Meaty eggplant rollatini

Meaty Eggplant rollatini

You will fall in love with the flavors of this meaty eggplant rollatini, also known in Italy as involtini di melanzane.

This old school Italian meat filled eggplant recipe is still a family favorite and an ultimate comfort food.

There are as many variations of this stuffed eggplant recipe as there are people that make it. In this meat version roasted eggplant is stuffed with a delicious meat and spinach filling, rolled, and baked in marinara sauce with a topping of grated cheese.

variations for this Meaty eggplant rollatini recipe

One variation is you can replace the ground beef in this recipe with ground Italian sausage, or for a healthier version ground turkey or chicken.

Tips for all variations

1. eggplant preparation: Slice the eggplant lengthwise about 1/4 inch thick salt and let sit weighted down for 30 minutes rinse and pat dry before grilling or baking until tender before filling.
2. Assembly: Spread a thin layer of filling on each eggplant slice and roll tightly.
3. Baking: cover with your marinara sauce and bake covered until bubbly and golden!!!
4. Shop the picture White ceramic quiche dish
5. Stainless steel oil can

Ingredients

- 2 medium eggplants
- 1 lb. lean ground beef
- 1 cup bread crumbs
- 1 egg
- 1 cup milk
- 1 cup grated parmesan cheese
- 3 Tbsp. chopped Italian parsley
- 1 cup thinly chopped spinach
- salt and pepper to taste
- 4 cups marinara sauce

Instructions

1. wash and dry the eggplant peel in strips and cut horizontal into thin slices.
2. Salt the thinly slice eggplant place in a colander and weigh down with cans for at least thirty minutes. Then rinse and pat dry . roast the eggplant in a preheated 375- oven for 15 minutes,
3. Make the filling in a bowl add the bread crumbs, milk, egg, parsley and the parmesan cheese. Salt and pepper to taste and mix well. let set for 10 minutes before adding the ground beef and mixing just until well combined.
4. Add 2 tablespoons of the meat filling and roll jelly roll style. line a round quiche dish with 2 cups of the marinara, then add the eggplant rolls, standing them up to create a pretty pattern. top with the remaining marinara sauce sprinkle heavily with grated parmesan cheese. Bake in a preheated 375- degree oven for 20 minutes or until the meat filling is cooked through, but not overcooked. 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!!!!

Chicken Meatball Soup Recipe

Chicken Meatball Soup recipe

This Chicken Meatball Soup recipe is a hearty soup filled with nutritious and delicious ingredients. Each slurp is filled with bold Italian flavors, everyone likes.

Tasty and healthy ground chicken meatballs, good for you vegetables, and pasta in a light tomato broth makes this soup is a family favorite.Sometimes it’s hard to find a meal everyone likes, this is one of those soup recipes that everyone likes. And you will feel good about serving your family a good for you meal.

Here’s 3 Prep Plan Tips When Making This Chicken Meatball Soup Recipe

Don’t let the looks of this Chicken Meatball Soup recipe intimidate you. If you have a prep plan this soup recipe can be on your table in 30 minutes.

Start by making the meatballs, you can make them one day ahead of time, or weeks ahead of time and keep them frozen after baking, in freezer friendly containers.

Second I bake the meatballs in my Toaster oven/air fryer for a quicker and more affordable bake, than turning on my large wall ovens.

And third you can make the whole recipe ahead of time and freeze it for ready made meals. In fact purposely double the recipe for during the week lunch reheats.

Just one more thing, please leave me a comment if you make

this recipe and please don’t forget to tag me on Instagram. I love hearing from you!!!!

Ingredients For The Meatballs

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste
- **For the Soup**
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 2 cups chopped spinach
- 1 14.5 can crushed tomatoes
- 2 cups chicken broth
- 2 cups water
- 2 cups dry small tube pasta
- Salt and pepper to taste
- 1 cup grated parmesan cheese

Instructions

1. Turn oven to 375 degrees
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don’t over mix
4. With damp hands roll into small size balls
5. Bake in a preheated oven 10 minutes set aside
6. Meanwhile in a medium stock pot saute the onion and garlic until tender and just beginning to brown

7. Add the carrots and celery saute until tender
8. Add the tomatoes, chicken broth and water
9. Simmer covered 30 minutes
10. Return the meatballs to the soup add the pasta and spinach simmer 5 minutes longer
11. Adjust seasonings sprinkle with parmesan
12. ENJOY!!!!

Peperonata sauced Chicken breast

Peperonata Sauced Chicken Breast

Not only is this peperonate sauced chicken breast recipe delicious it’s easy to make. I used skinless boneless chicken breast. You can use whatever part of the chicken fits your lifestyle and taste.

By using boneless, skinless chicken breast and my premade marinara sauce which I always have on hand, this Italian chicken recipe can be on your table in less than 30 minutes.

Customize this Peperonata sauced chicken breast recipe

This peperonate sauced chicken breast recipe isn’t set in stone. You can customize this chicken recipe really easy.

For instance most of you know I don’t drink alcohol. Although am okay cooking with alcohol some people are not. So there is an option in most of my recipes to use wine or stock.

Another way to make this Italian flavored chicken recipe your own is to use boneless chicken thighs.

One more thing, if you want to make this peperonata sauced chicken breast a complete meal cook your favorite shaped pasta and toss in the peperonata sauce. If your going to use this Italian bell pepper sauce for a pasta sauce double all the ingredients except for the chicken breast. Also be sure your saute pa is big enough and deep enough. Here is a link to one of my favorite deep saute pan.

> *Lastly please leave me a comment if you make this. I love hearing from you. It’s my favorite part!!!*

Ingredients

- 4 Chicken breast
- 2 Tablespoons olive oil
- 1 chopped yellow onion
- 1 Tablespoon minced garlic
- 1 diced red bell pepper
- 1 diced green bell pepper
- 2 cups cherry tomatoes
- 1 cup white wine or chicken stock
- 2 cups marinara sauce
- 1 Tablespoon Italian parsley
- 1 tablespoon mixed Italian herbs
- Salt and pepper to taste

Instructions

1. cut the chicken breast in half if thick
2. Salt and pepper the chicken

3. In 2 tablespoons of olive oil saute the chicken until brown on both sides
4. Add the onions, garlic and cherry tomatoes saute until just beginning to brown
5. Add the bell peppers saute 5 minutes
6. Deglaze the pan with 1 cup of chicken stock or white wine simmer until absorbed
7. Add the marinara sauce simmer 15 minutes longer
8. Plate the chicken pour the peperonata sauce over the top. ENJOY!!!

Béchamel Steak Pasta bake

Béchamel Steak Pasta Bake

Nothing is better than this Béchamel steak baked pasta casserole, smothered in creamy bechamel sauce.

Really though, this is the prefect pasta bake recipe for this time of year.

Growing up in the hills of Tuscany any baked pasta was my favorite.

My Mom’s pasta bakes were simple and delicious. This dish brings back memories, from when I was a kid hanging around the kitchen counter, tasting whatever Mom was cooking.

No offense Mom, but I’ve gourmet it up a bit. I love my creamy, cheese filled, béchamel smothered casserole,

Sometimes you have to put a new twist on an old classic to fit your lifestyle and taste. I kicked it up a notch by using

Béchamel sauce instead of Moms’ classic marinara .

Things to know about Bechamel sauce for this steak rigatoni pasta bake

The Bechamel sauce in this steak rigatoni pasta bake is not difficult to make, but you do need to pay attention. For success don’t leave the stove unattended, the sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering.

I used rigatoni and rib eye steak, like most of my recipes you can customize them to your lifestyle and taste.

This recipe works well with chicken, or if your going the vegetarian route leave out the meat and double up on the mushrooms and spinach.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal prefect for holiday entertaining, or if you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to. This 13 x 9 covered white casserole dish goes from oven to table, to limit the pots and pans in the sink.

The extra bonus with casserole meals, your quest can serve themselves. Set out these festive dinner napkins to set a holiday mood.

Serve this Bechamel steak pasta bake with a simple salad and crusty bread for a complete Holiday meal everyone will love!!!

If you make this Becamel rigatoni bake, be sure to leave me a comment. I love hearing from you It’s my favorite part!!!!

Ingredients

- 1 lbs. rigatoni
- 1/2 lbs. chopped rib eye steak
- 1/2 lbs. sliced mushrooms
- 3 cups chopped spinach
- 1/2 cup chopped sun dried tomatoes
- 1/2 stick of butter
- 2 tablespoons olive oil
- 1/2 chopped onion
- 1 tablespoon chopped garlic
- 1/4 cup flour
- 2 cups milk
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 cups grated parmesan
- 1 cups shredded mozzarella
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

Instructions

1. Cook rigatoni el dente saving 1 cup of the water
2. Heat the olive oil in a deep saute pan to medium heat
3. Add onion and garlic saute until tender and just beginning to brown
4. Add the mushrooms and steak saute until brown
5. Add spinach and sun dried tomatoes salt and pepper to taste
6. Remove meat mixture from pan wipe clean
7. Melt butter in the same pan
8. Stir in flour whisking continuously
9. Slowly whisk in milk, chicken stock, reserved pasta water, salt, pepper and nutmeg
10. Simmer on low heat 10 minutes stir to prevent browning

11. Return meat mixture to Bechamel
12. Add rigatoni and parmesan cheese pour into a 9 x 13 covered casserole dish
13. Top with the mozzarella cheese
14. Bake in a 375 degree oven until golden and bubbly about 30 minutes…….ENJOY

Beefy Shell Pasta Dish

Beefy Shell pasta dish

This beefy shell pasta dish is delicious and healthy full of good for you vegetables. A little secret shsssss don’t tell my family, I add chopped spinach to a lot of my recipes.

It’s a good way to get our picky eaters to eat some greens and a good place to put them is in this pasta dish recipe.

It’s a cozy family meal that comes together quick, is easy and doesn’t need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it’s real good, and that’s not even the best part, the best part ONE PAN COOKING!!!

It’s a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Beefy shell pasta

Dish

This beefy shell pasta dish recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground beef, you can go a healthier route and use chicken, or ground turkey if that s what you prefer.

It doesn’t matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family favorite in your home as it has in mine!!!!

One thing that does matter in this beefy shell pasta dish recipe, or any one pan meal is to be sure to use the right size pan to hold all the ingredients. I’ve linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it’s my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1 Lbs. lean ground beef
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. con tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme

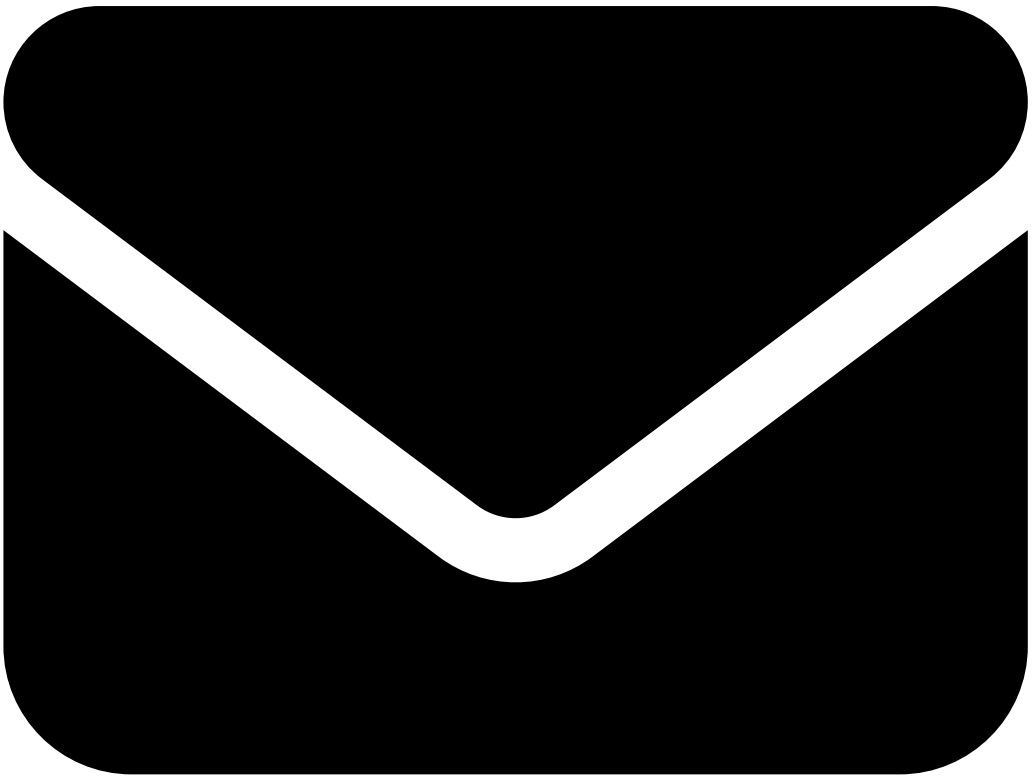
- 2 Tbs. each olive oil and butter
- **Instruction**
- 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
- Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
- Add ground beef cook until brown salt and pepper to taste
- Add tomatoes and chicken stock
- Simmer covered 15 minutes
- Add pasta simmer 15 minutes longer
- Add the parmesan cheese, spinach and herbs last 5 minutes
- Salt and pepper to taste

Crispy Italian Flavored Tacos

Crispy Italian Flavored Tacos

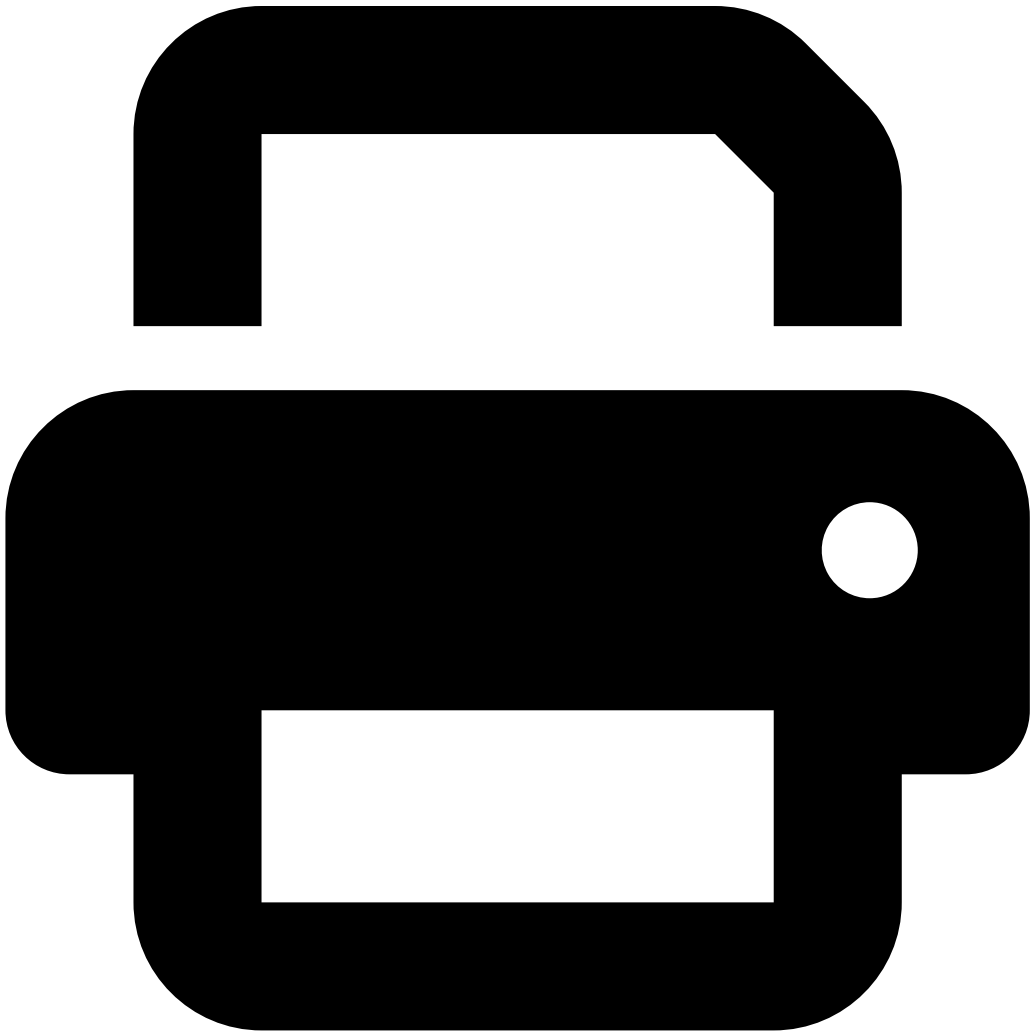
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



This crispy Italian style taco recipe combines two of my favorite flavors Italian and Mexican.
A taco recipe can be made with a variety of fillings and seasonings, including beef, pork, chicken or fish, just to name a few.

Some people want the traditional Mexican ground beef kind, and me I like to experiment with different combinations of fillings and taco shells.

I would like to say these tacos came about from a brain storm, but the truth is, my intention was to make a Philly sandwich using ground sirloin on sourdough bread until I realized I didn’t have the bread but I did have corn taco shells, a recipe is created just like that sometimes.

How I Made these Crispy Italian flavored Tacos

This crispy Italian flavored Taco recipe started like this.

First I sautéed the peppers, onions and garlic, then I added the ground sirloin, you can use any ground meat you like. Be sure not to over cook the meat, since it will be cooked twice.

Then I filled corn taco shells with the Italian flavored mixture, covered them with mozzarella cheese baked them in my toaster/air fryer until crispy and the cheese melted and golden brown.

Just like that a new recipe was created and let me just say put a few aside for yourself before serving them, these Italian inspired tacos tend to disappear quickly.

Crispy Italian Flavored Tacos



Crispy corn taco shells are filled with savory ground sirloin, sautéed peppers, onions, and marinara, then baked with melted mozzarella for a delicious Italian-inspired twist on tacos.

- 8 corn taco shells
- 1 lb ground sirloin
- 2 tbsp olive oil
- 1 tbsp butter
- 1 green and1 red bell pepper sliced

- 1 sliced yellow onion
- 1 tbsp minced garlic
- 1 cup shredded mozzarella
- 1 cup prepared marinara

1. In a large saute pan over bring the olive oil and butter to medium high
2. Add the onions, bell peppers and garlic saute until tender and just beginning to brown
3. Add the ground sirloin saute until brown salt and pepper
4. Add the marinara and mix well
5. Divide beef mixture among the taco shells in a oven proof casserole dish
6. Bake in a 375 degree oven for 15 minutes add the cheese last 5 minutes

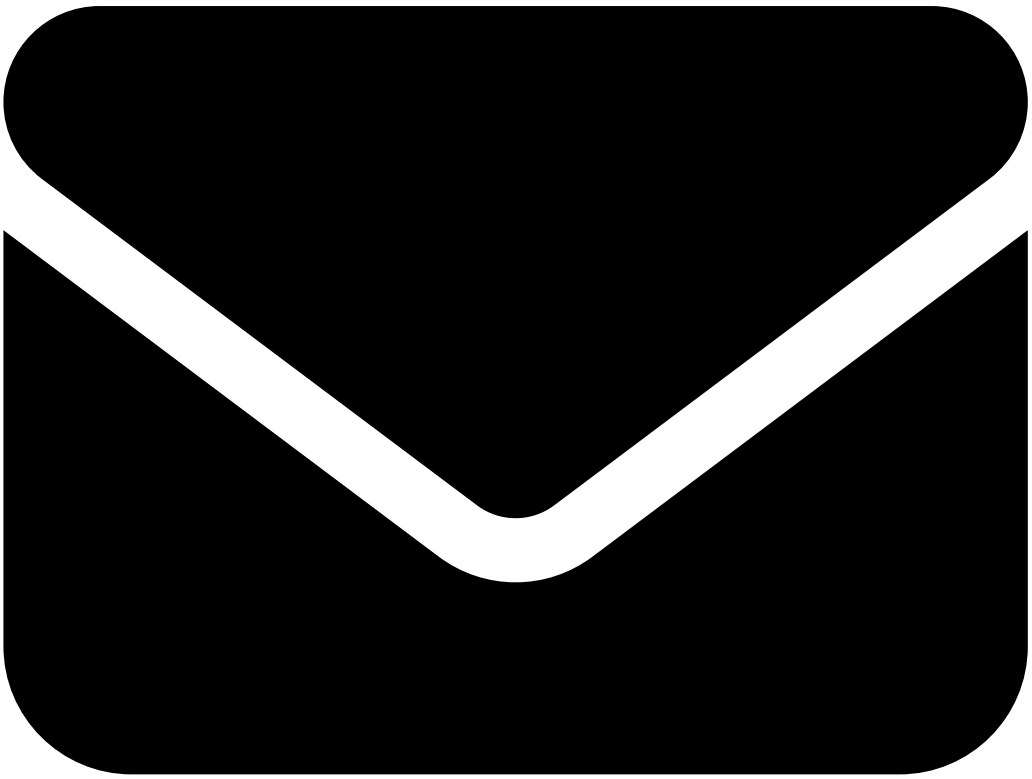
---

Italian Pork Medallions Picatta

Italian Pork Medallions Picatta

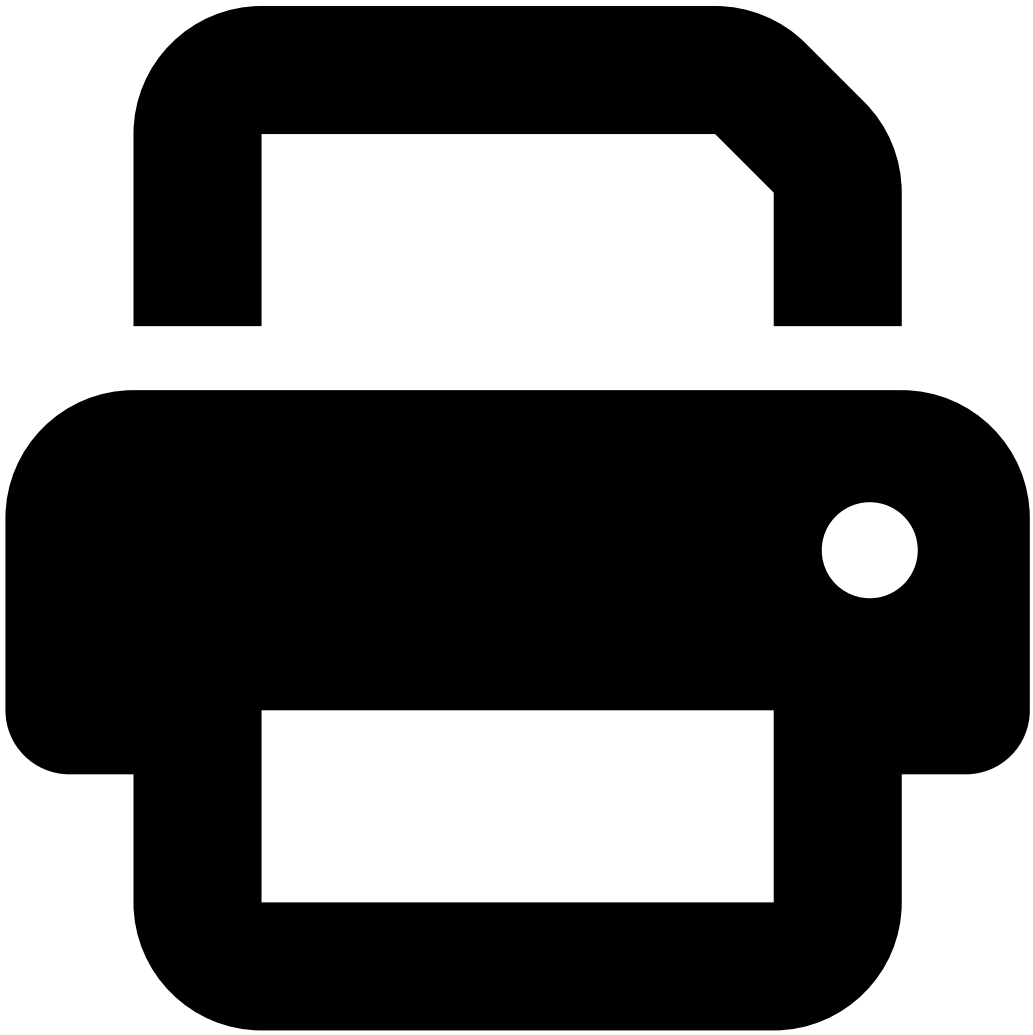
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



This Italian pork medallion Picatta is the Italian version of German schnitzel.
Thin slices of pork are breaded, then perfectly fried to a golden deliciousness, and covered with a lemony, caper traditional Italian picatta sauce.

This Italian pork medallion picatta recipe may sound intimidating, it’s not!! All you need is a prep plan and a large saute pan to make this restaurant quality meal everyone will love!!

3 Tips for success in this Italian Pork medallion picatta recipe

Tip number 1. when you make this Italian pork medallion picatta, pound the medallions the same thickness to insure even cooking.

Number 2. I find if you refrigerate the pork medallions after breading for at least 1 hour the breading sticks to the meat better.

And tip number 3. be sure the pan and oil are hot before dropping the meat. Nothing kills a crispy crust more than frying in oil that’s the wrong temperature.

Last let me know how this Italian Flavored pork medallion picatta recipe works out for you.

Please leave me a comment I love hearing from you!!!

Italian Pork Medallions Piccata



Golden breaded pork medallions are served with a tangy lemon, caper, and white wine sauce for a flavorful Italian-inspired dish with a crisp, savory coating.

- 2 lb boneless pork chops
- 2 cups Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 eggs slightly beaten
- ½ cup capers
- ⅓ cup freshly squeezed lemon juice
- 1 cup chicken stock or white wine
- 2 tbsp each butter and extra virgin olive oil
- 2 tbsp chopped Italian parsley
- salt and pepper to taste

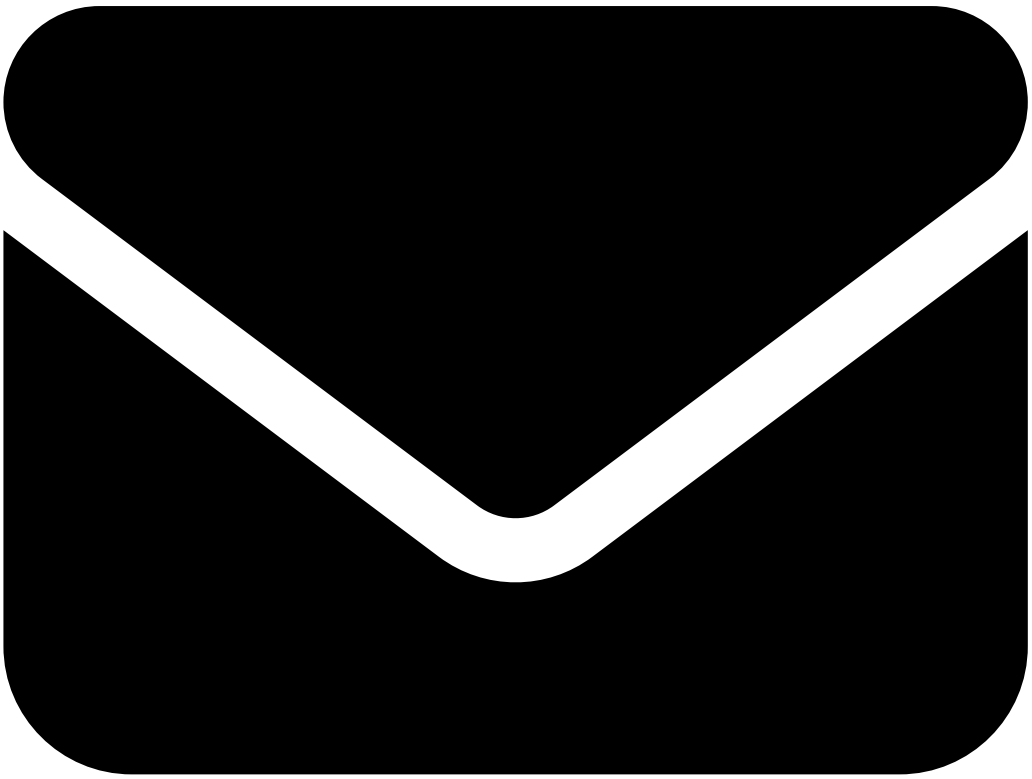
1. Pound the pork chops thin then salt and pepper
2. Mix the breadcrumbs. parmesan and Italian parsley together
3. Dip the chops first in the egg then in the bread crumb mixture
4. Bring the butter and olive oil to medium heat
5. Fry the chops about 3 to 5 minutes per side or until golden brown and cooked through. Then remove and set aside
6. To the same saute pan add the garlic saute until tender and just beginning to brown
7. Deglaze the pan with the chicken stock or white wine scraping up all the brown bits at the bottom
8. Add the lemon juice simmer until sauce thickens about 10 minutes
9. Add the capers simmer a few minutes longer
10. Pour picatta sauce over pork medallions

Garden Pesto Bruschetta Pizza

Garden Pesto Bruschetta Pizza

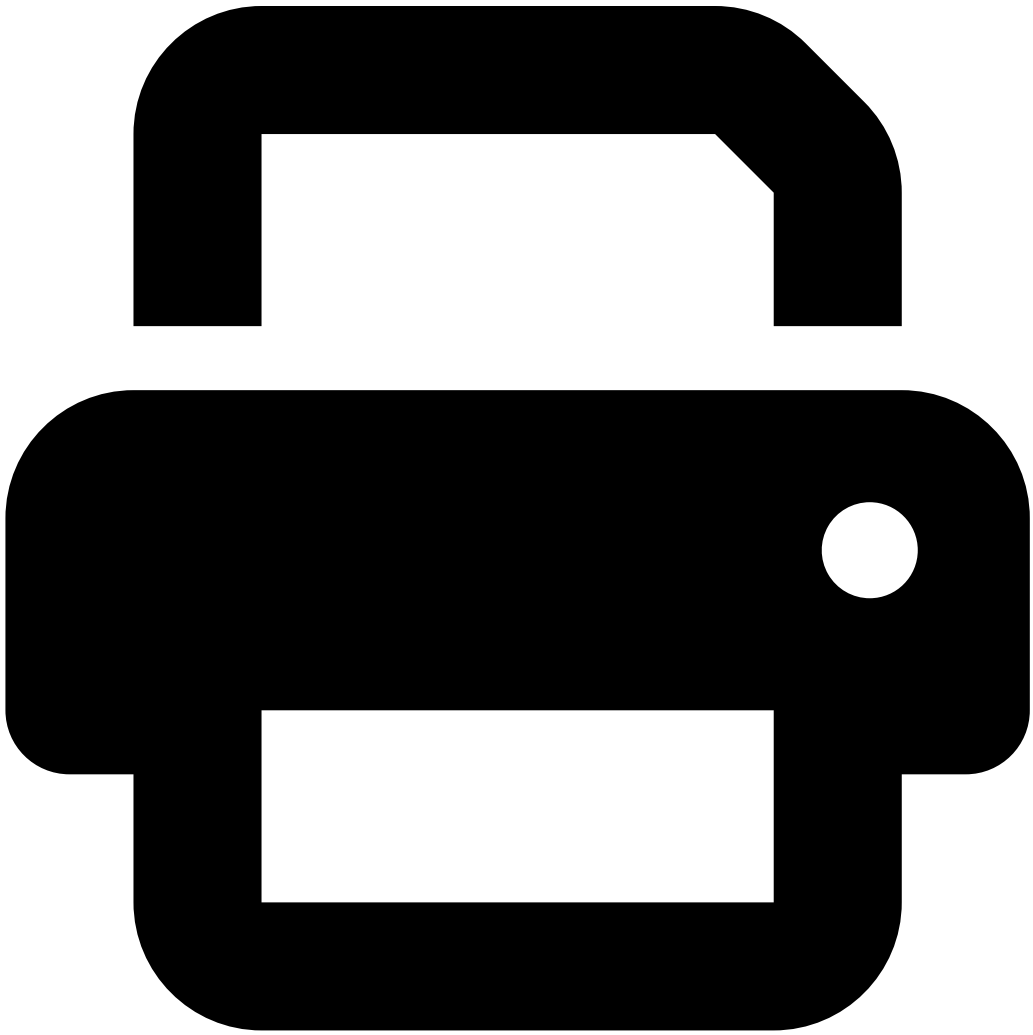
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



This garden Pesto bruschetta Pizza is easy and quick when you use some store- bought ingredients.
I love pizza just about as much as I love pasta, and for almost the same reasons.

Just like pasta pizza is versatile and if you use some store bought ingredients it’s easy and quick Too!! With pizza It’s all about the topping. Although topping combinations are endless I like to top my pizzas with simple in season ingredients.

This pesto bruschetta pizza uses few ingredients, but don’t let that fool you into thinking it’s flavorless, it’s not, in fact it’s so full of flavor, it should come with a warning sign!!! Addicting!!!

3 Tips for Delicious results When Making this Garden Pesto Bruschetta Pizza

First tip when making any pizza is the crust has to be good. In this Garden Pesto Bruschetta Pizza recipe I used a good quality pizza crust imported from Italy. You can use your favorite store bought crust or you can make your own if you want to go that route.

Second, after the crust, the main ingredient in this bruschetta pizza recipe is tomatoes. And although using garden tomatoes produces the best taste, you can find tasty tomatoes every where when they are in season.

And third, to prevent a soggy crust I like to precook it, for 5 to 10 minutes before topping it, to prevent a soggy crust.

One more thing please leave me a comment if you make this easy Pesto Bruschetta Pizza. I love hearing from you, it’s my favorite part!!!

Garden Pesto Bruschetta Pizza



Pesto-topped pizza crust is layered with fresh tomatoes, creamy mozzarella, basil, garlic, and Parmesan, then baked until golden for a vibrant garden-inspired pizza.

- 1 store bought pizza crust
- ½ cup my walnut pesto sauce or your favorite pesto
- 3 to 4 tomatoes of your choice thinly sliced
- 8 oz fresh mozzarella balls
- 2 tbsp chopped garlic
- ½ bunch chopped basil
- 2 tbsp extra virgin olive oil
- 1 cup grated parmesan cheese
- Salt and pepper to taste

1. Spread the prepared pizza crust with the pesto
2. Line with the tomatoes overlapping
3. Randomly place the mozzarella balls
4. Drizzle with the olive oil
5. Top the grated cheese and basil salt and pepper to taste
6. Bake in a preheated 400 degree oven for 15 to20 minutes or until the cheese is melted and the crust is golden brown

---

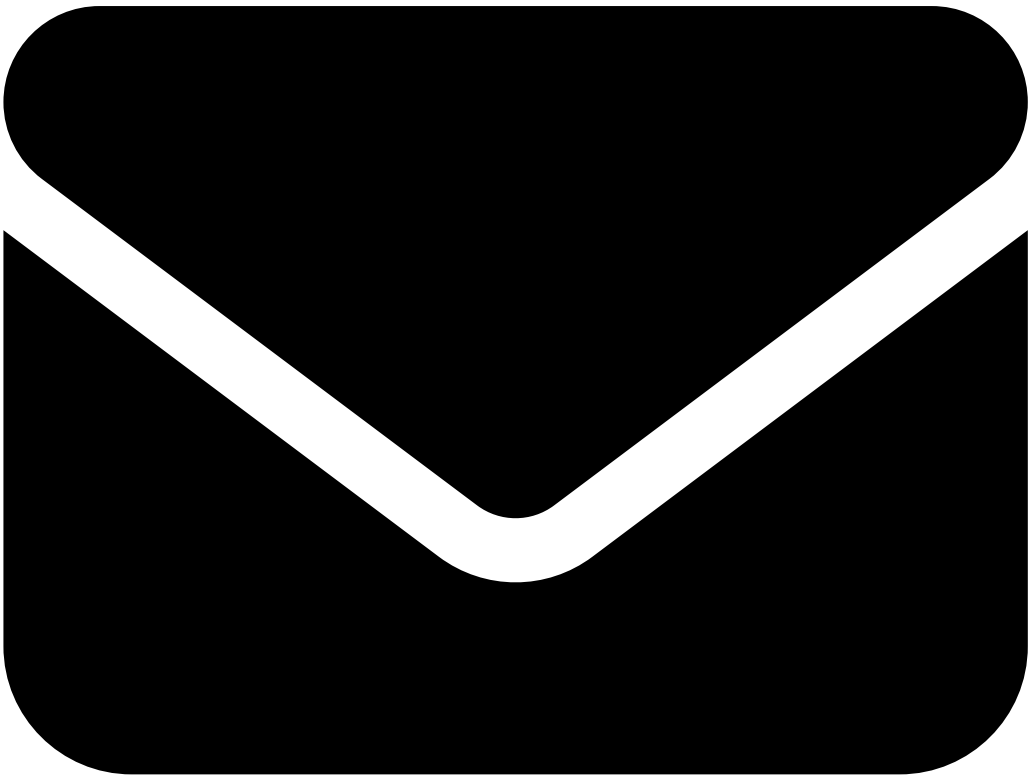
Broken Lasagna Beef Stroganoff

Broken Lasagna Beef Stroganoff

This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my

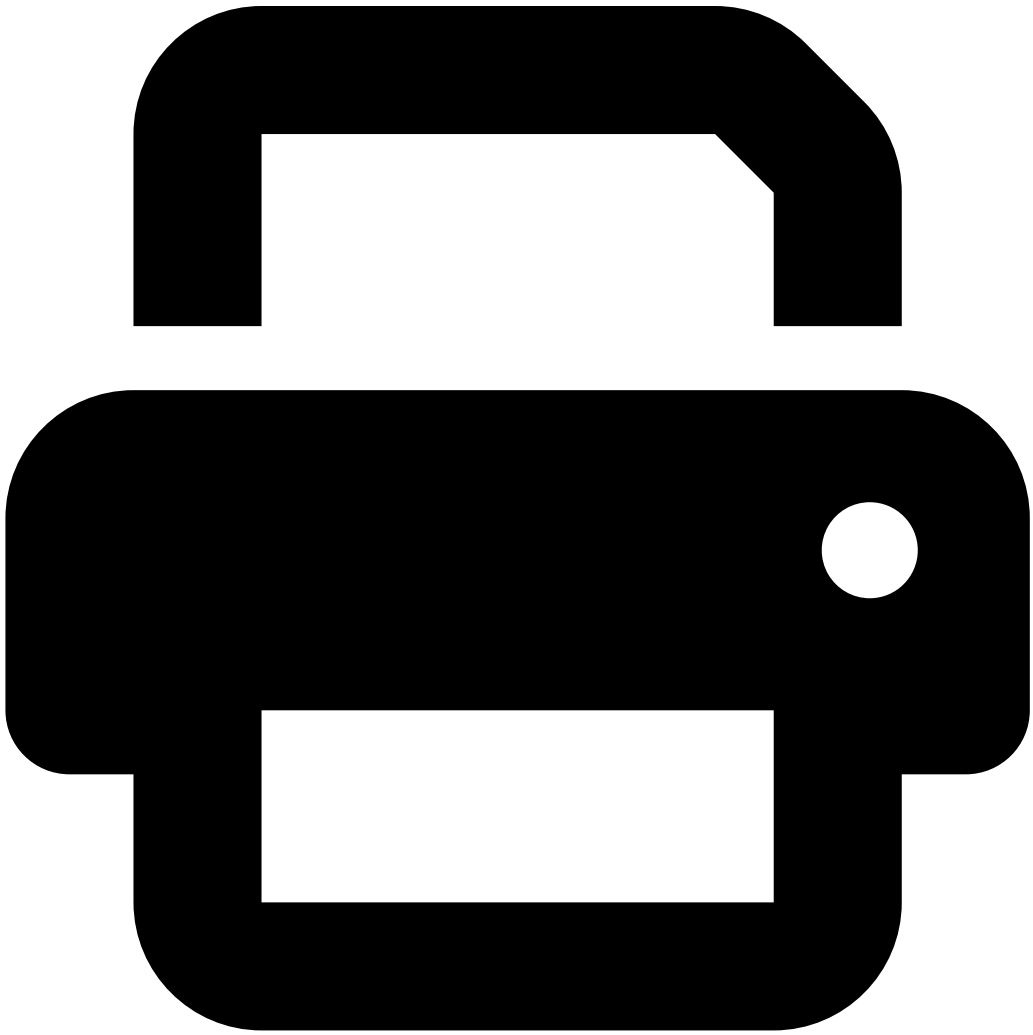
disclosure policy.








SMS



This broken lasagna beef stroganoff is satisfying comfort food. It is easy to make and can be on your table in 30 minutes.
Broken lasagna noodles, melt in your mouth beef sirloin steak strips, in a yogurt, cremini mushroom sauce full of delicious flavors everyone will love.

This beef stroganoff is easy enough for busy weeknight family meals and fancy enough for Saturday date night or dinner with friends.

How this beef stroganoff recipe was inspired

I can’t tell you how many times dinner presents itself in pasta being the inspiration.

This broken lasagna beef Stroganoff recipe was inspired by me

peeking into my pasta pantry and fridge to see what's inside……

In the pasta pantry I found a half full box of lasagna noodles, in the fridge sirloin tip steak and cremini mushrooms, I was planning on using for a different recipe. What I have on hand usually determines what shows up in a recipe.

So if you don't have a half box of curly lasagna noodles use traditional egg noodles or what you find in your pantry. I normally use plain Greek yogurt when a recipe calls for sour cream, you can use whatever fits your lifestyle and taste or have on hand.

I don't like waste or having to run to the store for a certain shape pasta or specific cuts of similar beef. This stroganoff recipe is truly easy to make, using ingredients many of use have on hand.

For the beef in this recipe I used top sirloin tips or you can use beef tenderloin. The mushrooms are variable too, if you don't have cremini use white button mushrooms.

The important thing about cooking is to remember, quality ingredients produces delicious results.

Please leave me a comment if you make this Broken Lasagna Beef stroganoff. I love hearing from you, it's my favorite part!!!!

Broken Lasagna Beef Stroganoff



Tender sirloin, cremini mushrooms, and broken lasagna noodles are tossed in a creamy beef broth sauce with Greek yogurt and fresh parsley for a comforting twist on classic stroganoff.

- ½ lb broken lasagna noodles
- 1 lb Sirloin steak tips
- ¼ cup flour
- 8 oz sliced cremini mushrooms
- 1 cup plain Greek yogurt
- ½ chopped yellow onion
- 2 tbsp chopped garlic
- 2 tbsp chopped Italian parsley
- Salt and pepper to taste
- 2 tbsp each olive oil and butter
- 2 cups beef broth
- 1 tbsp Worcestershire sauce
- 1 can reserved pasta water

1. Randomly break the lasagna noodles cook according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery mushrooms saute until golden about 5 minutes
7. Add the beef broth, resevered pasta water and Worcestershire sauce scraping up the brown bits
8. Simmer covered 25 minutes add the yogurt the last 10 minutes
9. Toss pasta with sauce heat through sprinkle with Italian parsley