Pan-Seared Salmon with Creamy Tuscan Orzo.

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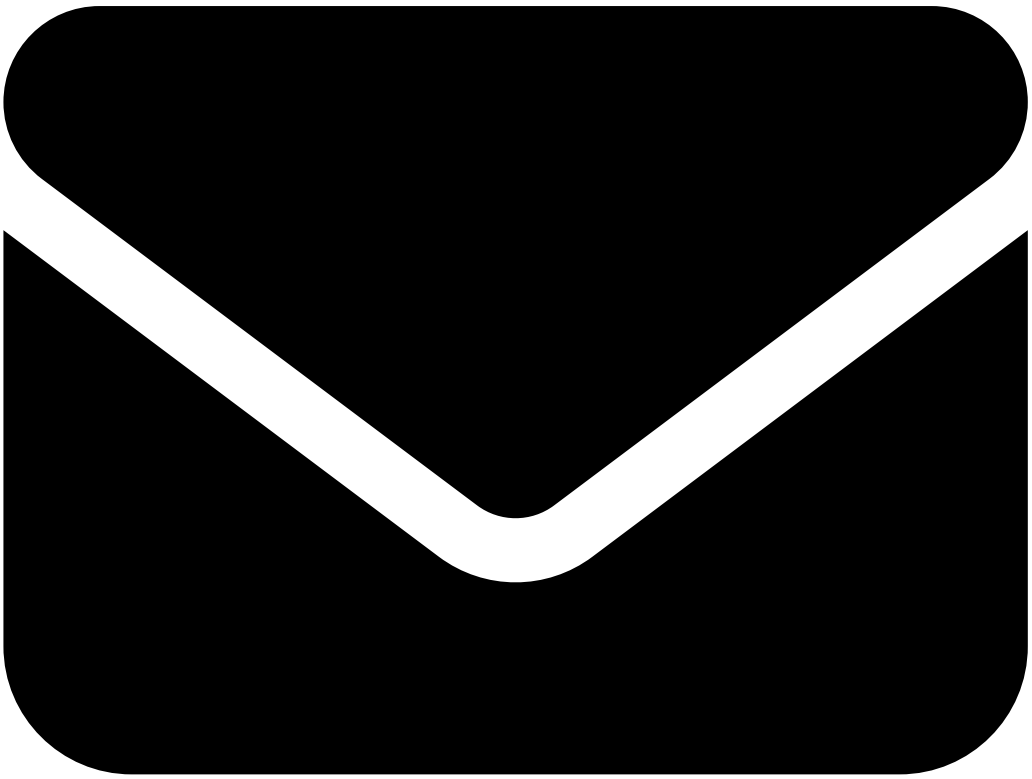




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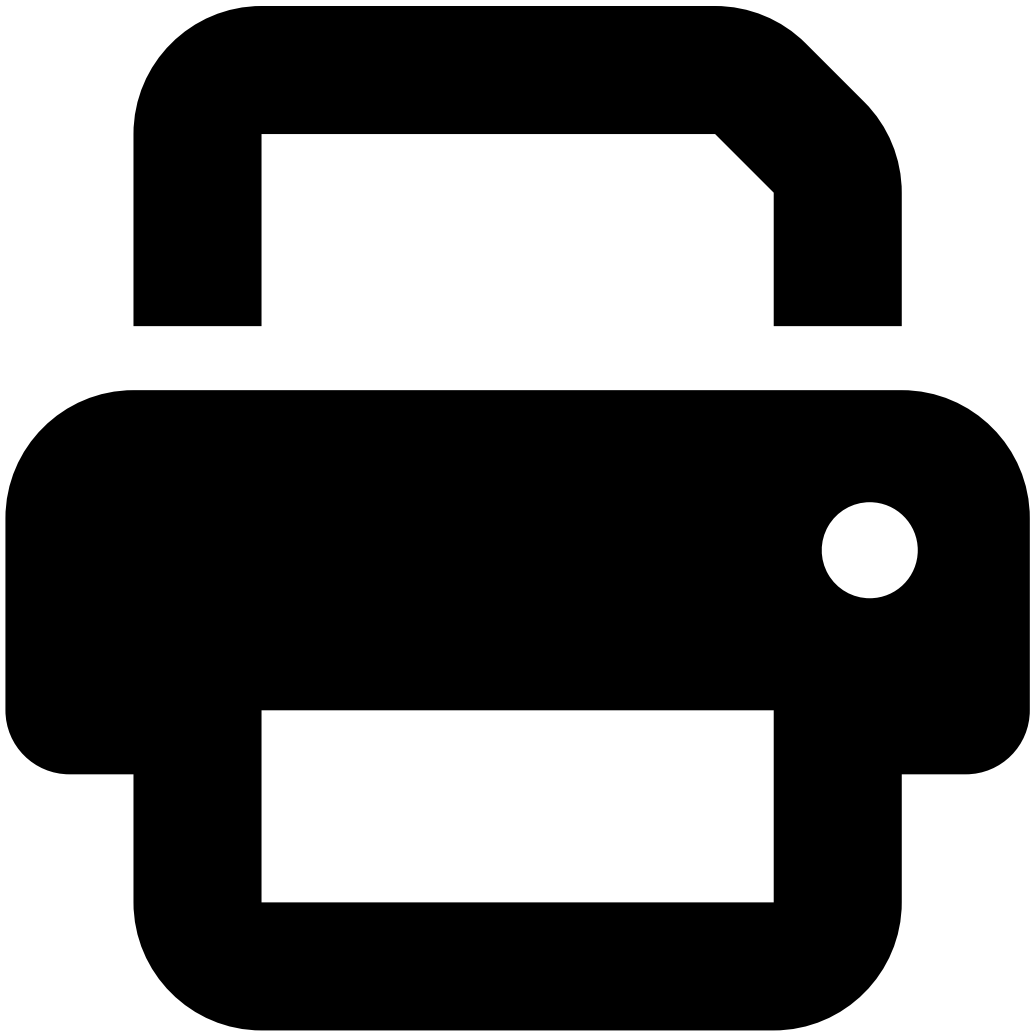

If you’re looking for an easy weeknight dinner that’s simple enough for a family meal but elegant enough to serve to friends on Saturday night, this **Pan-Seared Salmon with Tuscan Orzo** is the perfect choice. The salmon is pan-seared until golden and crispy on the outside while staying tender and flaky inside, then served over creamy orzo with spinach and sun-dried tomatoes.

This **Pan-Seared Salmon with Tuscan Orzo** brings together two things I love in a good dinner: perfectly cooked salmon and a creamy, comforting pasta dish. The salmon is pan-seared until golden and crispy on the outside while staying tender and flaky inside, making the perfect contrast to the creamy orzo.

The orzo is cooked in a garlicky, flavorful sauce with spinach and sun-dried tomatoes, adding beautiful color and plenty of flavor to every bite. It’s an easy yet impressive dinner that feels comforting without being too heavy, and the combination

of fresh ingredients makes it a dish you can enjoy any time of year.

Inspired by the rustic flavors of Tuscany, this easy salmon dinner comes together with simple, flavorful ingredients and makes a complete meal in one pan. It’s colorful, satisfying, and packed with fresh Mediterranean-inspired flavors, making it a dish you’ll want to make for both busy weeknights and special dinners at home.

Things to know about this Tuscan salmon recipe

For the best results, don’t overcook the salmon. It should be golden on the outside and just cooked through and flaky in the center. The orzo will continue to absorb the sauce as it sits, so if needed, add a splash of chicken broth or water before serving to bring back its creamy consistency.

Storage and Reheating

Store leftover salmon and Tuscan orzo in an airtight container in the refrigerator for up to **3 days**. For the best texture, store the salmon separately from the orzo if possible.

To reheat, warm the orzo gently in a skillet over medium-low heat with a splash of chicken broth or water, stirring occasionally until creamy and heated through. Reheat the salmon gently so it doesn’t dry out. I recommend enjoying the leftovers within a few days for the best flavor and texture.

If you make this **Pan-Seared Salmon with Tuscan Orzo**, I’d love to hear how it turns out! Leave a comment and let me know how you served it or any changes you made to make it your own.

If you love easy Italian-inspired dinners, be sure to try my **Creamy Tortellini Soup** , **Pasta alla Norcina** and **Creamy Butternut Squash Gorgonzola Pasta** For this recipe, a good

nonstick skillet, **wooden spoon**, and **fine grater** are especially helpful.

Pan-Seared Salmon with Creamy Tuscan Orzo.



This easy Pan-Seared Salmon with Creamy Tuscan Orzo combines golden, tender salmon with creamy garlic orzo, spinach, and sun-dried tomatoes for an easy Italian-inspired dinner perfect for weeknights or entertaining.

- 2 lb. cleaned skinless salmon
- 1 tsp each, garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1/2 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

1. **Prepare the salmon:** Clean the salmon and pat it dry with paper towels. Cut it into equal portions and season both sides with salt and pepper.

   Season the salmon: In a small bowl, combine the garlic, onion, and paprika. Rub the seasoning mixture evenly over both sides of the salmon.

2. **Sear the salmon:** Heat 2 tablespoons of olive oil in a 12-inch sauté pan over medium-high heat. Add the salmon and sear for about 5 minutes per side, or until golden brown and nearly cooked through. Remove the salmon from the pan, cover loosely with aluminum foil, and set aside.

3. **Sauté the aromatics:** In the same pan, melt the butter over medium heat. Add the garlic and sauté until soft and fragrant, about 1–2 minutes.

4. **Add the sun-dried tomatoes:** Stir in the sun-dried tomatoes and cook until softened and fragrant.

5. **Deglaze the pan:** Pour in the white wine and scrape up any browned bits from the bottom of the pan. Let the wine simmer until mostly evaporated.

6. **Cook the orzo:** Add the chicken stock, cream, and water. Stir in the orzo and bring the mixture to a gentle simmer. Reduce the heat and cook for about 7 minutes, stirring occasionally, until the orzo is tender but still slightly firm.

7. **Finish the orzo:** Stir in the grated Parmesan and chopped spinach. Continue cooking for about 5 minutes, or until the spinach is wilted and the orzo is creamy.

8. **Return the salmon:** Nestle the salmon back into the orzo and cook for another 1–2 minutes, just until the salmon is heated through. Serve immediately.

Don’t overcook the salmon. Sear it until golden and crispy on the outside and just cooked through in the center. For extra-creamy orzo, add a splash of broth just before serving if it has thickened too much.
Main Course
Italian
Pan-Seared Salmon

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oven fried lemon chicken cutlets

Oven Fried Lemon Chicken Cutlets

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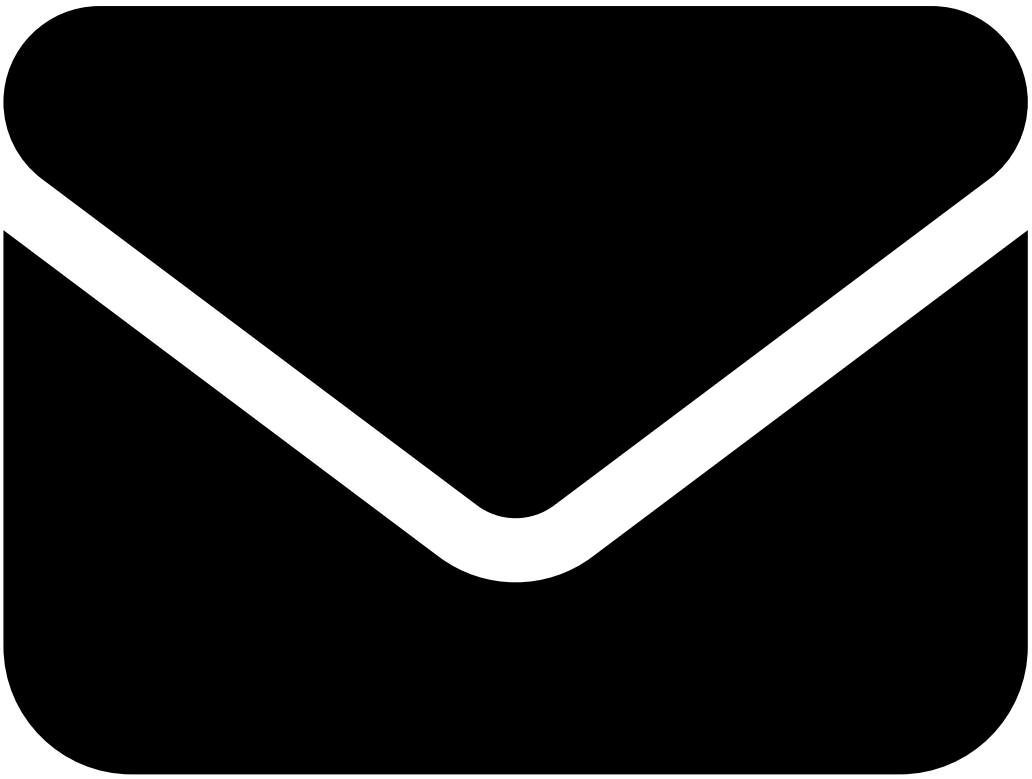




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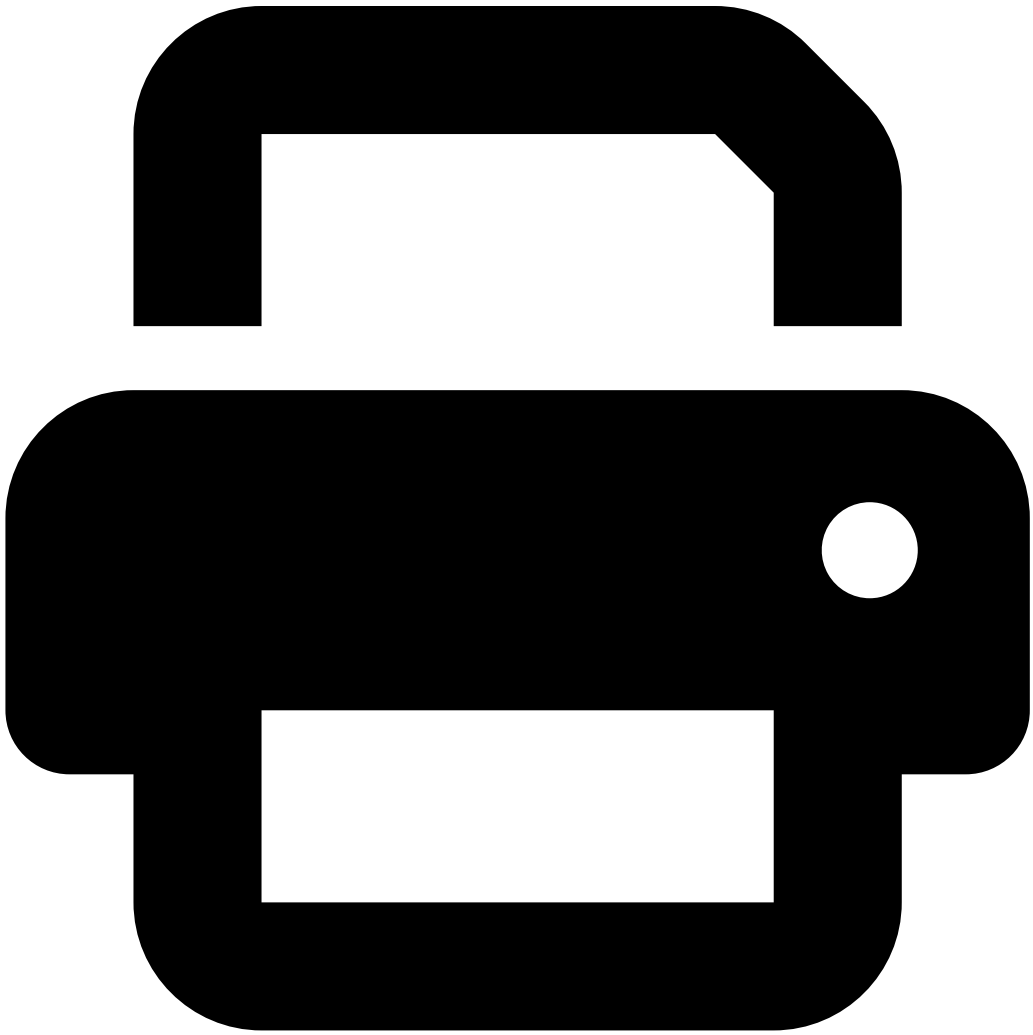

These Oven -fried lemon chicken cutlets are crispy, delicious and easy to make. There’s something irresistible about a crispy chicken cutlet, golden on the outside , juicy on the inside and packed with flavor. What makes it even better? When it’s oven-fried with a zesty lemon, wine sauce. Oven- fried lemon chicken cutlets give you the crunch of traditional frying , without the extra grease. They’re a lighter, healthier alternative without sacrificing any of that delicious flavor and texture. Perfect for weeknight family meals or social gatherings.

Things to Know About These Oven-Fried Lemon Chicken Cutlets

These **Oven-Fried Lemon Chicken Cutlets** give you everything you love about crispy Italian chicken cutlets without the mess of deep-frying. Baking them at a high temperature helps create a golden, crunchy breadcrumb coating while keeping the chicken

tender and juicy inside. The fresh lemon adds a bright, zesty flavor that makes these cutlets delicious and versatile.

I love making chicken cutlets in the oven because it’s an easy way to prepare a larger batch for family dinners, meal prep, or entertaining. You get that satisfying crispy texture with less oil and less cleanup, making this a practical option for busy weeknights.

Make-Ahead Tips

I always make more chicken cutlets than I need for one meal because they’re so versatile. You can serve them with a simple salad, roasted vegetables, or your favorite pasta dish. They’re also delicious sliced over a salad or tucked into a sandwich the next day.

For the best results, bread the chicken cutlets and refrigerate them for about 30 minutes before baking. This helps the breadcrumb coating adhere to the chicken and creates a better crust.

Storage and Freezing

Refrigerating: Store leftover baked chicken cutlets in an airtight container in the refrigerator for up to 3 days.

Make ahead: You can bread the chicken cutlets up to 1 day ahead and keep them covered in the refrigerator until you’re ready to bake them.

Freezing before baking: Arrange the breaded, unbaked cutlets in a single layer on a parchment-lined baking sheet and freeze until solid. Transfer them to a freezer-safe zip-top bag or container. Bake from frozen, allowing extra cooking time and checking that the chicken reaches an internal temperature of 165°F.

Freezing after baking: Let the cooked cutlets cool completely,

then freeze them in a single layer before transferring them to a freezer-safe bag or container. Reheat in the oven or air fryer to help restore their crispy coating.

What to Serve with Oven-Fried Lemon Chicken Cutlets

If you love easy Italian chicken dinners, try serving these cutlets with my **Italian Roasted Potatoes Classic Italian Pasta Salad**, or **Italian peppers and potatoes** . You can also pair them with a simple pasta tossed in olive oil, garlic, and Parmesan for a complete family meal.

For extra-crispy cutlets, a **wire cooling rack** placed over a **rimmed baking sheet** helps hot air circulate around the chicken as it bakes. A **meat thermometer** is also useful for checking that the chicken is safely cooked without drying it out.

As always, if you make these Oven-Fried Lemon Chicken Cutlets, please leave me a comment and let me know how they turned out! I love hearing from you, and your feedback helps other readers, too.

Oven Fried Lemon Chicken Cutlets



These crispy Oven-Fried Lemon Chicken Cutlets are a lighter take on classic Italian chicken cutlets. Coated in seasoned breadcrumbs with fresh lemon flavor, they bake to golden perfection with a crunchy exterior and tender, juicy chicken

inside. Perfect for an easy weeknight dinner, meal prep, or a family gathering.

- 2 lbs. skinless boneless chicken breast
- 2 medium eggs slightly beaten
- 2 cups breadcrumbs
- 1 cup grated parmesan
- 2 Tbsp. finely chopped Italian parsley
- 1 Tbsp. each onion, garlic and paprika powder
- 1/2 cup extra virgin olive oil
- 2 lemons sliced
- 1 cup white wine
- 1 cup chicken stock
- salt and pepper to taste

1. Preheat your oven to 400-degrees
2. Start by slicing the chicken breast into as thin as possible slices. Then cover with plastic wrap and pound thin with a meat mallet, salt and pepper to taste.
3. Mix the breadcrumbs, parmesan, Italian parsley , onion, garlic, and paprika powder together until well combined. In a separate bowl beat the two eggs slightly.
4. Dip the chicken first in the egg then in the breadcrumb mixture. Use your hands to coat the chicken well.
5. Add the extra virgin olive oil to a 12 x 9 sheet pan place in the preheated oven until smoking hot. about 5 to 10 minutes . remove from the oven.
6. Place the chicken on the sheet pan return to the hot oven and bake until golden brown about 10 minutes. Turn over and cook the other side until golden.
7. Remove the chicken from the pan tent with alumni foil set aside while making the sauce. Add one thinly sliced lemon the white wine and chicken broth, return to the hot oven and cook the sauce for 10 minutes, or until emulsified.
8. Pour the sauce over the chicken serve with the remaining

lemon slices.

For the crispiest coating, refrigerate the breaded chicken cutlets for 30 minutes before baking. Arrange them in a single layer without overlapping, and avoid overcrowding the baking sheet.

Main Course
Italian
Chicken Cutlets

Crispy fried Buffalo Chicken strips

Crispy fried Buffalo Chicken strips

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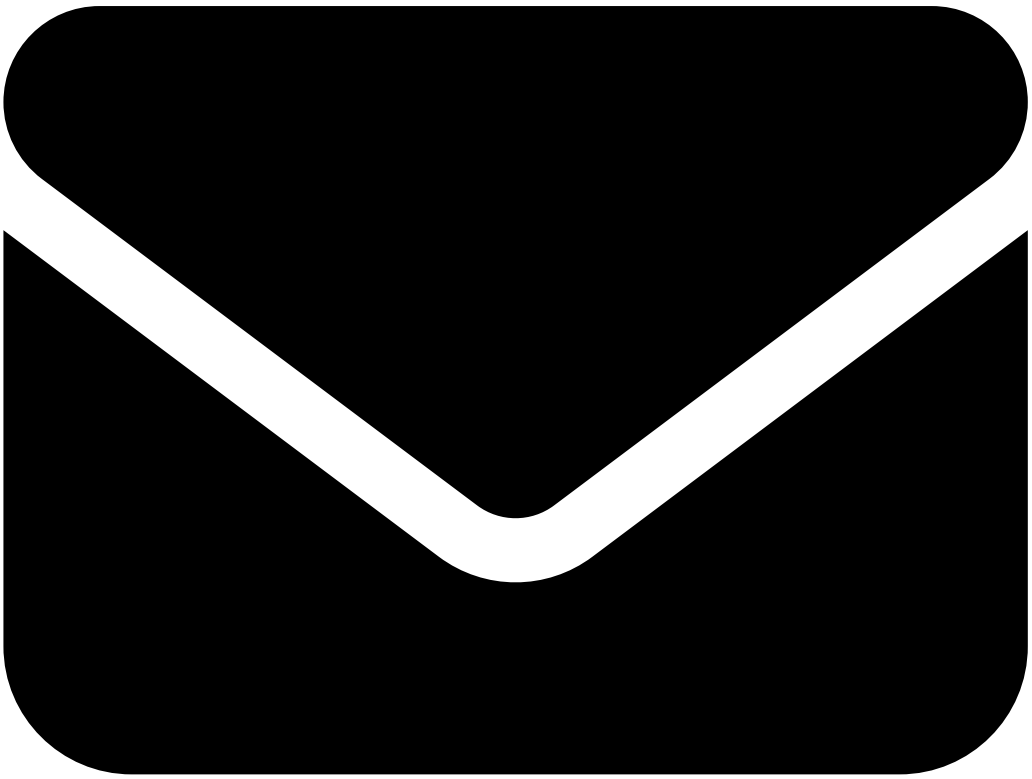




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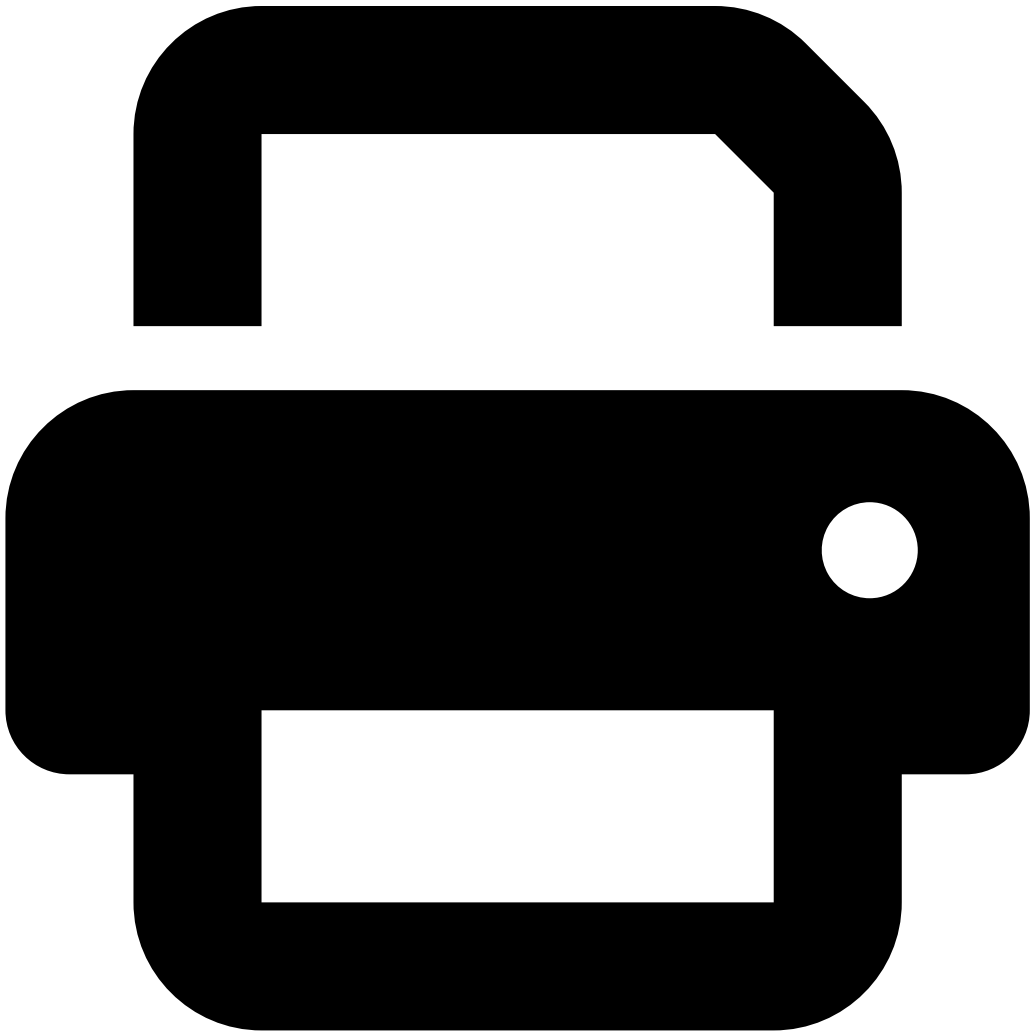

These crispy fried Buffalo chicken strips are my twist on the classic Buffalo chicken wings made famous at the Anchor Bar in Buffalo, New York. Marinated in tangy pepperoncini juice, the chicken turns out incredibly tender and juicy, then gets coated and fried until golden and crispy before being tossed in spicy Buffalo sauce. They’re packed with flavor and guaranteed to become a family favorite!

The Anchor Bar holds a special place in my heart because it’s where I met my husband! Buffalo wings have always been more than just food to me; they’re part of my personal story and my restaurant background.

Our first place was a little hole-in-the-wall submarine sandwich and chicken wing shop that looked like it was literally being held together with duct tape. But the food was delicious, and the lines were always long! We sold chicken wings by the dozen, all the way up to buckets, with customers

choosing their favorite Buffalo sauce, whether mild, medium, or hot.

These homemade Buffalo chicken strips bring back those memories, with a little twist of my own. The pepperoncini juice marinade helps tenderize the chicken while adding a delicious tangy flavor. Once fried until perfectly crispy and coated in that classic spicy Buffalo sauce, they're perfect for game day, casual get-togethers, or whenever you're craving restaurant-style Buffalo chicken at home.

For these homemade crispy fried Buffalo chicken strips, I use boneless, skinless chicken breasts sliced into strips. You can also use chicken tenders to save a little prep time. The secret to getting them extra tender and flavorful is marinating the chicken in pepperoncini juice. It adds a delicious tang and helps tenderize the chicken. If you don't have pepperoncini juice, pickle juice works, too!

Once the chicken has marinated, dip each strip into beaten eggs, then coat it in the seasoned breadcrumb mixture. **There's no need to dredge the chicken in flour first.** Skipping that extra step keeps the process simple while still giving you a deliciously crispy coating.

The Best Oil for Frying Buffalo Chicken

I use canola oil for frying because it has a neutral flavor and works well for deep-frying. Vegetable oil or peanut oil are good alternatives, too. Fill a heavy-bottomed pot or deep skillet with about 2–3 inches of oil, making sure to leave plenty of room at the top to prevent splattering. A deep-frying thermometer is helpful for keeping the oil at a steady temperature so the chicken cooks through while becoming golden and crispy.

For the Buffalo sauce, I've always used Frank's RedHot Original Hot Sauce. It has that classic tangy, spicy flavor

that makes Buffalo chicken so good. Toss the freshly fried chicken strips in the sauce just before serving for the best flavor and texture.

A stainless steel wire cooling rack is also useful for letting the fried chicken drain without trapping steam underneath, helping the coating stay crisp.

Storage and Reheating

Refrigerator: Let the Buffalo chicken strips cool, then store them in an airtight container in the refrigerator for 3–4 days. For the crispiest leftovers, store the chicken separately from any extra Buffalo sauce when possible.

Reheating: Reheat the chicken in an oven or air fryer at 375°F until heated through and crispy, usually about 5–10 minutes depending on the thickness. Add a little extra Buffalo sauce after reheating. The microwave works in a pinch, but the coating won’t be as crispy.

Freezing: You can freeze the cooked chicken strips in a freezer-safe container for up to 2–3 months. For best results, freeze them without the sauce, reheat from thawed or frozen until hot and crispy, and toss with Buffalo sauce just before serving.

Crispy fried Buffalo chicken Strips



These crispy fried Buffalo chicken strips are marinated in tangy pepperoncini juice, coated in seasoned breadcrumbs, and fried until golden and crunchy. Tossed in classic Buffalo hot sauce, they’re tender, juicy, and full of flavor. Serve them as a game-day appetizer, party snack, or easy family dinner.

- 2 skinless boneless chicken breast
- 1 cup pepperoncini juice
- 2 eggs
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 4 cups olive oil canola oil for frying
- 1 stick of butter
- 1 cup franks hot sauce
- 2 tsp. each garlic + onion + and paprika powder
- Chopped Italian parsley
- Ranch dressing for dipping

1. Start by cleaning your chicken pat dry. Salt and pepper to taste. Cut into strips of equal size. Then marinate in the pepperoncini juice for at least one hour.

2. Add the bread crumbs, parmesan and Italian parsley to one bowl mix to combine and the eggs to another wisk to blend
3. Remove the chicken from the marinate and pat dry. Dip first in the egg then in the bread crumb mixture. repeat the process with all the chicken pieces.
4. Bring the oil yo medium high heat, Fry the chicken fingers until golden brown. About five minutes. being sure not to over crowd the pan, Repeat the frying for all the chicken. Drain on paper towels.
5. Meanwhile make the hot sauce. In a small saucepan melt the butter. Add the hot sauce, garlic, onion and paprika, simmer on low for 5 minutes
6. Toss the chicken in the hot sauce top with more hot sauce and Italian parsley.

Keep the oil close to 350°F and fry the chicken in small batches. Overcrowding the pan lowers the oil temperature and can make the coating greasy instead of crispy.
Appetizer, Main Course, Side Dish
American, Italian
crispy fried Buffalo chicken

Classic Italian chicken Cacciatore

Classic Italian chicken cacciatore

Classic Italian chicken cacciatore is an Italian chicken dish that translates to “hunter style” chicken. It’s make by simmering pieces of bone-in chicken in a rich tomato sauce with a variety of vegetables and Italian seasonings.

This chicken dish is hearty. rustic and full of warm comforting flavors. It can be served with crusty Italian bread or over Pasta, polenta or mashed potatoes. Making this one pan chicken dinner a perfect comforting family dinner.

Why I love this Classic Italian cacciatore recipe

1. Rich slow cooked flavors. Chicken cacciatore is simmered in a sauce made with tomato sauce, onions, bell peppers, garlic. herbs and mushrooms. the slow simmer

allows all these flavors to combine deliciously.
2. The chicken becomes tender as it cooks in the sauce, absorbing all the flavors, making each piece juicy and full of flavor.
3. Rustic and comforting taste. It’s a one -pan dutch oven chicken meal that brings together simple, wholesome ingredients you probably already have on hand.
4. It’s a versatile recipe . Chicken cacciatore can be severed over pasta, polenta, mashed potatoes or on it’s own with crusty Italian bread.
5. And lastly this chicken cacciatore recipe can be made ahead of time and reheated when you are ready to serve. It’s also freezer friendly make extra one for now and one to freeze for a quick family night dinner.
6. If you make this recipe please leave me a comment, on how this chicken recipe works out for you. I love hearing from you it’s my favorite part!!!

Ingredients

- 1 small cut up chicken
- 4 Tbsp. olive oil
- 4 Tbsp. minced garlic
- 1 cup each chopped onion + celery + carrots
- 1 red and 1 green bell pepper diced
- 2 cups sliced mushrooms
- 1 cup red wine
- 2 cups beef or chicken stock
- 2 cups marinara sauce

Instructions

1. Start by cutting your chicken in half then cut into quarters . Wash the chicken and pat dry. Salt and pepper to taste.
2. Then over medium high heat in a dutch oven saute the

garlic, onions, celery and carrots until soft and translucent. Then add in the bell peppers and mushrooms and saute until just beginning to brown.
3. Deglaze the pan with the wine waiting until it evaporates before adding the stock and marinara sauce.
4. Add the bay leaves and bring to a simmer. Return the chicken back to the pan and simmer covered until the chicken is fork tender and falling off the bone. ENJOY!!!!
5. Second
6. And so on

Italian flavored chicken spiedini

Italian flavored chicken spiedini

Full of Italian flavors, this chicken spiedini recipe is such an easy and delicious chicken dish. Marinated chicken strips are skewered and grilled to a crispy goodness, Severed with a simple yogurt sauce, this tasty dish is a good for you meal your family and friends will love.

It’s such a great chicken dish for weeknight family meals and perfect for weekend BBQs with friends.

What’s so good about this Italian flavored chicken spiedini

The first thing that’s good about this chicken recipe is that it is delicious. It’s a super easy recipe to make.

And this recipe can be made ahead of time and grilled when your ready to serve. I used my cast iron grill pan to grill the chicken spiedini indoors, but the are perfect for your outdoor grill. Also I use metal skewers. If you are using wood skewers be sure to soak them in water before using.

I made a simple dipping sauce with yogurt, minced garlic, onion and lemon juice. You can use any sauce that fits your taste, or don’t use any. These chicken skewers are delicious on they’re own!!!

One more thing I used chicken tenders. You can use regular boneless chicken breast or chicken thighs.

Ingredients

- 2 lbs. chicken tenders
- 1 cup olive oil
- 1/3 cup red wine vinegar
- 4 Tbls. minced garlic
- 1 Tbsp. each oregano, thyme, paprika and rosemary
- salt and pepper to taste

Instructions

1. Start by cleaning the chicken and removing the tough white membra
2. mix all of the rest of the ingredients in a bowl. Add the chicken tenders to the marinade and let sit in the marinade for at least thirty minutes.
3. Heat the grill to medium high heat. meanwhile tread the

marinaded chicken onto metal skewers or prepared wooden skewers.
4. Grill the chicken spiedini until golden brown about 5 minutes pre side.

Italian pan chicken dinner

Italian pan chicken dinner

It’s no secret that I’m a big fan of easy meals, especially the ones that come together in less than 30 minutes.

This Italian easy pan chicken dinner with zucchini combines chicken breast, zucchini, and tomatoes with classic Italian flavors.

The tomatoes, zucchini, and herbs combine to create a delicious pan sauce for the chicken breast the whole family will love, and you will feel good serving your family a delicious healthy meal.

Made with just a few simple easy to find ingredients, this recipe works well with chicken thighs too!

Why You will love this Italian pan chicken dinner

It’s fast: it takes less about 20 minutes to cook and a few minutes to chop everything up.

It’s healthy and nutrient: packed with protein and good for you vegetables. Ingredients your whole family will love

Easy to make: Sauté the chicken saute the vegetables combine everything together and dinner is ready.

I’m using a 12 inch no-stick saute pan in this recipe.

Ingredients

- 3 skinless boneless chicken breast
- 1 cup flour
- Salt and pepper
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped shallots
- 2 cups cherry tomatoes
- 1 cup white wine or vegetable stock
- Juice from one lemon
- 2 cups sliced cherry tomatoes
- 2 medium diced zucchini
- 2 cups chopped spinach
- 1/2 cup kalamata olives
- 1 Tbsp. each oregano and Italian parsley
- 1/2 cup feta cheese

Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside
4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes

or until the zucchini is fork tender.
5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
6. Plate the zucchini sauce top with the chicken breast, sprinkle with the feata cheese and Italian parsley and ENJOY!!!!

Crispy pan fried chicken cutlets

Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They ae juicy, crispy delicious and so easy to make.

Serve the cutlets along side a salad for a light lunch or dinner. Growing up chicken cutlets were a stable on Sundays, along with Sunday sauce (primo) the cutlets were part of the second course (secondo piatti)

It’s a great chicken recipe that can made ahead of time and fried when your ready to serve, it is also freezer friendly.

Tips for better crispy pan fried

chicken cutlets

1. Slice the chicken breast in half and pound thin this allows for quick cooking and tenderizes the chicken.
2. Season both the chicken and the breadcrumbs

2. Adding water to the egg wash makes it the ideal for breading.

3. Refrigerating the chicken breast for at least 30 minutes after breading it helps the breadcrumbs stay on the chicken.

4. Use the right frying oil. I use a canola olive oil blend. If you would like a lighter version try my oven fried lemon chicken cutlets they are so good or my easy crispy oven fried chicken bites

Ingredients

- 1 1/2 lb. skinless boneless chicken breast
- 4 cups canola olive oil blend for frying
- 1 lemon
- 2 cups breadcrumbs
- 1 cup grated parmesan cheese
- 2 Tbsp chopped Italian parsley
- 2 eggs slightly beaten
- 2 Tbsp. water
- Salt and pepper to taste
- Lemon slices for serving

Instructions

1. Start my pounding the chicken breast thin in-between two pieces of plastic wrap until thin and the same thickens
2. In a bowl drizzle the chicken with lemon juice from one lemon salt and pepper to taste.

3. Meanwhile in a bowl add the eggs and water wisk slightly. In another bowl combine the breadcrumbs, parmesan cheese, lemon zest and Italian parsley.
4. Coat the chicken breast first in the eggs then in the breadcrumb mixture well coating on all sides
5. Over medium high heat bring the oil to medium. Begin frying the chicken in batches until golden brown on all sides. About 3 minutes per side.
6. Drain on paper towels, sprinkle with additional Italian parsley serve with lemon slices and Enjoy!!!!

Pesto chicken farfalle pasta

Pesto chicken farfalle pasta

This pesto chicken farfalle pasta recipe is made with farfalle pasta, basil pesto, chicken and broccoli, it is a delicious pasta meal complete with juicy chicken and healthy broccoli. Not only is it healthy it is easy and delicious. And the best part??? This past dish can be on your table in thirty minutes.

The addition of fresh or store- bought pesto and a good quality parmesan cheese takes this humble dish to a new level. This easy pasta dish comes together in under 30 minutes and makes a great weeknight family dinner!!!

Variations on pesto chicken

farfalle pasta

1. Pesto chicken farfalle pasta with spinach: Stir in 4 cups of chopped baby spinach the last few minutes along for extra greens .
2. Spicy pesto chicken farfalle pasta : Mix in some red pepper flakes or chopped fresh chilis along with the onion and garlic for a spicy kick.
3. Lemon pesto chicken farfalle pasta: Add a squeeze of fresh lemon and lemon zest from one lemon for a bright citrus flavor.
4. Shop the picture: stainless Steele oil can

Ingredients

- 1/2 lb. farfalle pasta
- 2 boneless, skinless diced chicken breast
- 1 Tbsp each onion, garlic, onion and paprika powder
- 4 cups cut and washed broccoli florets
- 2 Tbsp. olive oil + 2 Tbsp. butter
- 2 Tbsp. minced garlic + 1 cup chopped onion
- 1 cup white wine
- 1 cup fresh or store bought basil pesto
- 1 cup pasta water
- Salt and pepper to taste

Instructions

1. Stat by washing the chicken pat dry
2. cut the chicken into medium size dice add to a bowl season with salt, pepper, onion, garlic and paprika powder. Massage the spice mixture into the chicken . set aside while you make the sauce and the pasta is cooking.
3. Cook your pasta in salted boiling water el dente add the cut broccoli the last 5 minutes.
4. In a saute pan in the oil and butter over medium high

heat saute h onion and garlic until soft and translucent. Turn the fire up to medium high add the seasoned chicken and saute until golden brown.

5. lower the fire back to medium deglaze the pan with the white wine waiting until absorbed before adding the pasta water. Simmer until sauce thickens about 10 minutes.
6. Add the pasta and broccoli to the pan sauce. mix in the grated parmesan cheese
7. Ladle into pasta bowls top with more cheese and ENJOY!!!

Chicken tenders Tuscan style

Chicken tenders Tuscan Style

Juicy, golden seared chicken tenders coated in a easy creamy sauce with tomatoes and spinach. This chicken tenders Tuscan style is a recipe so good you should put a star on it and save it in your treasured recipe box.

Chicken recipes can have the potential of becoming boring and repetitive, but not this Tuscan flavored chicken dish.

Its sure to impress large crowds of family and friends, with menial time and effort.

Tips for success when making chicken tenders Tuscan style

One: Be sure the chicken is well seasoned. Chicken can be bland. Seasoning it well and let it marinate while making the

sauce allows the flavors to penetrate the eat.

Two: Opt for fresh tomatoes, and high quality olive oil to enhance the Tuscan flavors. Fresh tomatoes, garlic and spinach significantly elevate this chicken recipe.

And three: Don’t overcook the chicken tenders. Cook over medium high heat until golden brown but still juicy. When returned to the pan don’t cook longer than 5 to 7 minutes. Overcooking can make the tenders dry and tough,

Ingredients

- 2 lbs. cleaned chicken tenders
- 1 tablespoon each onion, garlic and paprika powder
- 1 Tablespoon oregano
- 2 Tablespoons olive oil
- 3 Tablespoons butter
- 2 Tablespoon minced garlic
- 1 cup white wine
- 2 cups chopped tomatoes
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan cheese
- 4 cups chopped spinach

Instructions

1. Season the cleaned chicken tenders with the onion, garlic. and paprika powder. salt and pepper to taste
2. In a saute pan over medium high heat sear the chicken on all sides. Remove and set aside
3. In the same pan the butter and garlic saute until soft and translucent.
4. Deglaze the pan with the wine waiting until evaporated before adding the chopped tomatoes.
5. Then add the chicken stock and heavy cream simmer until

the sauce thickens, about 15 minutes.
6. Add the spinach and return the chicken to the pan and simmer 5 minutes longer.
7. Finish with chopped Italian parsley and ENJOY!!!!

Easy chicken Marsala recipe

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Who doesn’t love an easy and delicious chicken recipe?

This easy chicken marsala recipe is not only easy and delicious but this Italian classic can be on your table in less than thirty minutes!!!

Chicken Marsala is an Italian classic with juicy pan seared chicken breast in a savory sweet Marsala wine sauce.

You can make this restaurant quality chicken dinner in your own kitchen in a short amount of time with just a few ingredients.

What’s not too love?

Here are three tips for success when making this easy chicken Marsala recipe

1. Use thinly sliced chicken breast for quick and even cooking. Pound them to an even thickness to ensure they cook uniformly.

2. Before simmering in the marsala sauce, make sure to brown chicken in a hot pan. this adds flavor and texture to the dish. Pat the chicken dry with paper towels before seasoning and browning to ensure a crispy exterior.
3. Marsala wine is the star in this sauce, so use a good quality one. Balance the sweet richness of the wine with savory ingredients like garlic, shallots and chicken stock.

Ingredients

- 2 lbs. skinless boneless chicken breast
- Salt and pepper to taste
- 1 cup flour
- 2 Tablespoon olive oil
- 4 Tablespoon butter
- 2 Tablespoon minced garlic
- 2 Tablespoon minced shallots
- 8 oz. cremini mushrooms
- 2 cups marsala wine
- 1 cup chicken stock
- 2 tablespoon chopped Italian parsley

Instructions

1. start by splitting the chicken breast in half. Then in between two sheets of waxed paper pound thin
2. salt and pepper the chicken then coat in the flour shaking off excess.
3. Over medium high heat in the two tablespoons of olive oil saute the chicken until golden brown on both sides. About 5 minutes per side. Remove and set aside.
4. In the same pan two tablespoons of butter. Add the garlic and shallots until soft and fragrant.
5. Add the mushrooms until golden brown.

6. Deglaze the pan with one cup of the marsala wine scrapping up all the bits at the bottom of the pan. Wait until absorbed before adding the remaining marsala wine and chicken stock. Simmer until sauce thickens about 10 minutes.
7. Return the chicken to the pan and simmer jut to heat through.
8. Top with the chopped Italian parsley and enjoy!!!!