

# **Bone- in Porkchops picatta**

## **Bone-in porkchops picatta**

Perfectly cooked and juicy bone-in porkchops picatta in less than 30 minutes. Only 5 minutes of prep and 15 minutes of cook time start to finish to make the best restaurant quality porkchops at home.

For these pan seared chops I am using 1-11/2 inch thick bone-in porkchops and pounding them thin. Thinner porkchops can be used you can skip this step. You can also use boneless porkchops. Although for me I find bone -in anything is much more flavorful.

It's a one pan recipe that's ready in less than 30 minutes and has the most flavorful porkchops with the most delicious picatta sauce.

## **Why you will love this bone-in porkchop picatta recipe**

Bone-in porkchop piccata is a delicious recipe. It combines the rich, juicy flavor of bone-in porkchops with the bright, zesty buttery lemon-caper sauce that defines a classic piccata.

The bone-in adds extra flavor and helps keep the meat tender and moist. The tang from the lemon and briny capers balances the savory richness of the pork, while white wine and butter brings everything together in a luscious sauce.

This bone-in porkchop piccata is a restaurant quality dish that's surprisingly easy to make at home, making it an ideal recipe for both weeknight family dinners and fancy enough for

special occasions. Plus, it pairs deliciously with simple sides like roasted potatoes, sauteed greens or creamy polenta. ENJOY!!

If you make this recipe please leave me a comment on your experience with this bone-in porkchop picatta recipe. I love hearing from you, and it helps others. THANKS!!!

## Ingredients

- 4 bone -in porkchops
- 2 eggs
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/2 cup chopped Italian parsley
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 1/2 cup white wine
- 1 cup chicken broth
- juice from 1 lemon
- 1/2 cup drained capers
- salt and pepper to taste

## Instructions

1. Start by pounding the porkchops thin then salt and pepper to taste
2. In a bowl mix the breadcrumbs with the grated parmesan cheese and Italian parsley
3. In another bowl add the eggs and whisk slightly
4. Dip the chops first in the egg, then in the breadcrumb mixture. Use your hands to completely cover the porkchops with breadcrumbs
5. In a large saute pan over medium high heat add the olive oil and 1 Tbsp. of butter
6. Add the porkchops in batches to the skillet and fry until golden brown on both sides ( about 5 minutes per

side). remove and set the chops aside while you make the sauce.

7. In the same pan add the remaining butter add the garlic and shallots and cook until soft and translucent.
  8. Deglaze the pan with the white wine waiting until it evaporates before adding the chicken stock, lemon juice and capers. Simmer over low heat until the sauce thickens.
  9. Pour the picatta sauce over the porkchops. Top with additional chopped Italian parsley. Serve with lemon slices. ENJOY!!!!
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## **Prosciutto and mozzarella chicken rolls**

## **Prosciutto mozzarella chicken rolls**

These prosciutto mozzarella chicken rolls are so easy and quick to make. With just a few minutes of prep time and less than 30 minutes of cook time you can have a restaurant quality dinner.

It starts with thinly pounded chicken breast filled with prosciutto and cheese then covered in my easy marinara sauce, though you can use your favorite store-bought if you prefer, then topped with freshy grated mozzarella and baked. whether served with a side of pasta , roasted vegetables, or a crisp green salad, these chicken rolls make an elegant yet easy meal that's perfect for weeknights or special occasions.

# How to make this prosciutto mozzarella chicken roll recipe easy

These prosciutto and mozzarella chicken rolls are perfect for meal prep, making them a great option for busy weeknights or entertaining guest. You can assemble them in advance by pounding the chicken, layering the prosciutto and mozzarella, rolling them up , and securing them with tooth picks or kitchen twine . Once assembled, they can be stored in an covered container in the refrigerator for up to 24 hours before cooking.

If your planning further ahead, these chicken rolls can also be frozen before baking. Simple wrap each roll tightly in plastic wrap and place them in a freezer-safe bag. When you're ready to cook , thaw them overnight in the refrigerator and proceed with baking. This method is especially convenient for meal planning, as you can prepare a batch in advance and have a delicious, homemade meal with minimal effort. Whether fresh or frozen these prosciutto mozzarella chicken rolls deliver a restaurant- quality meal with hardly any last-minute work,

## Ingredients

- 4 boneless skinless chicken breast
- 4 cups my easy marinara sauce
- 4 slices prosciutto
- 2 cups freshly grated mozzarella
- 1/2 cup grated parmesan
- 1/2 cup chopped Italian parsley

## Instructions

1. Heat your oven to 375-degrees
2. Start by washing the chicken and pat dry. Then pound

- the chicken breast until thin salt and pepper to taste
3. Lay one slice of prosciutto on each breast, divide half the mozzarella among the four breast, top with Italian parsley
  4. Roll the chicken breast jelly roll style. Secure with toothpicks
    1. line an oven proof casserole dish with half of the marinara sauce. Lay the rolled chicken breast on top. Then top the chicken with the remaining marinara sauce and the shredded mozzarella, half of the grated parmesan and bake for 25-30 minutes. Top with the remaining parmesan and additional Italian parsley. ENJOY!!!!
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## **Mushroom pasta alla Norcina**

## **Mushroom pasta alla Norcina**

Mushroom pasta alla Norcina is an Italian pasta dish from the Umbrian region of Italy. The dish traditionally combines hearty flavors of sausage, mushrooms and a rich cream sauce. There are different version, some have mushrooms or cured meats or both. The recipe is super quick and easy to make, taking almost as much time to make the sauce as it does to cook the pasta. The sauce starts out by cooking the onions, garlic, mushrooms and Italian style sausage (spicy or mild). The sausage used in norcina typically contains rosemary, and since the Italian sausage available here does not contain rosemary I add a few sprigs to the sauce. By the time the sauce is ready the pasta should be cooked and you toss the pasta with the sauce and adjust your seasonings.

The dish is hearty and delicious, showcasing the earthy , rustic flavors of Italy. It's an ideal meal for chilly nights or when your craving Italian but want quick and easy too.

## key points for this mushroom pasta alla norcina recipe

Here are a few key points to know about this mushroom pasta alla norcina recipe.

**Pasta:** Often make with short pasta like rigatoni or penne, but you can use any shape pasta that you prefer.

**Sausage:** Italian sausage typically seasoned with rosemary and fennel is crumbled and browned to add robust flavors. If you can't find the Norcina sausage add a few sprigs of rosemary to the sauce, removed before adding the pasta.

**Mushrooms:** Fresh porcini mushrooms are traditional, but cremini or button mushrooms are commonly used when porcinis are unavailable.

**Cream sauce:** Heavy cream is combined with wine wine and stock creating a velvety sauce the coats the pasta .

**Cheese:** Grated pecorino Romano or parmesan cheese enhances the richness and adds a nutty, salty finish to the dish.

I hope you give this mushroom pasta alla norcina a try. Its creamy , hearty combination of sausage and mushrooms makes a perfect meal for any occasion. ENJOY!!!

## Ingredients

- 1/2 lb. fusil pasta
- 1/2 lb. spicy Italian sausage crumbles
- 2 cups sliced mushrooms
- 2 Tbsp. olive oil

- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan
- salt and pepper to taste

## Instructions

1. Start by cooking your pasta el dente. While the pasta is cooking make the sauce
2. In a large saute pan over medium high heat in the 2 Tablespoon of olive oil cook the onion and garlic until soft and translucent. Add the mushrooms and cook until the mushrooms begin to brown . Then add the sausage crumbles cook until brown.
3. Deglaze the pan with the wine waiting until it evaporates before adding the chicken stock, pasta water and cream. Simmer until the sauce thickens. Then add in the grated parmesan
4. Toss the pasta in this creamy sausage sauce, top with more grated parmesan and chopped Italian parsley.  
ENJOY!!!!

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**Easy and quick chicken  
francese**

# Quick and easy Chicken Francese

Quick and easy chicken Francese is a lightly battered pan-fried chicken breast meal with an elegant white wine lemon sauce. It's like chicken piccata, but with a thicker sauce, more of it, no capers and lemon flavors, and a delicious crust that soaks up the sauce. Chicken Francese a lovely restaurant dish that's easy to make at home. It's hallmark is the light golden crust created by dredging chicken breast in flour and egg before pan-frying them to a golden perfection. Once cooked the chicken cutlets are covered in a tangy lemon sauce. This recipe is ideal for busy weeknights when you want something elegant but don't have hours to spend in the kitchen, and it's fancy enough for Saturday night dinner with friends.

What makes chicken Francese quick and easy is its minimal ingredients and straightforward preparation. With basic pantry ingredients, you can whip up this chicken dish in under 30 minutes. Pair it with simple sides like steamed vegetables, pasta, or a crisp salad for a complete meal. Whether you're hosting guest or feeding your family. Chicken Francese is sure to be a hit with its bright flavors and beautiful presentation.

## Tips for making Quick and easy Chicken Francese

To ensure your chicken francese turns out perfect every time, start by pounding the chicken breast to an even thickness. This helps them cook evenly and quickly. Season both sides of the chicken with salt and pepper before dredging them in flour, and be sure to shake off any excess to avoid overcoating. When dipping the chicken breast into the egg

mixture, let the excess egg drip off before placing in the hot pan to achieve a delicate golden crust.

When making the lemon butter sauce, use fresh lemon juice for the best flavor- it brightens the dish and balances the richness of the butter. Deglaze the pan with the wine and scrape up all the browned bits from the bottom, that's where the deep flavors are.

Let the sauce simmer briefly to thicken slightly before returning the chicken back to the pan. Serve immediately, garnish with fresh Italian parsley and lemon slices, for a dish that's as beautiful as it is delicious. ENJOY!!!

## Ingredients

- 2 large skinless boneless chicken breast
- 1/2 cup flour
- 2 eggs
- 3Tbsp, olive oil
- 1 lemon thinly sliced
- lemon juice from 1 lemon
- 3 Tbsp. butter
- 2 cups chicken stock
- 1/2 cup white wine
- 1/2 cup chopped Italian parsley
- salt and pepper to taste

## Instructions

1. Cut in chicken breast in half horizontally to form 4 thin breast in total
2. whisk the eggs slightly
3. Add salt and pepper to the flour
4. Coat the chicken first in the flour then in the egg
5. In a non- stick saute pan heat the oil over medium high heat

6. Cook the chicken until golden on both sides about 3 minutes per side. Then remove and set aside. Wipe the pan clean using paper towels.
  7. In the same pan melt the butter. add 2 tbsp. of flour and cook stirring for 1 minute with a wooden spoon. While stirring add in the wine waiting until it evaporates before adding in the chicken stock. lemon juice and lemon slices. Simmer for 4-5 minutes or until the sauce thickens.
  8. Return the chicken to the pan just to heat through, add the parsley. Plate the chicken pour the lemon sauce over it ,garnish with more Italian parsley and lemon slices . ENJOY!!!!
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## **Split pea soup with ham**

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Split pea soup with ham is a nostalgic favorite from our restaurant days. There is something comforting about a warm bowl of split pea soup' especially when it's made with smoky ham and memories of bustling restaurant kitchens. When we had our restaurants, we prided ourselves on serving two daily soups a day. Made fresh each morning and split pea soup with ham was a favorite among our regulars. This hearty , flavorful soup is simple to make comes together in less then 1 hour and it's delicious . Whether served with crusty bread or on it's own, it's comfort food that's perfect anytime of the year!!!

# Good to know about this split pea soup with ham recipe

It's budget friendly: This split pea soup recipe uses simple ingredients, like affordable dry split peas, staple vegetables and leftover ham or cheap ham hocks. Making it a great way to stretch your grocery budget.

It's the perfect recipe if you have leftover ham or roasted pork, this is the perfect way to use up those leftovers. The bone adds a deep, smokey flavor, but diced ham works too.

Meal prep friendly, split pea soup stores beautifully and is freezer friendly. Make a big batch, and you'll have lunches and quick dinners ready to go. It lasts 2-3 days in the fridge and freezes for up to three months.

The soup thickens as it sits. When reheating leftovers add a splash of stock or water to thin it out to your preferred consistency.

Low maintenance cooking, once the soup is simmering, it practically cooks itself, giving you time to prep other dishes and clean up.

These tips make this split pea soup with ham not just delicious but also practical and approachable for any home cook. ENJOY!!!

## Ingredients

- 2 Tbsp. olive oil
- 1 cup each chopped onions+ celery+ carrots
- 1 Tbsp. minced garlic
- 8 oz. dry split peas
- 3 cups chicken stock
- 2 cups water

- 2 smoked ham hocks
- a few bay leaves
- 1 cup fresh or frozen peas
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Start by rinsing the split peas
2. In a stock pot or Dutch oven in the 2 Tbsp. of olive oil over medium high heat saute the celery, carrots, garlic and onion until soft and translucent.
3. Then add the split peas salt and pepper now and mix to combine the flavors then add the chicken stock, water, ham hocks, and bay leaves.
4. Cover and simmer for 45-50 minutes or until the split peas are pureed, if too dry add more water or stock.
5. Remove from the heat. Discard the bay leaves and remove the ham hocks. Remove the ham from the bones , shred and return to the soup add the peas and Italian parsley simmer 5 minutes longer.
6. Ladle into soup bowls top with additional chopped Italian parsley. ENJOY!!!!

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## tomato Bolognese meat sauce

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Bolognese is a rich meaty tomato sauce that is a signature dish from Bologna, Italy. In the capital city of Emilia-Romagna, Bolognese is typically served over tagliatelle pasta,

or other thick noodles.( but almost never over spaghetti)Deeply rich and meaty, as opposed to saucy, it is the trait that is different in a Bolognese sauce verses spaghetti meat sauce.

There are as many variations of this meat sauce as there people who make it. These variations are the cause of sometimes heated debates. Garlic or no garlic, red or white wine, the amount of tomatoes, did the sauce really originate in Bologna. etc, etc. However the basis of a good Bolognese stays the same. A good Bolognese is a labor of love. But if you have a prep plan in place and a little extra time it really is an easy sauce to make. And you can make it ahead of time , it's freezer friendly too!! So make a double batch one for one and one to freeze for a ready made meal.

## **Notes for this tomato Bolognese meat sauce**

It may seem like a long list of ingredients, to make this tomato Bolognese meat sauce but note that most are pantry staples you probably have on hand.

I use only ground beef to make my Bolognese. If you prefer, you can use a mix of beef, pork or Italian sausage.

A good Bolognese sauce benefits from the saltiness and smokiness of a cured meat such as pancetta or bacon. I prefer to use pancetta, but use bacon if that is easier for you to get or if it is what you have on hand.

Onions, carrots and celery also known as soffritto in Italian are non-negotiable in a Bolognese sauce. You can chop them by hand or use a food processor to save time on the chopping.

My tomato Bolognese meat sauce is not a complicated recipe and my version doesn't stray from the classic. It always starts the same way with a soffritto.

So here's the thing to make this tomato Bolognese meat sauce recipe easy and stress free you need to plan ahead. Gather the best ingredients , chop the vegetables before and store them in the fridge . make a large when you have time, portion it, and freeze for quick meals.

These shortcuts will deliver a delicious, rich sauce without the stress. ENJOY!!!

## Ingredients

- 3 Tbsp. olive oil
- 1 1/2 lb. lean ground beef
- 1 cup diced pancetta
- 1 cup each chopped onion+ carrots + celery
- 2 Tbsp. minced garlic
- 1 cup red wine
- 1 28 oz. crushed tomatoes
- 2 cups beef broth
- 1 cup milk
- pinch of nutmeg
- 1 Lb. tagliatelle
- Grated parmesan and Italian parsley for serving

## Instructions

1. Start by cooking the pancetta in the olive oil over medium high heat in a stock pot or Dutch oven.
2. Once the pancetta is crispy add the onion, celery. carrots and garlic. Cook until soft and translucent.
3. Add in the ground beef and cook until brown. Then deglaze the pot with the red wine waiting until it evaporates before adding the beef stock ,crushed tomatoes and milk. Add the pinch of nutmeg and a few bay leaves.
4. Cover and simmer for 1 1/2 hours
5. Cook your pasta el dente

6. Toss in tis delicious pasta sauce. Top with freshy grated parmesan cheese and chopped Italian parsley. ENJOY!!!

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## **Creamy vegetarian broccoli pasta shells**

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This creamy broccoli pasta shells recipe is not only healthy but also quick and easy to make. The mix of soft broccoli , tasty pasta and gooey cheese is a hit with everyone. Pasta and broccoli are a great combination for your health. Pasta gives you energy and broccoli is full of vitamins and fiber. Together, they make a meal that's good for you and taste delicious. It's a perfect blend of comforting flavors and wholesome ingredients, ideal for a satisfying weeknight dinner.

What's great about this recipe is how versatile it is. You can switch out the pasta shape , adjust the cheesiness, or even add a protein like grilled chicken breast or shrimp for a heartier meal. This creamy broccoli pasta shell will undoubtedly become a family favorite for it's simplicity and delicious taste.

If you love easy pasta dinners like this, be sure to check out my other pasta and broccoli pasta recipes for more delicious inspiration. 30 minute broccolini and sausage pasta or my

creamy Italian sausage and broccoli pasta. ENJOY!!!!

## **Why You'll love this creamy vegetarian broccoli pasta shells recipe**

**Quick and easy:** This recipe is perfect for busy weeknight family meals, taking just 30 minutes from start to finish. With simple ingredients and straightforward steps.

**Healthy and delicious:** Packed with nutrient – rich broccoli, this dish provides a good source of fiber and vitamins, making a wholesome meal for the whole family.

**Customizable:** Whether you're looking to add protein, swap the milk for cream for a creamer option , or experiment with different pasta shapes, this recipe is incredibly versatile to suit your lifestyle and tastes. ENJOY!!!

## **Ingredients**

- 4 cups washed and trimmed broccoli
- 1/2 lb. medium size shells
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small shallot minced
- 2 Tbsp. flour
- 3 cups milk
- 1 cup chicken or vegetable stock
- 2 cups freshly grated sharp cheddar cheese
- 1 cup four cheese blend
- pinch of nutmeg

# Instructions

1. Start by cooking the broccoli in a large stock pot in salted water until soft, remove use a potato masher to mash the broccoli and set aside
2. In the same water as you cooked the broccoli cook the pasta shells *al dente*
3. While the pasta is cooking make the sauce. In a saute pan in the olive oil cook the shallots until soft and translucent. Add the butter once the butter is melted add the flour and cook for 1- 2 minutes.
4. Then slowly pour in the milk and stock. Bring to a boil lower the heat and add the cheeses and nutmeg.
5. Simmer the sauce until the cheese melts and the sauce thickens.
6. Add in the broccoli and the *al dente* cooked pasta shells. Cook just for a few minutes just to combine the flavors and ingredients.
7. ladle into pasta bowls top with additional grated parmesan cheese and freshly chopped Italian parsley.  
ENJOY!!!!

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**Easy spinach Ricotta ball  
recipe**

**Easy spinach ricotta ball**

# recipe

If your looking for a vegetarian Italian recipe that doesn't compromise on flavor or tradition, this easy spinach ricotta ball recipe is the perfect choice.

These tender cheesy bites are packed with savory flavors of spinach, ricotta, parmesan and fresh herbs all rolled together and baked before being simmered in my easy marinara sauce. They pair deliciously with marinara sauce, a simple salad or a loaf of crusty bread. Plus , they're versatile enough to be made ahead of time, making them a perfect choice for busy weeknight meals or family and friend gatherings.

Trust me , this is one vegetarian dish meat-lovers included - will love.

## Why I love this easy spinach ricotta ball recipe

**Healthy and delicious:** These spinach balls are packed with nutrients from the spinach and cheese making it a healthy meal that's also full of flavor.

**Easy to make:** This spinach ricotta ball recipe requires just a few ingredients and is simple to prepare , making it perfect for all cooks of all skill levels.

**Versatile:** You can serve these spinach ricotta balls as an appetizer, snack, side dish or paired with a salad and crusty bread for a complete meal. They're perfect for parties, family dinners or meal prep. They can be make ahead of time and are freezer friendly.

**Baked not fried:** baking these easy spinach ricotta balls instead of frying them still gives them a crispy exterior with less oil, making them a lighter, healthier option.

These spinach ricotta balls prove that vegetarian dishes can be just as satisfying and full of flavor as their meat-based counterparts. With their tender texture and cheesy goodness, they are a true celebration of simple, classic Italian ingredients. ENJOY!!!!

## Ingredients

- 1 Lb. ricotta
- 2 cups steamed and chopped
- 1/2 cup grated parmesan
- 1/2 cup breadcrumbs
- 1/2 cup flour
- 1 egg
- Salt and pepper to taste
- 4 cups my easy marinara sauce

## Instructions

1. Steam the spinach and squeeze out as much of the water as possible
2. In a bowl mix all the ingredients.
3. Form into golf size balls bake in a preheated 375-degree oven for 10- 15 minutes
4. bring the marinara sauce to a slow simmer. Add the spinach ricotta balls and simmer for 10 minutes.
5. Top with grated parmesan cheese.
6. ENJOY!!!

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## Easy sheet pan salmon dinner

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If there's one dinner recipe that makes me feel like a chef, it's this easy sheet pan salmon dinner. It's quick, healthy, delicious and most importantly it's easy to make with minimal cleanup.

Growing up salmon wasn't something we had often, but when I started in the restaurant industry, it became a staple. I learned how to cook it just right, how to pair it with seasonal vegetables, and how to make it the star of the plate without much effort. This recipe brings me back to those times in the kitchen, learning to balance flavors and timing while juggling dozens of orders.

Now I'm all about simplicity. This easy salmon dinner with vegetables is proof that you can create a restaurant-quality meal at home with just a handful of ingredients and a baking sheet. Why you will love this easy sheet pan salmon dinner

1. **Healthy:** This recipe is not only delicious it's packed with protein, omega -3 and nutrient rich vegetables.
2. **Quick and easy:** This complete salmon dinner is perfect for busy weeknights, but it 's also impressive enough for Saturday night dinners with friends. And it comes together in about 30 minutes.
3. **Customizable:** Use whatever vegetables you have on hand -This easy sheet pan salmon with vegetables is the kind of meal that feels special enough for a dinner party but is simple enough for busy weeknights.
4. **The combination of flaky salmon, perfectly roasted vegetables and fresh lemon is pure deliciousness.**

Every time I make this dish I'm reminded of how easy it can be to make something nourishing and delicious. It's a little slice of restaurant- quality food right at home. Whether you're cooking for family, friends, or just yourself , you will love this recipe. Let me know

if you try this easy sheet pan salmon dinner recipe-I'd love to hear how you made it your own!!!! If you like salmon try my quick and easy lemon salmon piccata

## Ingredients

- 1 Lb. skinless, boneless salmon filet
- 1/2 stick butter
- 2 teaspoon each garlic, onion and paprika divided
- 1 Tbsp. chopped Italian parsley
- 4 cups cleaned and trimmed broccoli florets
- 3 peeled and thinly sliced medium potatoes
- 2 cups cherry tomatoes sliced in half
- 2 Tbsp. olive oil
- 1 lemon sliced
- salt and pepper to taste

## Instructions

1. Preheat your oven to 400- degrees
2. Start by preparing the vegetables in a bowl add the prepared broccoli, potatoes and tomatoes. Drizzle with the olive oil , one teaspoon of garlic, onion, and paprika powder salt and pepper to taste.
3. Line a baking sheet with parchment paper lay the vegetables on top and bake in the preheated oven for 15 minutes.
4. In the meantime prepare the salmon, by washing and patting dry then salt and pepper to taste. Make the compound butter. by adding the remaining garlic, onion and paprika, add the chopped Italian parsley. Mix to combine.
5. remove the vegetables from the oven lay the salmon filet on top of the precooked vegetables. Top with the compound butter add lemon slices from one lemon. Return back to the oven and bake 10-12

minutes longer or when the salmon is cooked but still flaky. If the ends of the salmon are thinner fold them under to prevent overcooking. ENJOY

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## **Italian Style cabbage rolls**

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Sometimes the most meaningful recipes come from unexpected places. This Italian style cabbage rolls recipe, inspired by my ex-mother-in-law's traditional Polish cabbage rolls, holds a special place in my heart. While life may have taken us in different paths, her recipe remains – one that I've recreated with a little Italian flair. I added classic Italian ingredients, like parmesan cheese, fresh herbs and my easy marinara sauce. As someone who likes to experiment in the kitchen, I couldn't resist blending her recipe with Italian flavors that remind me of my roots. The result is a dish that pays homage to her heritage while incorporating a taste of mine.

Tender cabbage leaves are stuffed with a beef, cheese and rice filling. The rolls are then laid on a bed of my marinara sauce topped with more marinara before being baked to a delicious perfection. The result is a hearty, satisfying dish perfect for family dinners or special gatherings.

## **How to make Italian style cabbage**

# rolls easy

At first glance, Italian -style cabbage rolls might seem like a daunting recipe, but with a good prep plan and a step by step approach, this dish becomes easy to make.

## PREP PLAN FOR SUCCESS

1. Softening the cabbage is one of the most important steps, and it's also something you can do in advance. Boil the cabbage , separate the leaves and store in an airtight container for up to two days. This way, when it's time to assemble the rolls your cabbage is ready to go.
2. Make the marinara the day before: The tomato sauce can be make a day ahead or do like I do and always have it on hand. Marinara sauce is one of the easiest sauces to prepare in advance and keep frozen in different size containers for easy recipe building.
3. You can also prepare the meat and rice filling ahead of time. Combine the ingredients, cover and refrigerate.
4. Once the cabbage , sauce and filling are ready you can assemble the cabbage rolls . At this point bake the rolls for immediate use or they can be frozen either already baked or frozen unbaked , thawed out and baked when you are ready to serve,

## Ingredients

- 1 medium head of cabbage
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 lb. ground beef
- 2 cups cooked rice
- 1 cup grated parmesan
- 1 egg

- 1/2 cup chopped Italian parsley
- salt and pepper to taste
- 4 cups my easy marinara sauce

## Instructions

1. Prepare the cabbage by removing as much of the core as possible. Then place the cabbage in a large pot of salted water. Bring to a boil and cook for 5 minutes or until you can easily separate the leaves with thongs. You may need to help the leaves off using a knife. Set aside to cool. The smaller leaves can be frozen for soup.
2. Make the filling in a saute pan in 2 tbsp. of olive oil cook the onion and garlic until soft and translucent. Then add the ground beef and cook until brown.
3. Using the same water from the cabbage cook the rice for 5-7 minutes or until the rice is cooked al dente. Drain the rice
4. Mix the cooked ground beef mixture with rice. Add the egg , parmesan, Italian parsley and 1 cup of the marinara sauce, salt and pepper to taste mix until well combined
5. Assemble the cabbage rolls: Place a cabbage leaf on a flat surface place 2 tbsp. of the filling in the center . Fold the flaps over the filling then roll up jelly roll style.
6. Line an oven proof casserole dish with 1 cup of my easy marinara sauce. place the filled cabbage rolls on top. Top with the remaining 2 cups of marinara.
7. Bake in a preheated 375-degree oven for 35- 45 minutes. Top with additional Italian parsley . ENJOY!!!