

# Italian Roasted Delicata Squash for Salads

## Italian Roasted Delicata Squash for Salads

Fall flavors don't get much better than this: golden roasted delicata squash paired with peppery arugula, crunchy pumpkin seeds, and nutty shaved Parmesan. Tossed in a creamy Sicilian-inspired dressing, this salad is simple, rustic, and full of cozy Italian charm. Best of all? You don't need to peel the squash – the tender skin adds color, texture, and flavor that makes every bite irresistible. Whether you're serving it as a side or a light meal, it's the perfect way to celebrate seasonal produce with a touch of Italian flair.

## Things to know about this Italian Roasted Delicata Squash for Salads

- **No Peeling Needed:** The skin of delicata squash is thin and tender when roasted, so it's completely edible and adds lovely texture.
- **Roasting Brings Out Natural Sweetness:** Roasting caramelizes the edges of the squash, enhancing its nutty, sweet flavor – perfect for balancing the peppery arugula and savory Parmesan.
- **Flexible Salad Base:** This roasted squash works beautifully in salads, grain bowls, or even as a side dish for Italian mains like chicken or sausage.
- **Pumpkin Seeds Add Crunch:** Toasted pumpkin seeds

(pepitas) provide a satisfying crunch and a subtle nutty flavor that complements the roasted squash.

- **Creamy Sicilian Dressing:** The dressing is tangy, garlicky, and creamy – it ties the salad together while keeping it light and fresh.
- **Make Ahead:** You can roast the squash a day ahead – just toss it with the dressing right before serving so the arugula stays crisp.
- **Seasonal & Healthy:** This salad is packed with seasonal fall flavors, making it a nutritious, colorful, and Italian-inspired dish for any table.
- Try this roasted delicata squash salad today and bring a touch of Italian autumn to your table! For more cozy Italian-inspired fall recipes, check out my [Roasted Butternut Squash lasagna](#) or [creamy roasted butternut squash soup](#).



# Italian Roasted Delicata Squash Salad with Creamy Sicilian Dressing

**Servings:** 2–4

**Cook Time:** 25–30 minutes

## Ingredients for Roasting the Delicata Squash:

- 1 delicata squash, scrubbed and sliced into  $\frac{1}{2}$ -inch half-moons (skin on)
- 2 tablespoons extra virgin olive oil
- $\frac{1}{2}$  teaspoon sea salt
- $\frac{1}{4}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  teaspoon garlic powder (optional)
- 1 teaspoon fresh thyme or sage, chopped (optional)

## Salad Ingredients:

- 4 cups arugula
- 2 tablespoons toasted pumpkin seeds (pepitas)
- $\frac{1}{4}$  cup shaved Parmesan

## • Creamy Sicilian Dressing Ingredients:

- 3 tablespoons mayonnaise or Greek yogurt
- 1 cup extra virgin olive oil
- $\frac{1}{3}$  cup red wine vinegar
- $\frac{1}{4}$  cup lemon juice

- 1 garlic clove, minced
- 2 teaspoon oregano
- Salt and pepper to taste

## Instructions

### 1. Preheat the Oven:

Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

### 2. Roast the Squash:

Toss the sliced delicata squash with olive oil, salt, pepper, garlic powder, and herbs. Spread in a single layer on the baking sheet. Roast for 20–25 minutes, flipping halfway through, until tender and golden at the edges.

### 3. Make the Dressing:

In a small bowl, whisk together mayonnaise (or Greek yogurt), olive oil, red wine vinegar, lemon juice, minced garlic, oregano, salt, and pepper until smooth and creamy.

### 4. Assemble the Salad:

In a large bowl, place the arugula and roasted delicata squash. Drizzle with the creamy Sicilian dressing and toss gently. Sprinkle with toasted pumpkin seeds and shaved Parmesan.

### 5. Serve:

Serve immediately as a warm salad or let the squash cool slightly for a room-temperature version. Perfect as a side dish or a light Italian-inspired meal.

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# Roasted Butternut Squash Soup

## Roasted Butternut Squash Soup

There's nothing quite like a warm bowl of roasted butternut squash soup on a chilly day. This version roasts everything together – butternut squash, onions, garlic, sweet peppers, and carrots – for deep, caramelized flavor. Once roasted, everything is blended into a silky, naturally creamy soup that's comforting, wholesome, and full of fall goodness. It's a simple, rustic dish that tastes like something you'd get at a cozy café, yet it's easy to make right at home.

## Things to know about this Roasted Butternut Squash Soup

- **Roasting Builds Flavor:** Roasting the squash, onion, garlic, peppers, and carrots together gives this soup a naturally sweet, caramelized depth you can't get from boiling.
- **Easy to Blend:** Once roasted, everything purees beautifully for a smooth, creamy texture – no need for added cream unless you want extra richness.
- **Customizable Broth:** Use vegetable broth for a vegetarian version or chicken broth for a heartier flavor.
- **Freezer-Friendly:** This soup freezes well for up to 3 months. Reheat gently on the stove and refresh with a splash of broth.

- **Perfect Make-Ahead Meal:** Roast the vegetables a day in advance, then blend and warm when ready to serve for a quick, cozy meal.
  - **Italian Flavor Twist:** Add a drizzle of olive oil infused with rosemary, a sprinkle of Parmesan cheese, or a touch of crushed red pepper for that warm Italian flair.

If you love this cozy soup, you might also enjoy:

- Italian wedding soup
- Italian Escarole and Beans with Sausage
- Zuppa Toscana with Italian Sausage
- Vegetarian Mushroom Soup with an Italian Twist



# Roasted Butternut Squash Soup

**Servings:** 4–6

**Cook Time:** 1 hour (15 min prep, 45 min roast)

## Ingredients

- 1 large butternut squash, halved and seeds removed
- 1 medium onion, roughly chopped
- 4 cloves garlic, unpeeled
- 1–2 small sweet peppers (or bell pepper), chopped
- 2 medium carrots, peeled and chopped
- 2–3 tablespoons olive oil
- Salt and black pepper, to taste
- 4 cups vegetable or chicken broth (as preferred)
- Optional:  $\frac{1}{2}$  teaspoon smoked paprika or pinch of chili flakes for depth
- Optional toppings: a drizzle of cream, toasted pumpkin seeds, or crispy sage

## Instructions

1. **Preheat oven:** to 400°F (200°C).
2. **Prepare vegetables:** Place the cleaned, halved butternut squash on a baking sheet, cut side up. Fill each cavity with chopped onion, garlic cloves (still in skin), and peppers. Scatter the carrots around the pan.
3. **Season and roast:** Drizzle everything with olive oil and season with salt and pepper. Roast for about 45–50

minutes, or until the squash is tender and caramelized.

4. **Scoop and blend:** Once cooled slightly, scoop the flesh from the squash and squeeze out the roasted garlic. Add all roasted vegetables to a blender with 3 cups of broth. Blend until smooth, adding more broth to reach your desired consistency.
5. **Simmer:** Pour the soup into a pot and warm over medium heat for 5–10 minutes. Adjust seasoning as needed.
6. **Serve:** Ladle into bowls and top with a drizzle of cream or olive oil and your favorite garnishes.

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## Butternut Squash Gnocchi with Gorgonzola

## Butternut Squash Gnocchi with Gorgonzola”

Fall is in the air, and nothing says cozy quite like roasted butternut squash gnocchi. This recipe combines the sweetness of roasted butternut squash with delicate soft gnocchi, perfect for pairing with creamy gorgonzola sauce.

It's no wonder most Italian restaurants have gnocchi on the menu. Most home cooks are intimidated by making gnocchi at home.

I am here to tell you you don't have to be.

Making homemade gnocchi is a lot easier than you think. The most challenging part is getting the dough to the right consistency to produce the soft light gnocchi dumplings. This make take a few attempts, and that's okay. After a few tries you will be making gnocchi like a pro.

Whether you're new to making gnocchi or a seasoned pro , this easy to follow recipe is bound to become a favorite.

## Things to know about this Butternut Squash Gnocchi with Gorgonzola"

1. Butternut squash is a seasonal fall vegetable, bringing a natural sweetness to the gnocchi that pairs well with many sauces.
2. These gnocchi are easy to make. This recipe simplifies the process. making it a beginner friendly gnocchi recipe
3. The recipe is versatile pair the gnocchi with a browned butter and sage, marinara or a creamy pancetta gorgonzola sauce like I did. If you would like the recipe for the sauce I used let me know, if I should write a blog post.
4. This recipe is perfect for meal prep. These gnocchi are freezer friendly, so you can a batch in advance to enjoy anytime, or make a double batch one for now and one for later.
5. As always , please let met know if you make this easy roasted butternut squash gnocchi recipe. I love hearing from you. And it helps others. THANKS!!!
6. **Warm up this fall with these cozy Italian dishes:**

• **Creamy Mushroom and Italian Sausage Risotto** –

rich, earthy, and perfect for chilly evenings.

- **Italian-Style Cabbage Rolls** – hearty, satisfying, and full of fall flavors.

**Don't forget to save this Butternut Squash Gnocchi recipe—it's the ultimate cozy fall dinner!**

## **Butternut Squash Gnocchi with Gorgonzola**

**Servings:** 4

**Prep Time:** 30 minutes

**Cook Time:** 25 minutes

## **Ingredients: For the Gnocchi**

- 2–3 cups roasted and mashed butternut squash (about 1 medium squash)
- 1 to 1½ cups all-purpose flour (start with 1 cup and add more as needed)
- 1 egg
- 1/2 cup parmesan cheese
- salt and pepper to taste
- A pinch of Nutmeg
- **For the Gorgonzola Cream Sauce:**
  - 1 cup heavy cream
  - 4 oz Gorgonzola cheese, crumbled
  - 2 tbsp unsalted butter
  - 2–3 oz pancetta, diced
  - 1 small shallot, finely minced (optional)
  - Salt and freshly ground black pepper, to

taste

- Pinch of nutmeg
- Chopped parsley

## Instructions

1. Start by peeling and cleaning out the squash. Then cut into equal pieces. Line a cookie sheet with parchment paper lay the butternut squash on top drizzle with olive oil salt and pepper to taste. Roast in a preheated 375-degree oven until fork tender about 20 minutes. Mash the squash into a smooth puree. Refrigerate until chilled
2. Put the flour on a broad. Make a well in the center add the rest of the ingredients , the squash, egg and parmesan cheese including salt and pepper.
3. Begin incorporating the flour into the wet ingredients kneading the dough until smooth, adding more flour a little at a time , until you have a smooth dough the dough will be slightly sticking. Let the dough rest covered for 30 minutes.
4. Then section the dough into 8 equal pieces. Roll into 12 inch long ropes flour lightly, cut the ropes into 1/2 inch pieces flour lightly. Using a fork and your thumb roll the gnocchi pieces into the classic shape. I have included a video showing the technic.
5. **Roast the Squash:**  
Preheat oven to 400°F (200°C). Cut the squash in half, remove seeds, and roast cut-side down until tender (about 30–35 minutes). Scoop out the flesh and mash it, letting excess moisture evaporate.

## **2. Make the Gnocchi Dough:**

In a bowl, combine the mashed squash, egg, salt, and nutmeg. Gradually add 1 cup of flour, mixing gently until a soft dough forms. Add more flour as needed—dough should be slightly sticky but workable.

## **3. Shape the Gnocchi:**

Divide dough into portions. Roll each into a rope about  $\frac{3}{4}$  inch thick, then cut into 1-inch pieces. Optional: roll each piece over a fork for the classic gnocchi ridges.

## **4. Cook the Gnocchi:**

Bring a large pot of salted water to a boil. Cook gnocchi in batches until they float (about 2–3 minutes). Remove with a slotted spoon and set aside.

## **5. Make the Gorgonzola Cream Sauce:**

In a skillet, melt the butter over medium heat cook diced pancetta until crisp. Remove and set aside. Sauté shallots until soft and translucent lower the heat, stir in cream until warm but not boiling. Add Gorgonzola in small pieces, stirring until smooth. Season with salt, pepper, and a pinch of nutmeg. Stir the crispy pancetta back into the sauce.

## **6. Combine and Serve:**

Toss the cooked gnocchi gently in the sauce until coated. Serve immediately, garnished with Freshly chopped Italian parsley

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# Storage Instructions

## Uncooked Gnocchi:

- Place gnocchi on a floured baking sheet in a single layer. Freeze for 1–2 hours, then transfer to a freezer-safe bag or container.
- Cook from frozen in boiling salted water; they will float when done.

## Cooked Gnocchi with Sauce:

- Store leftover gnocchi and sauce separately in airtight containers in the fridge for up to 3 days.
- Reheat gently in a skillet over low heat, adding a splash of cream or milk if needed to loosen the sauce.

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# Italian Green Beans and Potato Salad

# Italian Green Beans and Potato Salad

There's something about the combination of fresh green beans and tender potatoes that always takes me back to family

gatherings and summer cookouts. This Italian-style salad is a dish I grew up eating, especially when green beans were plentiful in the garden and new potatoes were just dug up. Unlike creamy American-style potato salad, this version is light, bright, and dressed simply with olive oil, vinegar, garlic, and herbs. It's rustic, refreshing, and full of flavor – the kind of dish that tastes even better after it sits for a little while and the flavors have had a chance to mingle.

What I love most about this salad is its versatility. It's not just for summer picnics – it's perfect anytime of the year. In warmer months, it shines as a light side dish for grilled meats or seafood, while in cooler months, it pairs beautifully with roasted chicken, baked fish, or even a cozy Sunday roast.

## **Things to know about this Italian Green Beans and Potato Salad**

This salad tastes even better after a few hours in the fridge. The potatoes soak up the garlicky vinaigrette, and the green beans keep their crunch. Since it's made without mayo, it's perfect for picnics and potlucks, and it's just as welcome in the middle of summer as it is on a chilly autumn or winter day.

### **Variations to Try:**

- Add a handful of kalamata or green olives for a briny bite.
- Make it heartier with canned tuna or sliced hard-boiled eggs.
- Swap the parsley for fresh basil or mint.
- Use fresh lemon juice instead of vinegar for a brighter flavor.

**Love this recipe?** Be sure to check out my other Italian-inspired sides like **Italian crispy roasted potatoes** or Fuyu Persimmon Walnut Salad.

## **Recipe: Italian Green Beans and Potato Salad**

**Servings:** 6

**Cook Time:** 25 minutes

### **Ingredients**

- 1 pound baby potatoes (red or Yukon gold), halved or quartered
- 1 pound fresh green beans, trimmed
- 1 small red onion, thinly sliced
- 2 garlic cloves, minced
- 1 cup extra virgin olive oil
- 1/3 tablespoons red wine vinegar (or white wine vinegar)
- 1 teaspoon Dijon mustard (optional, for extra tang)
- 1 teaspoon dried oregano
- 1 teaspoon red pepper flakes ( adjust to taste )
- 2 tablespoons fresh parsley, chopped
- Salt and freshly ground black pepper, to taste

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### **Instructions**

1. **Cook the potatoes:** Place the potatoes in a large pot of

salted water. Bring to a boil and cook until just fork-tender, about 12–15 minutes. Using a slotted spoon, remove the potatoes and set aside, keeping the cooking water in the pot.

2. **Cook the green beans:** In the same pot of boiling water, add the trimmed green beans and cook for 3–4 minutes, until bright green and tender-crisp. Drain and plunge into a bowl of ice water to stop the cooking. Drain again.
  3. **Make the dressing:** In a small bowl, whisk together the olive oil, vinegar, garlic, mustard (if using), oregano, salt, and pepper.
  4. **Assemble the salad:** In a large serving bowl, combine the potatoes, green beans, and sliced red onion. Pour the dressing over the top and toss gently to coat.
  5. **Finish & serve:** Sprinkle with chopped parsley and adjust seasoning with more salt, pepper, or vinegar to taste. Serve warm, at room temperature, or chilled.
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## **Italian Spiced Lentil Soup**

# Title with Recipe Name in it

There's nothing quite like a bowl of lentil soup to warm you from the inside out. This Italian spiced lentil soup takes the comforting rustic style of Italian cooking and layers it with warm, fragrant spices. The result is a simple yet deeply flavorful soup that feels both familiar and a little unexpected.

Instead of the usual tomato and vegetable base, this recipe leans on cumin, coriander, ginger, chili powder, and a hint of cinnamon to give the lentils a cozy depth of flavor. Olive oil, fresh greens, and a drizzle of finishing oil keep it rooted in Italian tradition. It's the kind of soup that makes your kitchen smell amazing while it simmers and tastes even better with a slice of crusty bread or focaccia on the side.

## Things to know about this Italian spiced lentil soup

- **Yellow lentils cook faster** than green or brown lentils and create a naturally creamy consistency—almost like a light purée.
- **Storage tip:** This soup thickens as it sits. Add a splash of broth or water when reheating to bring it back to the perfect texture.
- **Spice balance:** The cinnamon adds warmth without making it sweet—it balances beautifully with the cumin and chili powder.
- **Finishing touch:** For an extra burst of flavor, drizzle the soup with your topping made from **olive oil, chili powder, and fresh parsley**. It adds color, heat, and freshness all in one spoonful.

- If you love cozy bowls like this **Italian Spiced Lentil Soup**, you'll also enjoy:
  - Creamy Italian Bean and Parmesan Soup
  - Split Pea Soup with Ham
  - Classic Italian Wedding Soup

# Italian Spiced Lentil Soup

## Servings & Time

- **Servings:** 4
- **Prep Time:** 10 minutes
- **Cook Time:** 20 minutes
- **Total Time:** 30 minutes

## Ingredients

- 3 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon ground ginger
- 1 teaspoon chili powder
- $\frac{1}{2}$  teaspoon ground cinnamon

- 2 cups dried red, yellow or brown lentils, rinsed
- 6 cups vegetable or chicken broth
- 2 bay leaves
- 1 teaspoon salt (or to taste)
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- 2 cups chopped spinach or escarole (optional)
- Fresh parsley, chopped (for garnish)
- Drizzle of olive oil mixed with freshly chopped parsley for finishing

## Instructions

1. Heat olive oil in a large pot or Dutch oven over medium heat. Add onion and salt cook until soft and golden, about 5 minutes.
2. Stir in garlic, cumin, coriander, ginger, chili powder, and cinnamon. Cook for 1–2 minutes until fragrant.
3. Add lentils, broth, bay leaves, salt, and pepper. Bring to a boil, then reduce heat and simmer uncovered until lentils are tender, about 25-30 minutes.
4. Remove bay leaves. for a smoother consistency use a whisk to mix for a few minutes. Stir in spinach or escarole (if using) and cook for 2–3 minutes until wilted.
5. Adjust seasoning as needed.
6. Serve hot, garnished with the olive oil mix

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# Butternut Squash Lasagna

## Butternut Squash Lasagna

Fall has always been my favorite time of year. There's just something about the crisp air, the changing leaves, and the way the kitchen feels cozier when something warm is baking in the oven. I especially love cooking with fall produce, and butternut squash is always at the top of my list. It's naturally sweet, roasts up beautifully, and makes the creamiest base for so many comforting dishes. This butternut squash lasagna is one of my favorites—it's layered with roasted squash, creamy ricotta, and plenty of cheese for the ultimate cozy dinner. It's the kind of meal that's perfect for a Sunday dinner with family or sharing around the table with friends

## Things to know about this butternut squash lasagna

- **Make-Ahead Friendly:** You can assemble the lasagna a day ahead, cover it tightly with foil, and refrigerate until ready to bake. Just add 10–15 extra minutes to the baking time.
- **Freezer Option:** This lasagna freezes beautifully! Bake it, let it cool completely, then wrap well and freeze for up to 3 months. Reheat covered at 350°F until warmed through.
- **Cheese Swaps:** Ricotta is classic, but you can use

cottage cheese for extra protein, or add fontina or Gruyère for a richer flavor.

- **Shortcuts:** Save time by buying pre-cut butternut squash or even frozen squash. No-boil lasagna noodles also make this recipe easier.
- **Add a Protein:** If you'd like, layer in Italian sausage, pancetta, or shredded chicken for a heartier version.
- And if you want to take this lasagna to the next level, try it with my **Easy Béchamel Sauce** recipe. It's quick to make and adds that extra creamy layer that makes this dish irresistible.
- **Serving Tip:** This lasagna pairs beautifully with a simple green salad and crusty bread for a complete fall dinner.

## • More Cozy Recipes to Try

If you love this Butternut Squash Lasagna, here are a few more comforting recipes you might enjoy:

- Classic Italian Wedding Soup – another hearty fall favorite.
- Creamy Butternut Squash Pasta with Gorgonzola – a quick 20-minute dinner with the same fall flavors.
- ☐ Italian Roasted Sausage, Potatoes, and Peppers – a cozy sheet pan dinner that's always a hit.
- ☐ Escarole and Beans with Italian Sausage – rustic, simple, and perfect with crusty bread.

# Butternut Squash Lasagna

## Servings & Time

- **Servings:** 8
  - **Prep Time:** 30 minutes
  - **Cook Time:** 50 minutes
  - **Total Time:** 1 hour 20 minutes
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## Ingredients

- 1 medium butternut squash (about 2  $\frac{1}{2}$ –3 lbs. ), peeled, seeded, and cubed
- 2 tbsp olive oil
- 2 cloves garlic, minced
- 1 tsp fresh thyme (or  $\frac{1}{2}$  tsp dried)
- 1 tsp fresh sage, chopped (or  $\frac{1}{2}$  tsp dried)
- Salt and black pepper, to taste
- 2 cups ricotta cheese
- 1 large egg
- 1  $\frac{1}{2}$  cups shredded mozzarella cheese
- $\frac{1}{2}$  cup grated Parmesan cheese
- 2 cups béchamel (homemade or store-bought)
- 9 lasagna noodles (no-boil or cooked)

- Optional:  $\frac{1}{2}$  tsp red pepper flakes for heat, crispy sage leaves for garnish
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## Instructions

### 1. Roast the Squash:

- Preheat oven to 400°F (200°C).
- Toss squash cubes with olive oil, garlic, thyme, sage, salt, and pepper.
- Spread on a baking sheet and roast for 25–30 minutes, until soft and caramelized.
- Mash lightly with a fork (leave a few chunks for texture).

### 2. Prepare the Cheese Mixture:

- In a bowl, mix ricotta, egg,  $\frac{1}{2}$  cup mozzarella,  $\frac{1}{4}$  cup Parmesan, salt, and pepper.

### 3. Assemble the Lasagna:

- Spread a thin layer of béchamel on the bottom of a 9×13-inch baking dish.
- Add noodles, a layer of mashed squash, dollops of ricotta mixture, a drizzle of béchamel, and a sprinkle of mozzarella.
- Repeat layers (about 3 total), finishing with noodles topped with béchamel, mozzarella, and remaining Parmesan.

### 4. Bake:

- Cover with foil and bake at 375°F (190°C) for 25 minutes.
- Remove foil and bake another 15–20 minutes until golden and bubbling.
- Let rest for 10 minutes before slicing.

#### 5. Serve:

- Garnish with crispy sage leaves or extra Parmesan.

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## **Creamy Butternut Squash Risotto with Arborio**

## **Creamy Butternut Squash Risotto with Arborio”**

It's no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook. Am here to tell you it's not complicated at all. This creamy butternut squash risotto with arborio was a restaurant menu favorite, it's easy to make, uses few ingredients and it's delicious.

Risotto is a classic Northern Italian rice dish slowly cooked in broth until it becomes rich and creamy. The broth can be made from meat, fish, or vegetables—I used chicken broth, but if you're vegetarian, vegetable stock works just as well.

# Things to know about this Creamy Butternut Squash Risotto with Arborio”

- The best rice for risotto is a short-grain Italian rice. Arborio is the most common. Their higher starch content is what gives risotto its creamy consistency.
- Toasting the rice in olive oil and butter before adding broth adds a nutty flavor and slight crunch. This simple step builds a flavorful base for the dish.
- Always use hot broth, adding it gradually a ladle at a time. Stirring as it absorbs releases the starches that make the risotto silky and rich.
- Roasting the butternut squash intensifies its natural sweetness and creates caramelized edges. It’s so good you’ll have to resist eating it all straight from the pan before it makes it into the risotto!
- “If you enjoyed this butternut squash risotto, don’t miss my Creamy Italian Sausage Risotto or my homemade restaurant mushroom Risotto for more rich, comforting flavors!

## Creamy Butternut Squash Risotto with Arborio

- **Serving Size:** 4
- **Cook Time:** 35–40 minutes (about 10 minutes prep + 20–25 minutes cooking)

# Ingredients

- 2 cups Italian short grain rice
- 1 small butternut squash, peeled seeded and cubed
- 2 Tbsp. olive oil + 2 tablespoons butter
- 1/2 cup minced shallots
- 1 Tablespoons minced garlic
- 2 cups chopped spinach
- 4 cups chicken stock
- 1 cup white wine
- 1 cup crumbled gorgonzola cheese
- 1 cup grated parmesan
- 2 tablespoons chopped Italian parsley
- 1/2 cup pine nuts
- salt and pepper to taste

- **INSTRUCTIONS**

1. Peel and cut butternut squash into cubes drizzle with olive oil, salt and pepper roast in a 375 degree oven for 30 minutes
2. Mean while heat chicken stock keep warm, in a deep saute pan heat the butter and olive oil, add onion and garlic, saute until translucent,
3. Add the rice cook until golden, salt and pepper to taste, add hot chicken stock slowly and a little at a time waiting until the stock is absorbed before adding more while stirring continuously, Continue adding the broth until all is used
4. Cook until risotto is firm to the bite cooked about 20 minutes. Add parmesan cheese, roasted butternut squash,
5. Add the gorgonzola and more broth if the sauce is to thick. Top with Italian parsley, more gorgonzola and toasted pine nuts...ENJOY!!

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# Italian Crispy roasted Potatoes

# Italian Crispy roasted Potatoes

These **Italian crispy roasted potatoes** are straight from my mother's kitchen. She'd parboil them, toss with olive oil, garlic, rosemary, and a little lemon, then roast until golden and crunchy. Simple, comforting, and always the first thing to disappear at the table – I still make them just the way she did. To this day, whenever I make them, the smell that fills my kitchen instantly takes me back to her cooking, and I can't help but smile. This recipe is her original method, and it's one I know you'll want to keep on repeat in your own home.

## Things to Know About Italian Crispy Roasted Potatoes

- **Parboiling is key:** Cooking the potatoes halfway before roasting helps give them a fluffy inside and that golden, crisp crust.
- **Rough edges = more crunch:** Shaking the potatoes after draining creates little ridges that crisp up beautifully in the oven.
- **Use the right potato:** Yukon Golds give a buttery texture, while Russets crisp up with an extra crunch – both work well.

- **Fresh rosemary makes a difference:** If you can, use fresh rosemary sprigs. They infuse the oil and potatoes with authentic Italian flavor.
- **Don't skip the lemon:** A little zest before roasting and a squeeze of juice at the end adds brightness and balances the richness.
- **Crowding the pan ruins the crisp:** Spread potatoes in a single layer so they roast instead of steam.
- **Reheating tip:** Pop leftovers back in a hot oven for 10 minutes to bring back their crispness – the microwave won't do them justice.
- Serve these potatoes alongside a hearty main! Try my Bone-In Pork Chop Piccata or Stuffed Chicken Breast for a full Italian dinner that everyone will love.

## Italian Crispy roasted Potatoes

- **Servings:** 4
- **Prep Time:** 15 minutes
- **Cook Time:** 45 minutes
- **Total Time:** 1 hour

### Ingredients

- 2 lbs. Yukon Gold or Russet potatoes, peeled and cut into wedges
- 1/2 cup extra virgin olive oil
- 2 minced garlic cloves,
- 2 sprigs fresh rosemary (or 1 tsp dried)

- Zest of 1 lemon
- Juice of 1 lemon
- salt and pepper to taste

# Instructions

## 1. Instructions

### 1. Parboil the potatoes:

- Bring a large pot of salted water to a boil.
- Add potato wedges and cook for 5-7 minutes, until just fork-tender but not falling apart.
- Drain well and let steam dry for 2 minutes.

### 2. Rough up the edges:

- Shake the colander gently to create a slightly rough surface on the potatoes. This helps them crisp in the oven.

### 3. Season the potatoes:

- Preheat oven to 425°F (220°C).
- In a large bowl, toss the potatoes with olive oil, minced garlic, rosemary, lemon zest, salt, and pepper until evenly coated.

### 4. Roast:

- Spread the potatoes in a single layer on a parchment-lined baking sheet.
- Roast for 35–45 minutes, flipping halfway,

until deeply golden and crisp.

#### 5. Finish with lemon:

- Remove garlic cloves and rosemary sprigs.
- Squeeze fresh lemon juice over the potatoes just before serving.

### Serving Suggestion

Serve hot as a side with roast chicken, grilled fish, or alongside a big Italian salad.

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## Sugo Crudo – No-Cook Italian Tomato Sauce

## Sugo Crudo – No-Cook Italian Tomato Sauce

In Italy, *sugo crudo* – meaning “raw sauce” – is a summertime favorite that captures the very essence of fresh, ripe tomatoes. Sweet, juicy tomatoes are paired with fragrant basil, garlic, and rich extra virgin olive oil for a pasta dish that’s as simple as it is unforgettable. Best of all, it’s ready in the time it takes to cook your pasta.

While it’s a traditional dish often enjoyed during *Ferragosto* on August 15th, when families gather to celebrate the height of summer, it’s just as delicious any time you have sun-ripened tomatoes on hand. Light, vibrant, and bursting with

flavor, it's the perfect recipe for warm-weather dining – or for bringing a taste of summer to your table year-round

# Things to know about this Sugo Crudo – No-Cook Italian Tomato Sauce

## Things to Know About This Sugo Crudo – No-Cook Italian Sauce

- **Use the ripest tomatoes** – The flavor of this sauce depends entirely on high-quality, sun-ripened tomatoes.
- **Let it rest** – Allow the sauce to sit at room temperature for 15–30 minutes to let the flavors meld.
- **Choose good olive oil** – A fruity, extra virgin olive oil enhances the taste beautifully.
- **Customize freely** – Add a pinch of red pepper flakes or extra garlic if you like a little heat or more flavor.
- **Serve immediately** – Toss with hot pasta right before serving so the sauce stays fresh and vibrant.
- **Add fresh mozzarella pearls** – Gently fold in small mozzarella pearls just before serving for a creamy, melty texture that complements the fresh tomatoes

### • Craving More Italian Sauces?

If you loved this **Sugo Crudo**, you won't want to miss these other favorites:

**Classic Italian Sunday Meatball Sauce** – Slow-simmered, rich, and perfect for hearty pasta nights.

**Caprese spaghetti Roasted Tomato Sauce** – Smoky, bold, and full of flavor for your next pasta dish.

Bring the taste of Italy to your table again and again!

## Ingredients

- **Servings:** 4
  - **Prep Time:** 15 minutes
  - **Cook Time:** 10 minutes (for pasta)
  - **Total Time:** 25 minutes
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## Ingredients

- 2 pounds ripe tomatoes (heirloom, cherry, or San Marzano)
- 1 cup extra virgin olive oil
- 2 cloves garlic, finely minced
- $\frac{1}{2}$  cup fresh basil leaves, torn
- 1 teaspoon salt (plus more for pasta water)
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  teaspoon red pepper flakes (*optional*)
- 1 pound pasta (spaghetti, linguine, or penne)
- 2 cups mozzarella pearls or balls cut in half

## Instructions

1. **Prepare the tomatoes**

- Slice the tomatoes in half, remove most of the seeds, and chop into small pieces. For a smoother texture, pulse them briefly in a food processor.

## **2. Mix the sauce**

- In a large mixing bowl, combine chopped tomatoes, fresh mozzarella, garlic, basil, olive oil, salt, black pepper, and red pepper flakes if using.
- Stir gently, cover, and let rest at room temperature for 15–30 minutes while you cook the pasta.

## **3. Cook the pasta**

- Bring a large pot of salted water to a boil. Cook pasta until al dente according to package directions. Reserve  $\frac{1}{2}$  cup of the cooking water before draining.

## **4. Bring it all together**

- Toss hot pasta with the sugo crudo, adding a splash of the reserved pasta water if needed to help the sauce coat the noodles.

## **5. Serve immediately**

- Garnish with more basil and a drizzle of olive oil. Serve warm or at room temperature with crusty bread.

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## **Tips for the Best Sugo Crudo**

- **Tomatoes matter most** – Use the ripest summer

tomatoes you can find.

- **Let the sauce rest** – This allows the garlic and basil to infuse the tomatoes.
  - **Quality oil is key** – Choose a fruity, rich extra virgin olive oil.
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## **Serving Suggestion**

Perfect for a light summer lunch with chilled white wine, a crisp salad, and bread for soaking up every drop.

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# **Peach Caprese Salad with Fresh Mozzarella**

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When our peach tree bursts into sweet, golden fruit each summer, I can't resist finding new ways to enjoy them. This **Peach caprese salad with Fresh Mozzarella** is my Italian-inspired twist on a caprese, swapping tomatoes for juicy peaches kissed by the grill. You don't need your own peach tree to make it – just ripe, fragrant peaches from the market

will do. The smoky char, creamy mozzarella, fragrant basil, and a drizzle of honey-balsamic-herb dressing make every bite taste like summer at its peak.

## Things to know about this Peach Caprese Salad with Fresh Mozzarella

- **Peach selection matters.** Choose peaches that are ripe but still firm so they hold their shape on the grill without turning mushy. If peaches are too soft, grilling will make them fall apart.
- **No peach tree needed!** Even if you don't have a backyard orchard like I do, fresh market peaches work beautifully for this recipe.
- **Grill carefully.** High heat is key for those beautiful char marks and smoky flavor, but keep an eye on the peaches so they don't overcook. Two to three minutes per side usually does the trick.
- **Mozzarella or burrata?** Burrata adds extra creaminess and luxury, but fresh mozzarella is delicious, more affordable, and widely available.
- **Customize the dressing.** The honey-balsamic-herb dressing is sweet and tangy, but you can swap herbs to suit your taste – rosemary or basil would be lovely additions.
- **Make it a meal.** Add prosciutto slices or serve alongside grilled chicken for a heartier summer dinner
- **Loved this fresh summer salad?** Don't miss these other seasonal favorites: Italian Amaretti stuffed summer peaches or creamy Italian street corn (no- mayo)

▪ **You said:**

ChatGPT said:

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## **Grilled Peach Caprese Salad with fresh mozzarella**

**Servings:** 4 (as a side salad or appetizer)

**Prep Time:** 10 minutes

**Cook Time:** 5 minutes (for grilling peaches)

**Total Time:** 15 minutes

### **Ingredients:**

- 4 ripe peaches, pitted and cut into medium thick slices
- 8 oz fresh mozzarella pearls or slices cut
- 1 cup cherry tomatoes, halved (optional, but adds color and freshness)
- Fresh basil leaves (about 1/4 cup)
- Fresh mint or thyme (optional, for extra herb flavor)

### **For the Dressing:**

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar (or a good quality aged balsamic glaze)
- 1 teaspoon honey
- Salt and freshly ground black pepper, to taste

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## Instructions:

1. **Preheat your grill** (or grill pan) to medium-high heat.
2. **Prepare the peaches:** Brush the peach halves lightly with olive oil. Place them cut-side down on the grill and cook for about 3-4 minutes until you get nice grill marks and the peaches are slightly softened. Remove and let cool slightly, then slice each half into 3-4 wedges.
3. **Make the dressing:** In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper until emulsified.
4. **Assemble the salad:** On a serving plate, arrange the grilled peach slices, fresh mozzarella, and cherry tomatoes (if using). Scatter fresh basil and herbs over the top.
5. **Drizzle** the dressing evenly over the salad.
6. **Optional:** Add a light drizzle of extra honey over the top if you like it more swe