

Tuscan Tomato Bread Soup (Pappa al Pomodoro)

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Tuscan Tomato Bread Soup (Pappa al Pomodoro) is a traditional Italian dish that consists mainly of stale bread and tomatoes. The recipe originated in the Tuscan region of Italy, where I was born.

It is a simple and delicious recipe that showcases the bold flavors of the region and is often made with fresh off the vine tomatoes.

Once thought of as peasant food, this Tuscan Pappa al Pomodoro can now be found in many Italian restaurant menus.

Variations for this Tuscan Pappa al pomodoro

I wanted to keep this Tuscan pappa al pomodoro vegetarian, so I used vegetable stock. You can substitute the vegetable stock for chicken stock if that fits your taste.

Another variation has to do with the bread sliced or cubed; it doesn't matter—it's a personal preference. Traditionally, the bread wasn't fried. I find that this extra step of frying and seasoning the bread adds so much flavor, it's well worth it.

I make this Tuscan Pappa al Pomodoro in the summer with just-picked garden tomatoes. But if it's not tomato season, be sure to use good quality canned tomato product.

Tuscan Tomato Bread Soup (Pappa al Pomodoro) uses just a few ingredients, so its important to use the quality for the best price. From the tomatoes to the bread and just as important for all around good Italian kitchen cooking is a good quality extra virgin olive oil that is affordable.

Ingredients

- 1/2 stale loaf Italian baguette
- 2 Tablespoons extra virgin olive oil
- 1/2 cup chopped yellow onion
- 1 Tablespoon minced garlic
- 1 cup vegetable stock
- 1 28 oz. can crushed tomatoes or 1 Lb. chopped roma tomatoes seeds removed.
- 1 cup marinara sauce
- 1 cup white wine or vegetable stock
- Salt and pepper to taste
- fresh chopped basil and Italian parsley
- 1/2 cup grated parmesan

Instructions

1. Cut the bread into thin slices
2. Fry in the 2 Tablespoons of olive oil until browned on both sides
3. Add the onion and garlic saute until fragrant and just beginning to brown
4. Deglaze the pan with the white wine or vegetable stock simmering until absorbed
5. Then add the tomatoes and the remaining cup of vegetable stock
6. Salt and pepper to taste
7. Simmer on low for 30 minutes
8. Sprinkle with the grated parmesan and chopped Italian parsley. ENJOY!!!

Cacio E Pepe Pasta recipe

Cacio e Pepe Pasta Recipe

This cacio e pepe pasta recipe is a pasta dish from the city of Roma. This Roman pasta dish of spaghetti with Pecorino Roman cheese and black pepper uses just a few ingredients and comes together in less than 30 minutes.

Cacio e pepe translates to cheese and pepper in English. In keeping with its name, the dish contains grated Pecorino cheese and black pepper, I added grated parmesan too. The goal is to create a creamy sauce using the grated cheese, black pepper and pasta water. When the sauce is done right the results are creamy deliciousness!!!

Tips when making this Cacio e pepe pasta recipe

The first and most important tip to insure a creamy sauce when you make this cacio e pepe pasta recipe is not to overheat the cheese.

When this happens instead of a creamy smooth silky pasta sauce the cheese ends up in clumps, not smooth. To prevent this from happening keep the sauce off the heat when you add the pasta water and the cheese stirring continually.

Number two this Cacio e pepe pasta recipe uses just a few ingredients be sure to use good quality cheeses

And third by using whole peppercorns and toasting them this

simple pasta recipe becomes a restaurant quality pasta dish. Fancy enough for Saturday night dinner with friends and enough enough for busy family weeknight meals.

Lastly please leave me a comment when you made this Classic Roman pasta dish!!!

Ingredients

- 1 Lbs. spaghetti or bucatini
- 1/2 cup black peppercorns
- Salt to taste
- 2 Tablespoon butter
- 1 Tablespoon extra virgin olive
- 1 cup grated pecorino cheese
- 1 cup grated parmesan
- 2 cups pasta water

Instructions

1. Cook your pasta el Dente reserving 2 cups of the pasta water
 2. Meanwhile in a saute pan over medium heat toast the peppercorns until fragrant. Removed from pan with a mallet between paper towels crush the peppercorns and return to pan.
 3. Add the butter and olive oil cook just until the butter is melted. Turn off the fire add the pasta water and cheeses stirring continuously.
 4. Toss the spaghetti or bucatini with the Cacio e pepe sauce. Sprinkle with more grated pecorino and Italian parsley. ENJOY!!!!
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Healthy baked Eggplant Parmesan

Healthy baked Eggplant parmesan

This healthy baked eggplant parmesan is such an easy vegetarian Italian recipe. In this healthy baked eggplant parmesan version I left the grated bread coating off. Instead of frying I coated the eggplant in extra virgin olive oil, garlic and Italian parsley and roasted it.

This healthier eggplant parmesan still has bubbly cheese, garlicky tomato sauce and savory meaty roasted eggplant.

This is my best healthier baked eggplant parmesan recipe. faster and easier and full of delicious Italian flavors.

I hope it becomes one of your family's favorite like it did in my.

Tips for this healthy baked parmesan recipe

To peel or not to peel the eggplant in this healthy eggplant parmesan recipe ? That depends on your taste, what you plan on using it for and how fresh the eggplant is.

What I like to do is peel strips of the eggplant off and leave some of the skin on.

The other debate about eggplant is whether to salt to extract the bitterness out of it or not to salt. If the eggplants are just picked farm fresh I don't salt them.

It's not eggplant season so I did salt the eggplant in this recipe. It's not necessary to salt the eggplant any longer than 15 minutes. Prior belief was you had to salt the eggplant for a few hours. Now they bred eggplants to be less bitter. I found that 15 minutes is enough.

This healthy eggplant recipe takes about 45 minutes to make, which is not always possible for a busy weeknight meal. I usually make this one on the weekends.

I hope you make this easy eggplant recipe. And please let me know how it works out for you.

Ingredients

- 2 medium eggplant
- 3 cups shredded mozzarella
- 1 cup grated parmesan cheese
- 3 cups marinara sauce
- 4 Tsp. olive oil
- 1 Tbsp. minced garlic
- 2 Tbsp. of a combination of Italian herbs dry or fresh, Parsley, thyme and oregano.
- salt

Instructions

1. Slice the eggplant into medium thick round slices
2. salt the eggplant on both and let sit for at least 30 minutes
3. rinse the eggplant and pat dry with paper towels
4. In a bowl toss the eggplant with extra virgin olive oil, the minced garlic, light salt and Italian herbs.
5. Roast in a pre heated 375-degree oven until golden brown about 20 minutes
6. Take out of the oven and spread with my easy marinara sauce, the shredded mozzarella, grated parmesan and

Italian parsley repeat the process stacking three eggplant slices together. starting with the eggplant and ending with the cheese

7. Set oven to broil and broil until cheeses are melted and golden brown
 8. Finish off with marinara sauce more grated parmesan and a sprinkle of Italian parsley. ENJOY!!!!
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Summertime Spaghetti Dish

Bruschetta

Summertime Spaghetti dish

Bruschetta

I love a delicious bowl of pasta full of fresh summer garden ingredients.

My Summertime bruschetta spaghetti dish recipe is flavored with just picked cherry tomatoes, fresh mozzarella, and fresh herbs, these ingredients when combined together produce the most delicious creamy sauce.

Sometimes the best and most delicious recipes are the simplest. The most important ingredients are always to use the best what's in season whether homegrown or store bought!!!!

A few tips when making this Summertime Bruschetta spaghetti dish

The main ingredient in this Summertime Bruschetta spaghetti dish recipe is tomatoes. So whether your using homegrown or store bought it's important the use the best quality you can find.

Just as important as the tomatoes how you start your saute makes a difference In this pasta recipe I use a good quality extra virgin olive oil.

And lastly fresh mozzarella adds the creamy texture and the pasta water is the secret ingredient the brings it all together. I always save more pasta water than the recipes calls for in case the sauce is too dry.

Please leave me a comment when you make this recipe. And please don't forget to tag me on Instagram with your creations. I love hearing from you, it's my favorite part!!!

Ingredients

- 1/2 Lb. spaghetti
- 2 pints heirloom cherry tomatoes sliced
- Small container fresh mozzarella balls
- 1 cup pasta water
- 1/2 cup grated parmesan
- 2 Tbs. extra virgin olive oil
- 1/2 medium chopped onion
- 4 cloves chopped garlic
- 2 Tbs. each chopped basil and Italian parsley
- Salt and pepper to taste

Instructions

1. Cook spaghetti according to package directions reserving 1 cup of the water
 2. Meanwhile bring the olive oil to a light sizzle
 3. Add the chopped onion and garlic saute until tender and just beginning to brown
 4. Add the sliced tomatoes salt and pepper now then saute until the tomatoes begin to blister
 5. Add the reserved pasta water simmer for 10 minutes or until sauce thickens slightly
 6. Add the fresh mozzarella the last 5 minutes
 7. Toss the spaghetti in the sauce add the basil
 8. Top with the grated parmesan and Italian parsley
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Raw Summer Sauced Spaghetti

Raw Summer Sauced Spaghetti recipe

This vegetarian raw summer sauced spaghetti recipe was inspired by my need to come up with a pasta recipe that gets me out of the kitchen fast.

I love to cook but when it's hot I don't like spending time over the stove if I can. In this summer spaghetti recipe the sauce comes together off the stove.

The hot pasta water melts the brie into a delicious creaminess and blanches the tomatoes and spinach just enough.

This lovely pasta dish is light and flavorful with freshly made pesto and garden picked tomatoes. It is a perfect Summer meal that comes together in less than 30 minutes and the best part, it can be made ahead of time!!!!

Three Variations on this Raw Summer Sauced Spaghetti recipe

The first and always an option in this Raw Summer Sauced Spaghetti recipe is the shape and flavor of pasta you use. I used a long shaped pasta you can use whatever shape you like or have on hand.

Second if you don't have homemade pesto use a good quality store bought pesto brand.

And Lastly not everyone likes spinach as much as I do if you're one who hates spinach, broccoli works in this recipe!!!

Please don't forget to leave me a comment on your experience with this easy and delicious raw Summer Sauced Spaghetti recipe. I love hearing from you it's my favorite part!!!

Ingredients

- 1 lb. spaghetti
- 6 oz. brie cheese
- 2 cups pasta water
- 1 cup prepared pesto
- 1 cup parmesan cheese
- 2 cups chopped tomatoes
- 3 cups chopped spinach
- 1 cup freshly chopped basil
- 1/2 cup olive oil
- 1/3 cup balsamic vinegar
- 1 cup silvered almonds
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water before draining
 2. Remove rind from brie cheese and cut in small dice
 3. In a bowl place the hot reserved pasta water
 4. Put the brie in the hot water until melted
 5. Then add the tomatoes, pesto, oil, parmesan and spinach let sit for 5 minutes
 6. Now toss the pasta with the sauce add the basil and spinach sprinkle the almonds on top ENJOY!!!!
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Vegetarian Mushroom and Spinach Rigatoni

Vegetarian Mushroom and Spinach rigatoni

Pasta Doesn't Make You Fat and this rigatoni with mushrooms and spinach recipe is full of flavors without the calories.

It's no wonder pasta is so popular, and for good reason. Pasta is easy, versatile, delicious and cheap.

Rich in complex carbohydrates and protein, and low in fat, pasta can be a highly nutritious food.

If your watching your cholesterol, pasta is perfect for you, it's low in sodium and cholesterol free

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 and some herbs, add some mushrooms and spinach and you have a guaranteed crowd pleaser!!!!

That's all it takes, adding mushrooms and spinach to this pasta recipe, to make a meal that is cause for celebration.

Rich and creamy this vegetarian, mushroom and spinach pasta is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours.

This recipe calls for simple ingredients, butter, garlic, cream, spinach and mushrooms which together create a creamy, saucy Italian flavored dinner.

You won't miss the meat, but if you do you can roast some chicken or fish and toss it in with the sauce just to heat through.

The best part it can be on your table in less than 30 minutes.

This pasta recipe is quick enough for busy weeknight family meals, but feels special enough for Saturday night dinner with friends. It's a perfect way to show off what a great "home chef" you are.

This recipe was inspired by my love of pasta, one of my top restaurant' luxury' meals, I simplified the recipe for the "home chef".

A few Tips when making his vegetarian mushroom and spinach

rigatoni recipe

When cooking pasta for this vegetarian mushroom and spinach rigatoni recipe, salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping the pasta.

I used rigatoni a short hollow noodle, you can use any shape pasta or flavor pasta you like.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one.

I like this 8 quart stock pot for pasta and soups. Use a large enough saute pan so you don't crowd the pan.

In the restaurant we precooked our pasta halfway and ran it under cold water to stop the cooking process, when we had an order we put the pasta in a strainer, dropped in boiling water, it taste like it was just cooked .

You can use the same process at home, if you cooked to much it stays fresh for 1 to 2 days.

.The whole idea behind food and creating recipes is to experiment and have fun doing it....!!!!!!Happy day

If you make this recipe please let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part and don't forget to tag me on Instagram

Here's a subheading about your recipe

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Ingredients

- 1 Lb. rigatoni Pasta
- 8 oz. sliced white mushrooms
- 4 cups chopped spinach
- 1 cup parmesan cheese
- 1 small chopped onion
- 2 tablespoons chopped garlic
- 1 cup heavy whipping cream
- 1 cup vegetable stock or white wine
- 2 cups reserved pasta water

- 2 Tbs. each chopped Italian parsley, basil, and thyme
 - 2 Tbs. each butter and olive oil
 - **Instruction**
 - Cook pasta according to package directions
 - Mean while heat olive oil butter in large saute pan
 - Sauté onion and garlic until tender and just beginning to brown in the butter and olive oil over medium heat
 - Add mushrooms saute until mushrooms are golden brown about 10 minutes
 - Salt and pepper to taste
 - De glaze pan with vegetable stock or white wine
 - Add heavy whipping cream and reserved pasta water
 - Simmer until sauce thickens about 15 minutes
 - And the spinach, parmesan cheese and herbs last 5 minutes
 - Toss drained pasta in the sauce
 - Top with additional parmesan and Italian parsley
 - Salt and pepper to taste.....ENJOY!!!
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Red sauce Vegetarian Pasta

Red sauce Vegetarian Pasta

Heading into the hot weather with this new red sauce vegetarian pasta recipe. In this easy pasta recipe tender bell peppers, fresh tomatoes, and spinach in red marinara sauce, combined with cheesy goodness create a delicious sauce.

This pasta with healthy good for you ingredients nothing short of amazingness. I couldn't stop eating it. Not shocking I know, because I love pasta, and this Italian girl loves all

Italian flavors.

I know I post a lot of pasta recipes, but when am stuck on “what’s for dinner” it’s pasta to the rescue. Pasta is easy, versatile, and who doesn’t love pasta???? You could literally have Pasta every day for a month without repeating the same recipe, that’s how versatile pasta is.

Variations For this Red Sauce Vegetarian Pasta recipe

This vegetarian pasta recipe is so easy to customize to fit your lifestyle and taste. for instance I used farfalle pasta, a bow tie shaped pasta. Any shape pasta works with this recipe, although I prefer a short shape, you can use any shape you like.

And because I wanted to keep it a vegetarian pasta recipe, I didn’t add any meat. You can add Italian flavored Chicken sausage. If chicken sausage isn’t your thing use any sausage you like or you. or chicken breast. If your going to add meat cut saute it after the onions and peppers are cooked and before adding the fresh tomatoes.

One more thing I used my homemade marinara sauce in this recipe which I always have on hand, if you don’t you can use store bought marinara. I’ve linked both marinara alternatives.

Ingredients

- 1/2 Lb. Farfalle Pasta
- 2 Tbs. butter
- 2 Tbs. olive oil
- 2 cups chopped spinach
- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 Tbs. chopped garlic

- 2 cups chopped tomatoes
- 2 cups prepared marinara sauce
- 1 cup reserved paste water
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan cheese
- 4 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large saute pan in the butter and olive oil saute the onion, peppers and garlic until tender and just beginning to brown then add the chopped tomatoes saute 5 minutes
3. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
4. Add the cheeses simmer 10 minutes longer Add the chopped spinach last 5 minutes
5. Add the pasta to the sauce adjust salt and pepper to taste
6. Top with additional parsley and cheese

Lemon pesto spaghetti with beans

Lemon Pesto Spaghetti with beans

This summer lemon pesto spaghetti with bean pasta dish may seem like a fancy meal, but it's easy and quick to make. And it's a delicious meatless option pasta recipe when your craving Italian and want vegetarian too!!!

Spaghetti tossed in a light lemony sauce full of good for you ingredients makes this pasta recipe one of my favorite summer pasta dishes.

The hot weather is here in California. In the hot summer months I am always on the look out for recipes that use cool vibrant seasonal ingredients. What's more refreshing than basil pesto and the citrus flavor of fresh lemon juice?

3 variations for this lemon pesto spaghetti with beans recipe

The first change you can make to this lemon pesto spaghetti recipe is the shape of the pasta. If your not a fan of spaghetti use whatever pasta you like or have on hand. In this particular pasta recipe any shape pasta works.

Second, the Cannellini beans can also be labeled as white kidney beans or Italian kidney beans, adding to the confusion.... These are also the ones used in most recipes that list white beans as an ingredient. You can also use great northern white beans that have a grainier texture and milder flavor.

And third, homemade pesto sauce is easy to make here is the recipe... in a blender add 2 bunches basil 1 cup parmesan cheese, 1 cup pine nuts than, with the motor running slowly pour in 1 cup extra virgin olive salt and pepper to taste,

that's it easy homemade pesto sauce. But you don't have to use homemade pesto sauce any good quality store bought pesto sauce works too!!

Lastly please leave me a comment on your experience if you make this easy Lemon Pesto Spaghetti recipe. I love hearing from you It's my favorite part!!!

Ingredients

- 1 Lb. spaghetti
- 2 cups pesto sauce
- 1/2 cup fresh lemon juice
- 2 cups reserved pasta water
- 1 cup heavy cream
- 2 cups chopped spinach
- 1 cup grated parmesan cheese
- 1 16 oz. drained and rinsed cannellini beans
- 2 Tbls. each olive oil and butter
- 1/2 chopped onion
- 1 Tbls. chopped garlic
- 2 Tbls. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Start by cooking pasta according to package direction reserving 2 cups of the water before draining
2. Bring the oil and butter to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add the reserved pasta water, lemon juice and cream, simmer covered 10 minutes.
5. Add the prepared pesto sauce, beans, spinach and half of the parmesan cheese simmer 10 minutes longer
6. Toss spaghetti with the lemon pesto bean sauce
7. Sprinkle with the Italian parsley and remaining parmesan

cheese. ENJOY!!!

8. And so on

Black Pepper Italian Vinaigrette

Black Pepper Italian Vinaigrette

This black pepper Italian Vinaigrette recipe has more uses than just being a delicious salad dressing.

It's the perfect marinade for chicken, fish and roasted vegetables. The pungent taste of freshly ground pepper adds a restaurant quality flavor to this Italian inspired vinaigrette.

Once you make this Italian salad dressing/marinade you'll wonder what took so long, to go from so-so store bought Italian salad dressing to the Wow of a homemade vinaigrette.

Why Your going to love this black pepper Italian vinaigrette salad dressing

The first reason your going to love, love, this black pepper Italian vinaigrette is, it's delicious. This salad dressing is so good you won't want to buy store bought again.

Second, and just as important as the first reason, this Italian vinaigrette is so easy to make you will make it often.

And third this easy salad dressing recipe uses few readily available ingredients, that together produce a vinaigrette you can use not only as a salad dressing but to marinate food when your craving Italian flavors.

One more thing this dressing will keep fresh in your fridge up to two weeks.

Lastly, you guys know I love hearing from you, it's my favorite part!! Please leave me a comment let me know your experience with this easy vinaigrette recipe. And please don't forget to tag me on Instagram with your creations!!! If your looking for more easy homemade vinaigrettes try one of my personal favorite Raspberry vinaigrette salad dressing or my black pepper Italian vinaigrette

Ingredients

- 2 Tbls. chopped garlic
- 2 Tbls. chopped onion
- 1 Tbls. fresh black ground pepper
- 1 Tbls. each honey and Dijon mustard
- 1/2 cup white wine vinegar
- 1/4 cup lemon juice
- 3 cups extra virgin olive oil
- 1 cup canola oil
- Salt to taste

Instructions

1. In a food processor add the all the ingredients up to the vinegar and olive oil
2. With the motor running slowly add the white wine vinegar and lemon juice

3. Then with the motor running pour in the olive oil in a slow steady stream
 4. ENJOY!!!
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Meatless Rigatoni Pasta Recipe

Meatless Rigatoni Pasta Recipe

Many great recipes start with humble beginnings and for me dictated by what I have on hand.

This Meatless Rigatoni Pasta recipe started off with 2 zucchini I originally had other plans for, and a beautiful bunch of asparagus I had no plans for. That's how this vegetarian pasta recipe started.

The garlic, asparagus and zucchini in a tomato sauce create an irresistible taste combination. And Guess what ??? Your whole family is going to love it and you'll feel real good serving them a delicious good-for-you homemade meal!!!

Customize this Meatless Rigatoni Pasta Recipe

It's super easy to make this vegetarian meatless pasta recipe fit your lifestyle and taste.

You don't need to run out to the store to buy rigatoni. It's

perfectly okay to use any shape pasta you like. What is important is not shape of the pasta but the quality does matter. Our preferred brand at the restaurants is DeCecco.

Asparagus are delicious in this meatless pasta recipe. But not everyone has the same fondness for asparagus as I do. If your one that's not crazy about asparagus, broccoli is a great alternative!!

The same principle of customizing my recipes for your taste can be applied with the zucchini in this pasta dish. You don't like zucchini, no problem add more broccoli or asparagus. or leave them out all together with go with spinach.

You get the idea. Good cooking happens when we take what we have and like to create our own recipe!!!

Please let me know how this vegetarian pasta recipe works out for you. And please don't forget to tag me on Instagram with your creations. I love hearing from you!!

Ingredients

- 1 lbs. rigatoni
- 2 cups reserved pasta water
- 1 15 oz. can crushed tomatoes
- 1 15 oz. can tomato sauce
- 1 bunch asparagus cleaned and trimmed
- 2 medium zucchini cut in large dice
- 2 Tbls. each butter and olive oil
- 1 chopped yellow onion
- 2 Tbls. chopped garlic
- 1/2 bunch chopped Italian parsley
- 1/2 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water
2. Meanwhile in a large deep saute pan, bring the butter and olive oil to medium heat, add the onion, garlic and parsley saute until tender and just beginning to brown
3. Now add the tomatoes and water simmer covered 20 minutes
4. Add the asparagus and zucchini simmer 10 minutes longer
5. Toss the rigatoni with the sauce, top with parmesan cheese and additional parmesan and ENJOY!!!