1 large egg
- 1 cup flour + 1/2 cup for rolling
- 1/2 cup grated parmesan
- salt and pepper to taste

## Instructions

1. Clean and blanch the spinach in salted water. Let cool slightly then chop . Place in a colander over a bowl. Let sit in the refrigerator for 15 minutes to drain . Then use your hands to squeeze out as much of the liquid as possible.
2. In a bowl, whisk the egg then mix the in the ricotta, spinach, and grated parmesan, slowly add the flour until a soft, slightly sticky dough forms . Salt and pepper to taste.
3. With lightly floured hands roll the gnudi into balls roll in flour.
4. In a medium stock pot bring salted water to a gentle boil. Cook the gnudi in in batches until they float 2-3

minutes

5. Toss with my easy marinara sauce or sage butter. Top with additional grated parmesan and serve immediately. ENJOY!!!
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## **Caprese stuffed chicken breast**

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If your looking for a restaurant – quality meal that’s easy enough for a weeknight dinner, this caprese stuffed chicken breast with asparagus is a must-try. Juicy chicken breast are packed with the classic flavors of caprese- fresh mozzarella, ripe tomatoes and fragrant basil – along with tender asparagus for a wholesome . satisfying dish that’s easy to make and delicious.

## **Why you’ll love this caprese stuffed chicken breast recipe**

Quick and easy: Ready in under 30 minutes

Healthy & Wholesome: Packed with protein, veggies and fresh ingredients

Bursting with flavors: A perfect blend of creamy, tangy, and savory goodness

Make-ahead friendly: Prep and assemble ahead of time, then cook when ready !!

This caprese stuffed chicken breast with asparagus is a delicious dish that's easy to prepare yet impressive enough to share with friends. Whether you're looking for a quick week night dinner or a beautiful centerpiece for a special meal, this recipe delivers on both taste and presentation. Give it a try and let me know how it turns out- I'd love to hear your thoughts.

## Ingredients

- 2 large chicken breast
- 12 asparagus spears trimmed
- 4 slices fresh mozzarella
- 4 slices thinly sliced tomatoes
- 2 slices thinly sliced prosciutto
- 2 Tbsp. olive oil
- 2 teaspoons each garlic, onion and paprika
- 2 Teaspoon Italian seasoning
- salt and pepper to taste

## Instructions

1. Preheat your oven to 375- degrees
2. Cut the tough stem ends from the asparagus and blanch in boiling salted water for a few minutes set aside
3. Slice the chicken breast in half and pound thin so that you have four pieces of thinly sliced chicken breast
4. Season the chicken with the garlic, onion, paprika and Italian seasoning. Salt and pepper to taste
5. Add two slices of cheese, followed by one slice of tomatoes and three asparagus spears. Then sprinkle with sliced prosciutto. Top with a few basil leaves
6. Roll them up tightly jelly roll style. Secure with tooth picks

7. Sear the chicken breast in an oven proof pan for about three minutes per side until golden.
  8. Transfer the pan to the preheated oven and bake for 15-20 minutes or until the chicken is cooked through.
- ENJOY!!!!
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## **Spicy eggs in Purgatory**

## **Spicy eggs in Purgatory**

Spicy eggs in purgatory is a dish that perfectly balances simplicity and bold flavors. This traditional Italian recipe features eggs poached in a rich, garlicky tomato sauce with a touch of heat. It's an easy one-pan meal that's perfect for breakfast, brunch or even a light dinner.

The origins of eggs in purgatory are deeply rooted in Italian cuisine, particularly in the southern regions like Campania. The name Uova in Purgatorio is said to symbolize the fiery tomato sauce as purgatory and the delicate eggs as souls within it. Similar to the Middle Eastern shakshuka, this dish showcases the universal love for eggs cooked in a flavorful sauce.

## **Tips for the best spicy eggs in purgatory**

1. Adjust the spice to your liking by increasing or reducing the red pepper flakes.
2. Use my easy marinara sauce for a rich and flavorful sauce.

3. Don't overcook the eggs if you prefer runny yolks, keep an eye on them as they set.
4. Add extra toppings like crumbled feta, olives or cooked Italian sausage or pancetta.

Spicy eggs in purgatory is one of those magical dishes that delivers big flavors with minimal effort. Whether you're enjoying it for breakfast or dinner, this dish is sure to become a staple in your kitchen.

Have you tried making Eggs in Purgatory? Let me know your favorite variations in the comments below. I love hearing from you. It's my favorite part and it helps others. Thanks!!!

## Ingredients

- 2 Tbsp. olive oil
- 2 cups sliced mixed color bell peppers
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 Tbsp. hot pepper flakes
- 3 cups my easy marinara sauce
- 4 eggs
- 1 Tbsp. each chopped basil and Italian parsley

## Instructions

1. Start by cleaning your bell peppers and cutting into thin strips
2. In a saute pan over medium high heat in the olive oil saute the bell peppers, red pepper flakes, onions and garlic until soft and translucent
3. Then add in the marinara sauce and simmer for 10 minutes.
4. Make 4 indentations with the back of a spoon in the sauce and drop the eggs into them. Simmer covered until the eggs reach your preferred doneness. Top with the

basil and Italian parsley.  
5. Serve with toasted bread. ENJOY

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## **Sausage Orecchiette**

## **Broccolini**

## **Sausage           broccolini Orecchiette**

This classic Sausage Broccolini pasta recipe is made with orecchiette ‘little ear’ pasta. You can use different shapes of pasta in this recipe you can without changing the flavor much, but “little ears” is my family’s favorite.

Traditional the recipe uses broccolini rabi, the Italian broccoli, it tastes similar with more bite and bitterness.

If broccoli is all you have then use broccoli, but this might be one of those recipes where you make a trip to Trader Joe’s and buy broccolini rabi.

This recipe is quick, easy and like most of my recipes customizable to fit your lifestyle and diet, it can be on your table in 30 minutes and become one of your family’s favorite too.

## **Customize Sausage Broccolini**

# Orecchiette

This Sausage Broccolini orecchiette Pasta recipe works well with chicken and shrimp too.

If you use shrimp saute them 3 minutes per side then remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use regular broccoli or spinach if that's what fits your taste .

If you keep following along pretty soon you wouldn't be looking at recipes as often, you'll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one pan I use from Amazon , it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram, I love hearing from you !!!!

## Ingredients

- 1/2 lbs. orecchiette pasta
- 1 bunch broccoli rabi
- 1 Lb. spicy Italian sausage casings removed
- 1 cup chicken stock
- 2 cups reserved pasta water

- 2 Tbs. chopped garlic
- 1/2 cup chopped shallots
- 1 cup parmesan
- 1 Tbs. each chopped Italian parsley, and hot pepper flakes
- 2 Tbs. olive oil
- salt and pepper to taste

## **Instruction**

1. Clean the broccolini removing the tough outer leaves and lower stems
2. Cook the orecchiette in boiling salted water *al dente*. Add the broccolini the last five minutes. reserve 2 cups of the water before draining
3. In a large saute pan over medium high heat add the olive oil
4. Cook the sausage until golden brown breaking up the pieces as you go
5. Add the shallots , garlic and red pepper flakes saute until tender and beginning to brown.
6. Add chicken stock, reserved pasta water and herbs
7. Simmer 10 minutes
8. Toss the cooked orecchiette and broccolini in sauce
9. Adjust salt and pepper
10. Top with parmesan..... Enjoy!!!

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# **Easy Vegetarian zucchini fritters**

# Easy vegetarian zucchini fritters

Crispy, golden, and oh-so-delicious. These easy vegetarian zucchini fritters are the perfect blend of fresh zucchini, savory cheese, and a hint of garlic.

When you think of zucchini, summer might be the first season that comes to mind. But this versatile vegetable is perfect for creating delicious dishes all year long. One of my favorite ways to enjoy zucchini is by making these irresistibly crispy zucchini fritters. They're golden, savory, and perfect as an appetizer, side dish, or a quick snack any time of the year!!!!

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## Why you'll love these easy vegetarian zucchini fritters

**Crispy and delicious:** the perfect blend of fresh zucchini, cheese and herbs

**Easy to make:** With simple ingredients and quick prep, you'll have these fritters ready in no time.

**Versatile:** Great on their own, or paired with my easy marinara sauce.

These easy vegetarian zucchini fritters are a wonderful way to enjoy zucchini beyond the summer months. They're easy, delicious, and sure to become a staple in your kitchen. Give them a try and let me know how you like them.

# Ingredients

- 2 medium zucchini washed and finely chopped
- 2 Teaspoon. salt
- 2 eggs slightly beaten
- 1/2 cup grated parmesan cheese
- 1/3 cup flour
- 1/2 cup bread crumbs
- 1 Tbsp. minced garlic
- 1/3 cup chopped onion
- 2 Tbsp. fresh chopped Italian parsley
- salt and pepper to taste
- 2 cups olive and canola blend oil for frying

# Instructions

1. Chop the zucchini and sprinkle with salt. Let sit for 10 minutes to draw out the liquid. Use your hands to squeeze out as much liquid as possible
2. In a bowl combine the zucchini, and the rest of the ingredients except for the frying oil. Mix until well combined.
3. Scoop out about 2 Tbsp. of the mixture and flatten into patties
4. Heat the oil over medium high heat until medium hot.
5. Fry the fritters for 3-4 minutes per side until golden and crispy

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# Asparagus prosciutto ricotta

# **tart**

## **Asparagus prosciutto ricotta tart**

Spring is around the corner, and there's no better way to celebrate the season than with vibrant and fresh ingredients. This asparagus, prosciutto ricotta tart is the perfect dish to bring a touch of spring to your table. With its buttery, flaky crust and creamy ricotta filling, each bite is a blend of crisp, creamy, and savory flavors. Whether served as an appetizer, light lunch or a show-stopping side dish, this tart is as beautiful as it is delicious.

### **Tips for success when making asparagus, prosciutto ricotta tart**

1. Keep the puff pastry cold: For the flakiest, crispiest crust, make sure your puff pastry is thawed but well-chilled before baking. Prebaking the pastry crust helps maintain the layers and prevents a soggy bottom.
2. Avoid overloading the filling: While tempting to pile on the ricotta and toppings, keep a light hand. Too much filling can weigh down the pastry and prevent it from cooking evenly. Spread the ricotta in a thin even layer and avoid over stacking the asparagus and prosciutto. This asparagus, prosciutto, and ricotta tart is a true celebration of spring flavors. With its crisp, flaky crust, creamy ricotta filling, and the perfect balance of tender asparagus and savory prosciutto offers a delicious blend of textures and taste. It's an elegant yet approachable dish that's sure to impress, whether served at a brunch, a special gathering, or a simply

treat for yourself. Give this recipe a try, and enjoy how effortlessly it comes together.

## Ingredients

- 1 puff pastry sheet thawed
- 2 cups ricotta cheese
- 1/2 cup grated parmesan
- 1 egg
- 1 Tbsp. chopped Italian parsley
- 1/2 lb. cleaned, trimmed and steamed asparagus
- 2 slices prosciutto cut into thin strips
- 1 egg yolk + 1 Tbsp. water for brushing

## Instructions

1. preheat your oven to 375- degrees and line a baking sheet with parchment paper
2. Thaw out the puff pastry. Then unfold the pastry onto the baking sheet
3. Gently score a 1 – inch border around the edges without cutting all the way through. Prick the center all over with a fork to prevent it from puffing up too much. Then prebake the puff pastry for 5-7 minutes or until just beginning to turn golden.
4. Make the ricotta filling in a bowl mix ricotta, parmesan, egg, parsley salt and pepper to taste. Spread the ricotta mixture evenly within the scored border on the precooked puff pastry.
5. Steam in the cleaned asparagus in boiling salted water for 3 minutes drain well and pat dry. Lay the asparagus spears over the ricotta mixture.
6. Cut the prosciutto into thin strips and nestle them between the asparagus. Mix the egg yolk with the water, brush the edges with the egg wash. Drizzle with olive oil.

7. Bake for 15-20 minutes longer.

8. Once out of the oven, sprinkle with fresh thyme. Slice and serve warm or at room temperature. ENJOY!!!

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## **Italian sausage escarole and beans**

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There's something truly special about a pot of Italian escarole and beans with Italian sausage simmering on the stove. This dish brings me back to my childhood, where a big steaming bowl of this rustic soup could turn an ordinary meal into something comforting and delicious. Tender escarole, creamy white beans, and savory Italian sausage come together in a light flavor broth-it's the kind of meal that feels good from the inside out. Whether you grew up with this dish or are discovering it for the first time, I promise it will become a family favorite. Not only is it delicious it's healthy and packed with good for you ingredients, that you probably already have on hand.

## **Things to know about this Italian sausage escarole and beans**

Fresh vs. canned beans: While canned beans are convenient, using fresh beans elevates the dish with a creamy texture and rich flavor. To use fresh beans soak them overnight and cook

them right in the same pot as the sausage for 10 -15 minutes then add in the escarole and cook until the escarole is tender and the beans fork tender ( 10 minutes longer)

Broth options: Use chicken broth for a richer flavor or vegetable broth if you prefer a lighter taste.

Spice Level: If you like extra heat use more red pepper flakes to fit your taste. If on the other hand you don't like heat you can use mild Italian sausage and leave out the red pepper flakes.

This recipe is easily customizable. You can add a drizzle of good extra virgin olive oil for a gourmet touch, toss in some tomatoes for a touch of acidity and color, or stir in small pasta like ditalini for extra heartiness.

Italian sausage escarole and beans is a timeless dish that brings comfort and flavor to your table. Whether your enjoying it with crusty bread as a soup or a side, this recipe is sure to become a staple in your kitchen too!!!

## Ingredients

- 2 Tbsp. olive oil
- 4 gloves thinly sliced garlic
- 1 /2 lb. spicy Italian sausage crumbles
- 2 Teaspoon hot pepper flakes
- 1 head escarole cleaned and chopped
- 2 cups cooked fresh cannellini beans( or 1 , 15 oz. can drained and rinsed
- 4 cups chicken stock
- Parmesan rind
- Grated parmesan for serving
- Crusty bread, for serving
- salt and pepper to taste

# Instructions

1. If using fresh beans rinse and soak them in water, for at least 1 hour or overnight.
  2. Brown the sausage: In a large pot or Dutch oven in the olive oil over medium high heat, brown the sausage breaking it up as it cooks
  3. Add the garlic, to the sausage and cook until soft and translucent. Add in the red pepper flakes.
  4. Add the chicken stock, and uncooked beans cook until the beans are almost cooked through. (About 15 minutes)
  5. Add the cleaned and cut escarole, and parmesan rind and simmer for an additional 10 minutes, or until the beans are fork tender and the escarole soft.
  6. Ladle the soup into bowls top with freshly grated parmesan. ENJOY!!!!!!
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## **Bone-in Mushroom chicken breast**

## **Bone-in mushroom chicken breast**

When you're craving a comforting and flavorful Italian chicken meal, that's easy to make this braised bone-in mushroom chicken breast delivers. Tender bone-in chicken breasts are seared then gently simmered with earthy mushrooms, sweet caramelized onions and herbs, creating a rich savory sauce. This rustic, one-pan meal is perfect for both cozy family

dinners and effortless entertaining.

Whether served over creamy polenta, twirled with pasta, or alongside crusty bread to sop up every drop of sauce, it's a meal that feels both hearty and special. Plus with simple ingredients and easy steps, it's an ideal recipe to keep in your recipe file for any occasion,

## **Why you will love this bone-in mushroom chicken breast recipe**

This recipe shines because it combines simplicity with deep comforting flavors. Here's why your going to love it

One – pan wonder: fewer dishes means easier cleanup, and cooking everything in one pan builds extra flavors .

Tender and juicy chicken: Braising bone-in chicken breasts keeps the meat juicy and moist while infusing it with savory goodness.

Rich savory sauce: The combination of mushrooms, caramelized onions, garlic and herbs creates a robust sauce that feels both rustic and refined.

Versatile serving Options: Whether you serve it over polenta, pasta, or with crusty bread, this dish adapts perfectly with different sides

Make- ahead friendly : The flavors only get better with time. making it perfect for meal prep or leftovers.

Ready to bring a taste of Italy to your table? Try this bone-in mushroom chicken breast recipe and let the rich, comforting flavors make any meal feel special. Please don't forget to share your creations and tag me- nothing makes me happier than seeing my recipes come to life in your kitchen. And it helps others. THANKS!!!

# Ingredients

- 4 bone-in skin-on chicken breast
- 1 Tbsp. each garlic + onion+ paprika powder
- 1 Tbsp. Italian seasoning
- 2 cups cremini , portabella or button mushrooms
- 1 large sliced onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 1 cup chicken stock
- a few rosemary and thyme sprigs
- 2 Tbsp. butter
- 2 Tbsp. Italian parsley
- salt and pepper to taste

# Instructions

1. Start by cleaning your chicken and pat dry. Cut the breast into equal pieces.
2. Add the cleaned, cut, chicken to a bowl season with the onion, garlic. paprika and Italian seasoning. Salt and pepper to taste
3. In a heavy stock pot or Dutch oven in 3 Tbsp. of olive oil sear the chicken on all sides until golden. Remove and set aside.
4. In the same pan , add a bit more oil if needed. Sauté the onions and garlic until soft and translucent. Add the mushrooms and cook until beginning to brown.
5. Pour in the wine to deglaze the pan , waiting until evaporated before adding the chicken stock, rosemary and thyme.
6. Nestle the chicken breasts back into the skillet , skin side up. Reduce heat to a simmer , cover and cook for 25-30 minutes until chicken is cooked through and tender.
7. Garnish with the fresh Italian parsley . ENJOY!!!!!!!

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# Easy cheesy stuffed shells

## Easy cheesy stuffed shells

When you're craving a cozy, cheesy pasta dish that feels like a warm hug, these cheesy stuffed shells are the answer. This Italian classic combines tender pasta shells filled with a creamy ricotta blend, topped with my rich Bolognese sauce and baked to a bubbly perfection. It's the kind of meal that brings everyone to the table wanting seconds.

One of the best things about this recipe is how make-ahead friendly it is. You can assemble the stuffed shells a day or two in advance, store them in the fridge, and simply bake when you're ready to serve. It's also freezer-friendly, making it perfect for meal prepping or having a ready-made meal for busy nights. I'm using my rich Bolognese sauce for extra heartiness, but you can easily keep it vegetarian by using my easy marinara sauce instead. Whether you're planning for a weeknight dinner or hosting family and friends, these easy cheesy stuffed shells bring all the Italian flavors with minimal effort.

## Why you will love this easy cheesy stuffed shell recipe

**Simple ingredients:** You probably have most of them in your pantry or fridge.

**Make ahead friendly:** Perfect for prepping ahead and popping it in the oven when needed.

Customizable: Add cooked ground beef or Italian sausage to the filling for a twist.

These easy cheesy stuffed shells are the perfect blend of creamy, hearty, and comforting – everything you want in a classic Italian meal. Whether you make them ahead for a busy night, serve them to guests for a cozy gathering, or freeze a batch for those days when you need something quick and delicious. With the option to keep it vegetarian with my easy marinara sauce or add a rich Bolognese sauce, these stuffed shells are as versatile as they are delicious.

Serve them with a simple salad and garlic bread and you have a meal that feels like a warm hug from your kitchen. I hope this recipe brings as much comfort to your home as it does my. Buon appetito!!!!

## Ingredients

- 4 cups my Bolognese sauce
- 1 Lb. large shells
- 3 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella divided
- 1 egg
- 2 Tbsp. chopped Italian parsley

## Instructions

1. Start by cooking the shells in salted boiling water *al dente*
2. In a bowl mix the ricotta, spinach, parsley, egg, 1/2 the amount of parmesan and 1/2 the amount of mozzarella. Salt and pepper to taste
3. Fill a pastry bag or use a spoon to fill the precooked shells with the ricotta filling
4. Line an oven proof casserole dish with half of the

Bolognese sauce. Place the stuffed shells in a single layer on top. Top the shells with the remaining Bolognese sauce, and the remaining parmesan and mozzarella cheese.

5. Bake in a preheated 375- degree oven for 30- 40 minutes, or until the cheese is bubbly. ENJOY!!!