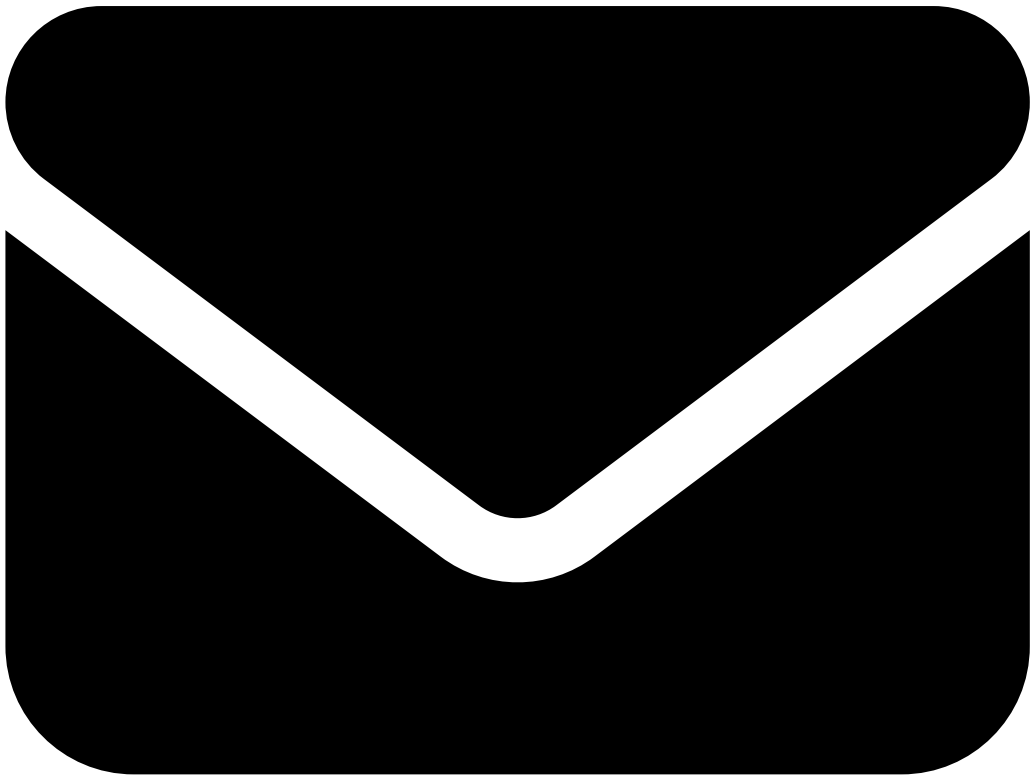


How to make ricotta gnocchi

How to make ricotta gnocchi

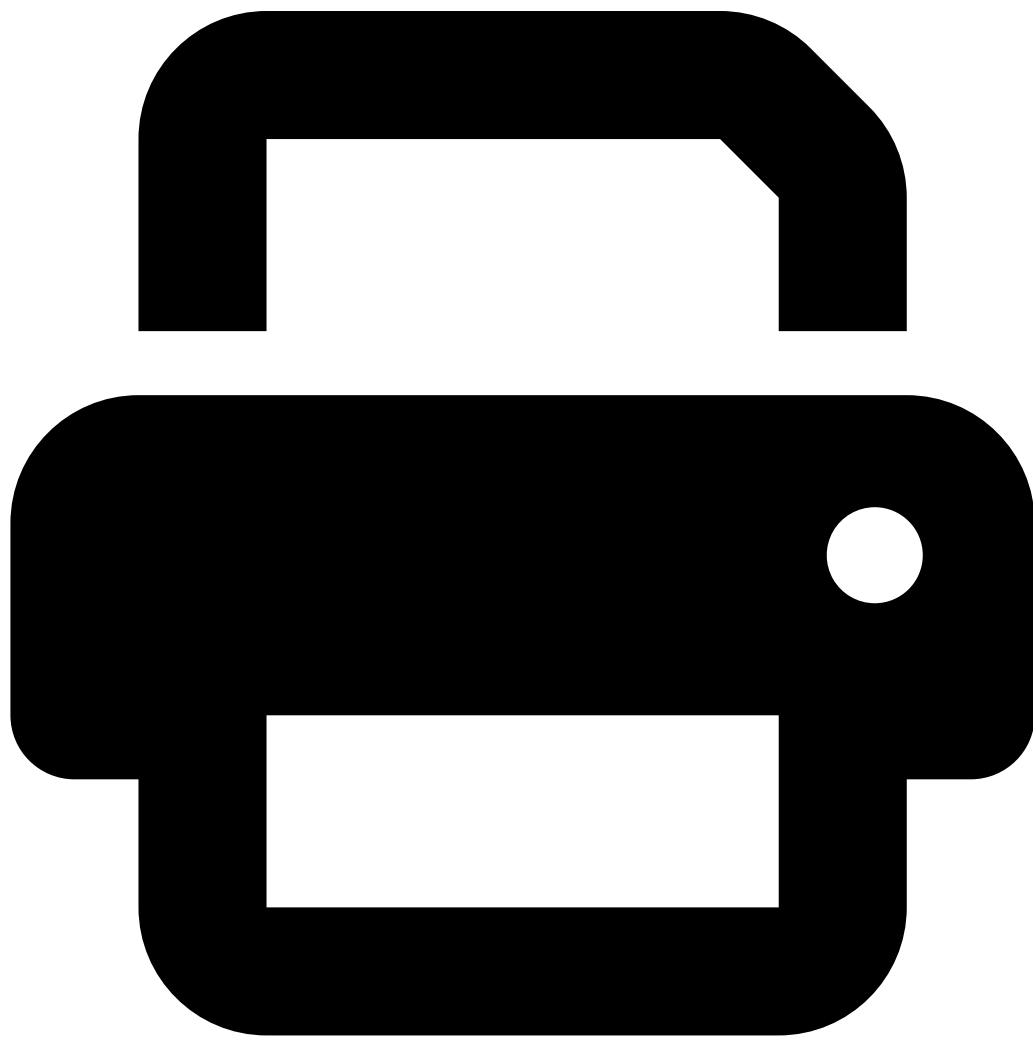
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In my restaurant days, we made gnocchi in every style you could imagine—potato, spinach, ricotta—and we'd prepare them in big batches, freeze them, and cook them to order so they were always perfectly tender. Out of all the variations, ricotta gnocchi have always been my favorite for their light, pillowy texture and delicate flavor. In this recipe, I'm keeping things simple and seasonal by serving them with a fresh summer tomato sauce made from ripe, juicy tomatoes. It's an easy and comforting dish that comes together quickly, yet feels special enough for a Sunday dinner.

Things to know about this how to make ricotta gnocchi

- **Drain the ricotta well** – Too much moisture makes the dough sticky and heavy. Strain it for at least 2 hours (overnight is even better).

- **Flour ratio matters** – Start with less flour and add only as much as needed. Too much flour makes dense gnocchi; too little and they'll fall apart.
- **Do the test gnocchi** – Drop one piece into simmering water. If it floats and holds together, your dough is ready. If it falls apart, mix in a little more flour.
- **Freeze for later** – Just like we did in the restaurant, you can freeze gnocchi on a sheet pan, then transfer to a bag once firm. Cook straight from frozen.
- **Sauce pairings** – Ricotta gnocchi are light and delicate, so they shine with equally light sauces:
 - Fresh summer tomato sauce (as I used in this recipe)
 - Brown butter and sage for a nutty, comforting flavor
 - Lemon cream sauce for a bright and elegant twist
 - Love gnocchi as much as I do? Try my **4-Ingredient Potato Gnocchi** recipe—another classic, simple to make, and just as delicious!

Looking for the perfect finish? Pair your ricotta gnocchi with one of my favorite sauces: **Fresh Summer Tomato Sauce**.

Ricotta Gnocchi Recipe



- 1 pound 450 g ricotta cheese, well drained
- 1 large egg
- $\frac{1}{2}$ cup 50 g grated Parmigiano Reggiano
- $\frac{3}{4}$ –1 cup 90–120 g all-purpose flour, plus more for dusting
- $\frac{1}{2}$ teaspoon salt
- Pinch black pepper
- Pinch nutmeg (optional)

1. Drain the Ricotta

Place ricotta in a fine mesh strainer or wrap in cheesecloth.

Let it drain in the fridge for at least 2 hours (overnight is best).

2. Make the Dough

In a bowl, mix ricotta, egg, Parmesan, salt, pepper, and nutmeg until smooth.

Add $\frac{3}{4}$ cup flour and gently fold together. The dough should be soft but not sticky.

3. Test the Dough

Bring a small pot of salted water to a gentle simmer.

Roll a small piece of dough into a ball and drop it in.

If it holds together and floats, the dough is ready. If

it falls apart, add a bit more flour (1 Tbsp at a time) and retest.

4. Shape the Gnocchi

Lightly flour a work surface. Divide dough into 4 pieces.

Roll each piece into a rope about $\frac{1}{2}$ inch thick.

Cut into 1-inch pieces. Optional: roll each piece over a fork or gnocchi board for ridges.

5. Cook the Gnocchi

Bring a large pot of salted water to a gentle boil.

Drop in gnocchi in batches, stir once, and cook until they float (1–2 minutes).

Remove with a slotted spoon directly into your warmed sauce.

6. Serve

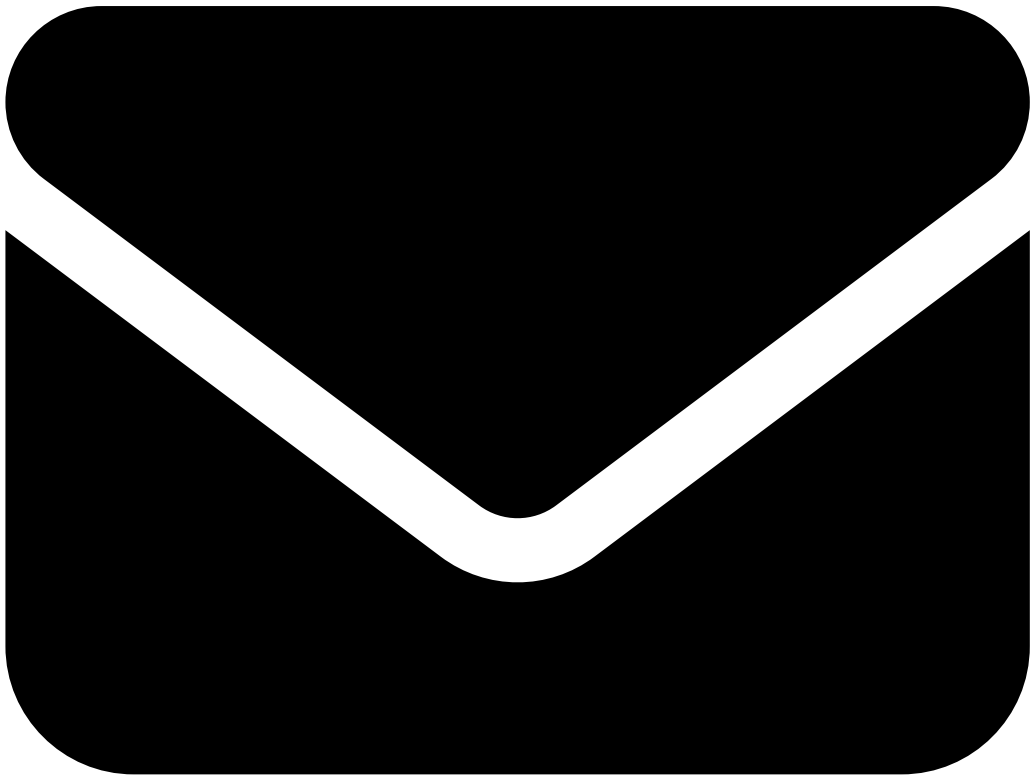
Toss gently in sauce and serve immediately with extra Parmesan.

Sugo Crudo – No-Cook Italian Tomato Sauce

Sugo Crudo – No-Cook Italian Tomato Sauce

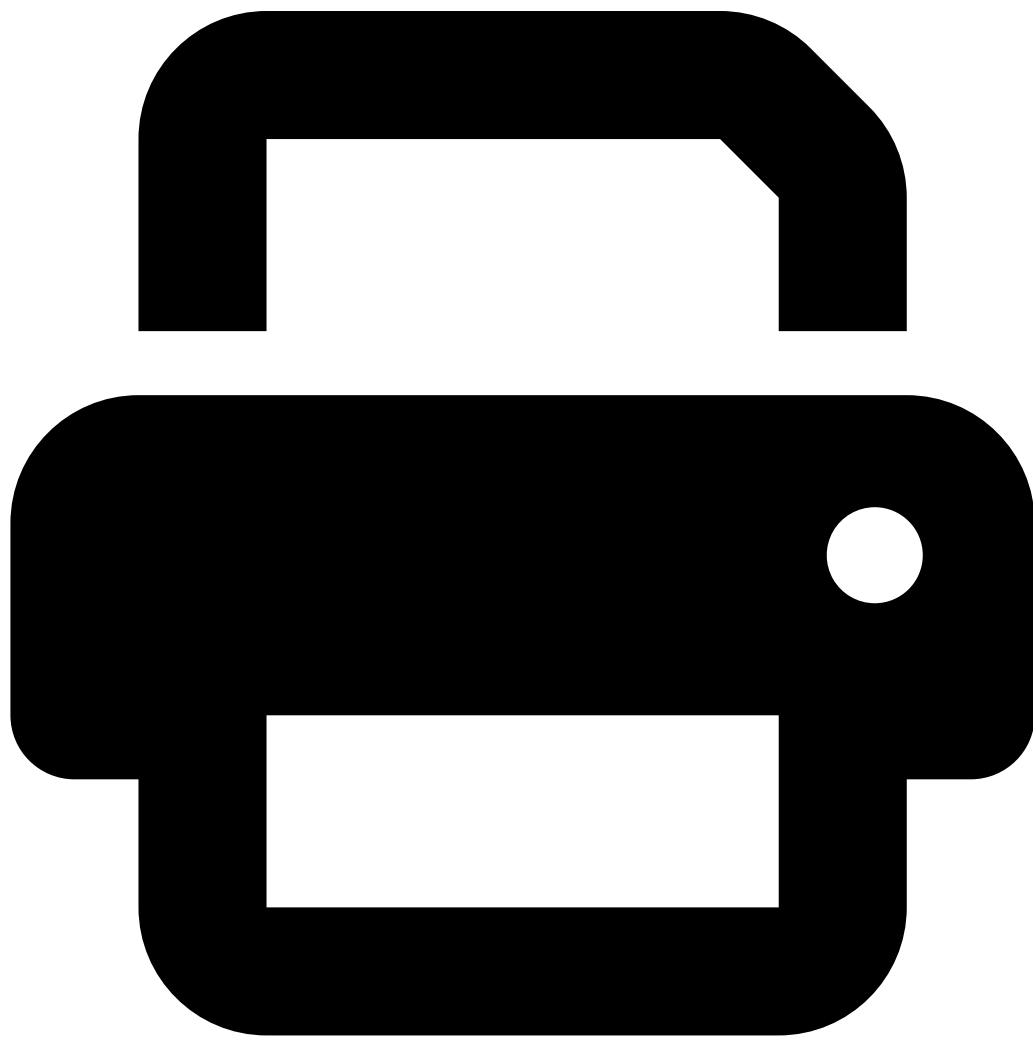
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In Italy, *sugo crudo* – meaning “raw sauce” – is a summertime favorite that captures the very essence of fresh, ripe tomatoes. Sweet, juicy tomatoes are paired with fragrant basil, garlic, and rich extra virgin olive oil for a pasta dish that’s as 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

- **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!

Sugo Crudo – No-Cook Italian Tomato Sauce



Sugo Crudo is a classic Italian raw tomato sauce made with ripe summer tomatoes, fresh basil, garlic, and extra virgin olive oil. Tossed with hot pasta, the heat gently warms the sauce, creating a light, vibrant dish that's bursting with fresh flavor. This authentic Italian recipe is quick, easy, and perfect for making the most of tomato season.

- 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)
- 12 oz. pasta (your favorite short pasta shape)
- 1 cup mozzarella pearls or balls cut in half

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.

6. 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.

7. Serving Suggestion

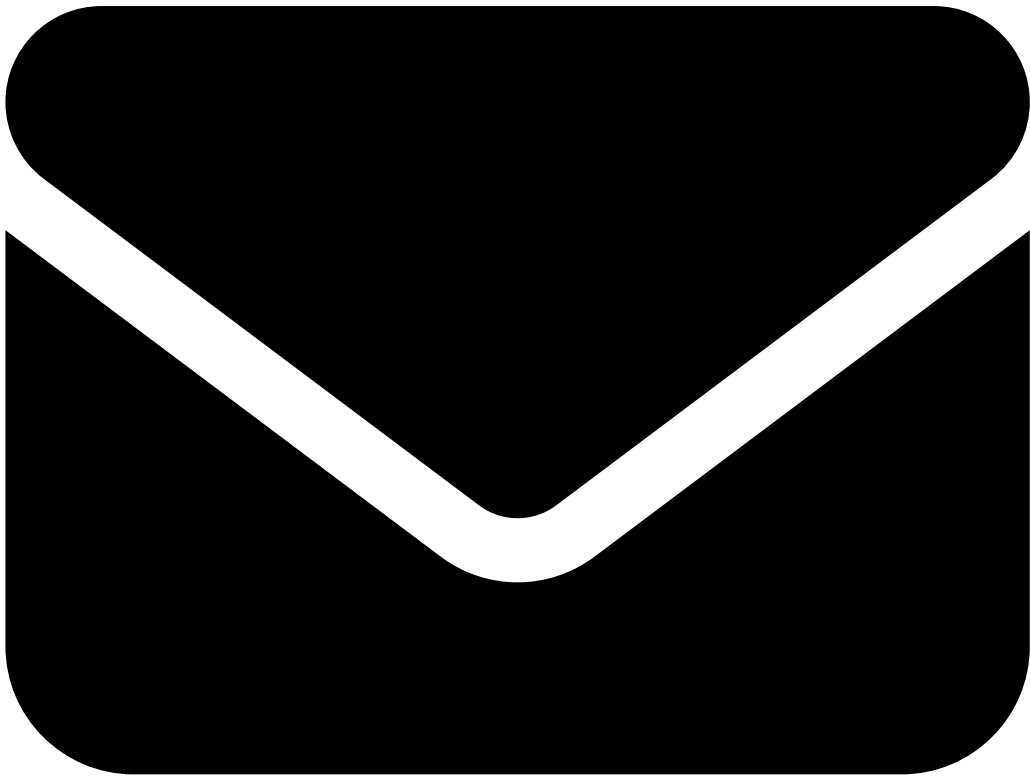
Perfect for a light summer lunch with chilled white wine, a crisp salad, and bread for soaking up every drop.

Ciambotta with Chicken – Italian Vegetable Stew

Ciambotta with Chicken – Italian Vegetable Stew

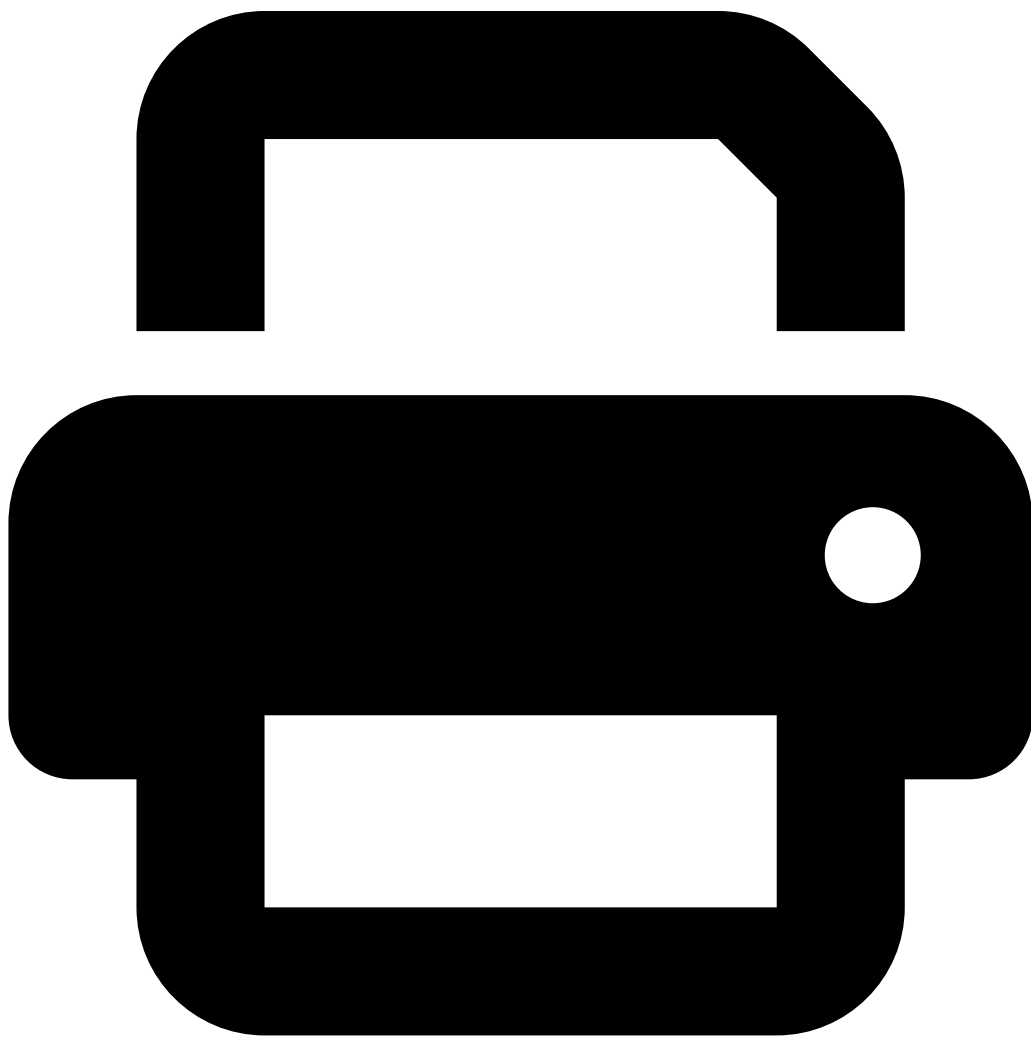
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Every summer, my mother would make a big pot of ciambotta – the rustic Italian vegetable stew that filled our home with the aroma of fresh herbs and slowly simmering garden vegetables. **First**, she would gather whatever was ripe from the garden – zucchini, eggplant, peppers, and tomatoes. **Then**, she would let them cook gently until the flavors melded together into pure comfort.

In this version, I add tender chicken breast for extra heartiness. **However**, the beauty of ciambotta is how adaptable it is. **Whether** you use vegetables from your own garden **or** pick them up at the market, you'll always end up with a wholesome, flavorful meal. **For even more richness**, you can swap in Italian sausage **or** combine it with chicken for a complete one-pan Italian dinner everyone will love.

Things to know about this Ciambotta with Chicken – Italian Vegetable Stew

You said:Origin & Tradition

Ciambotta is a classic Southern Italian vegetable stew, especially popular in regions like Campania and Calabria. Traditionally, it's a simple, rustic dish made with seasonal vegetables simmered together to create a comforting, hearty meal.

Customizable Vegetables

The beauty of Ciambotta lies in its flexibility – you can use whatever fresh vegetables are in season or available. Common ingredients include eggplant, zucchini, bell peppers, tomatoes, potatoes, and onions.

Protein Options: Chicken or Sausage

Chicken adds a mild, tender protein that soaks up the flavors beautifully, while Italian sausage brings a richer, spiced, and heartier element to the stew. You can choose either, or combine both for extra depth.

Flavor Profile

This stew is seasoned with garlic and fresh herbs like basil and oregano, sometimes with a splash of red wine or vinegar for added depth. Olive oil and ripe tomatoes give it a rich, savory base.

Cooking Method

Everything is simmered slowly, allowing the flavors to meld. The chicken or sausage can be browned first for extra flavor or cooked directly in the stew.

Serving Suggestions

Ciambotta with chicken or sausage can be enjoyed on its own as

a hearty main dish or served alongside crusty bread or creamy polenta to soak up the delicious sauce.

Healthy & Comforting

This nutritious dish is packed with vegetables and protein, perfect for a cozy family meal.

Personal Touch

Many families, like my mother's, have their own twist on Ciambotta – the choice of vegetables, herbs, or protein makes it special and personal every time.

If you love this Ciambotta with Chicken – Italian Vegetable Stew, try these other fresh and flavorful summer sides:

Grilled Peach Caprese Salad

Juicy peaches, summer tomatoes, fresh mozzarella, and basil drizzled with simple balsamic.

Crispy Cauliflower Bites

Crunchy, savory veggie bites that everyone will love.

Ciambotta with Chicken – Italian Vegetable Stew



- 2 boneless (skinless chicken breasts (about 1 lb), cut into bite-sized pieces)

- 2 tablespoons olive oil
- 1 medium onion (diced)
- 3 garlic cloves (minced)
- 1 bell pepper (diced)
- 1 medium eggplant (about 1 lb, diced)
- 2 medium zucchini (about 12 oz, diced)
- 2 medium potatoes (about 10 oz, diced)
- 2 cups chopped tomatoes (or 1 can/14 oz diced tomatoes)
- 1 cup chicken broth
- 1/2 cup red wine
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon crushed red pepper flakes (optional)
- salt and pepper to taste
- Fresh parsley or basil (chopped, for garnish)

1. Prep the chicken: Season chicken breast pieces with ½ teaspoon salt and ¼ teaspoon black pepper.
2. Brown the chicken: Heat 1 tablespoon of olive oil in a large Dutch oven or heavy pot over medium-high heat. Add the chicken and cook for 4–5 minutes, until lightly golden but not fully cooked through. Remove and set aside.
3. Sauté aromatics: Add the remaining tablespoon of olive oil to the pot. Stir in the onion and cook for 3 minutes until softened. Add garlic and cook for 30 seconds until fragrant.
4. deglaze the pan with the red wine waiting until fully absorbed before proceeding
5. Add vegetables: Stir in the bell peppers, eggplant, zucchini, and potatoes. Cook for 5–6 minutes, stirring occasionally, until the vegetables begin to soften.
6. Build the stew: Add the cherry tomatoes (or canned tomatoes), chicken broth, oregano, basil, crushed red pepper flakes (if using), and remaining salt and pepper. Stir well, scraping up any browned bits from the bottom.

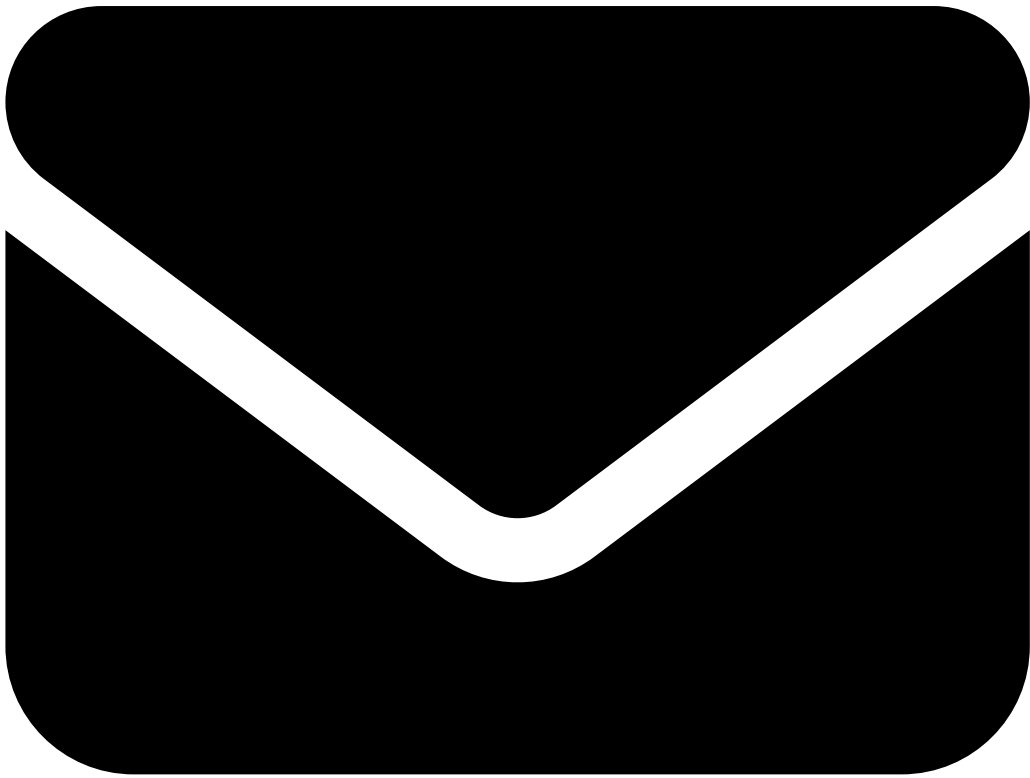
7. Simmer: Return the chicken to the pot. Bring to a gentle simmer, cover, and cook for 20–25 minutes, stirring occasionally, until the vegetables are tender and the chicken is cooked through.
 8. Finish & serve: Taste and adjust seasoning if needed. Garnish with fresh parsley or basil. Serve hot with crusty bread to soak up the flavorful sauce
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Peach Caprese Salad with Fresh Mozzarella

Peach Caprese Salad with Fresh Mozzarella

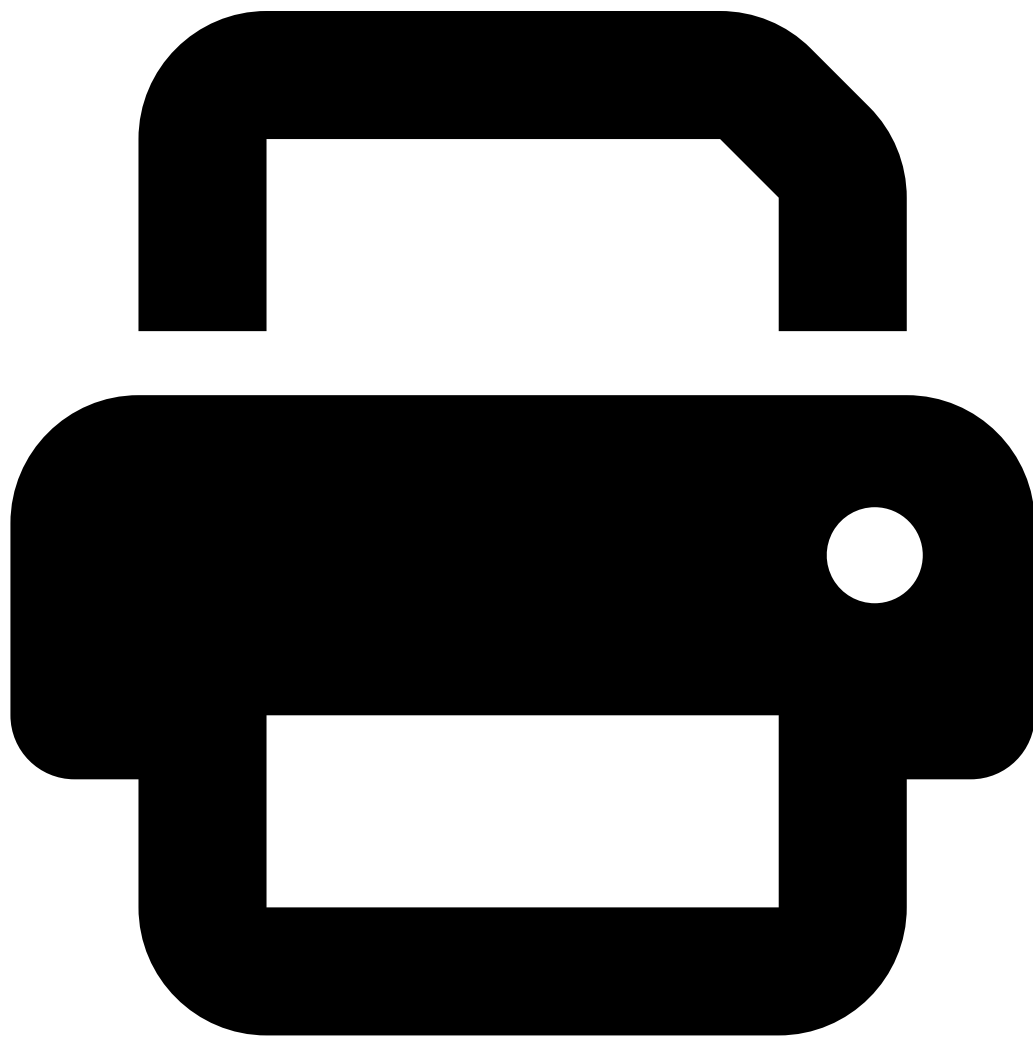
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When our peach tree bursts into sweet, golden fruit each summer, I can't resist finding new ways to enjoy them. This **Peach caprese salad with Fresh Mozzarella** is my Italian-inspired twist on a caprese, swapping tomatoes for juicy peaches kissed 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)

Grilled Peach Caprese Salad with fresh mozzarella



- 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)

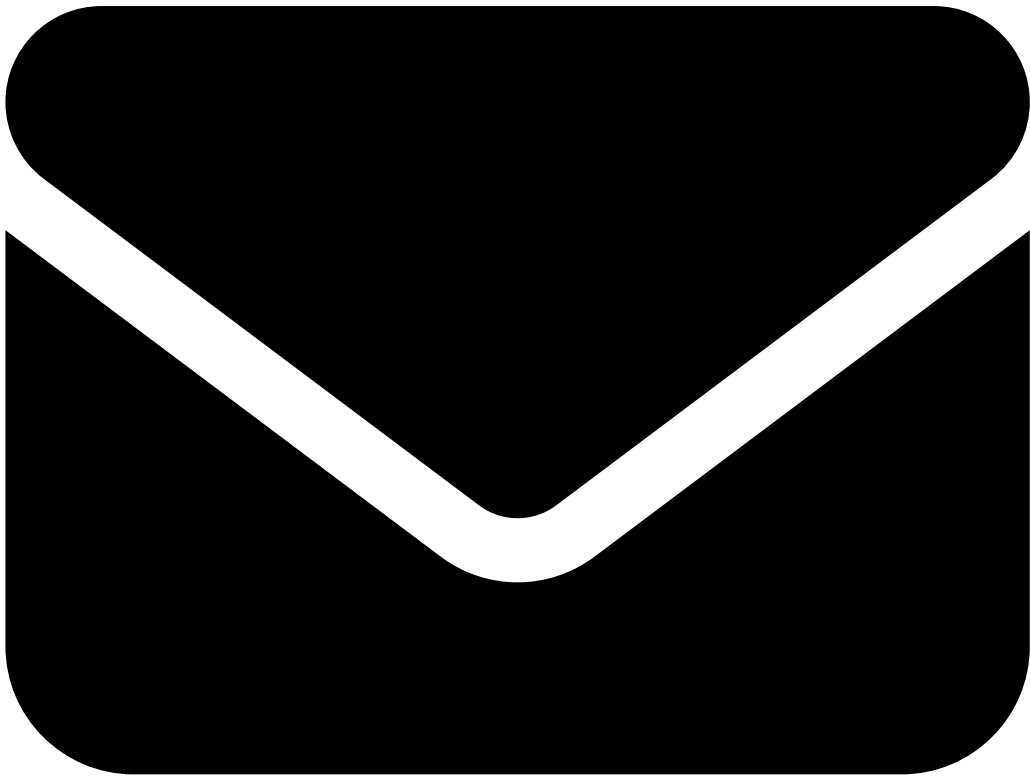
1. Preheat your grill (or grill pan) to medium-high heat.
 2. Prepare the peaches: Brush the peach halves lightly with olive oil. Place them cut-side down on the grill and cook for about 3-4 minutes until you get nice grill marks and the peaches are slightly softened. Remove and let cool slightly, then 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 sweet
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Crispy Italian Fried Cauliflower with Marinara

Crispy Italian Fried Cauliflower with Marinara

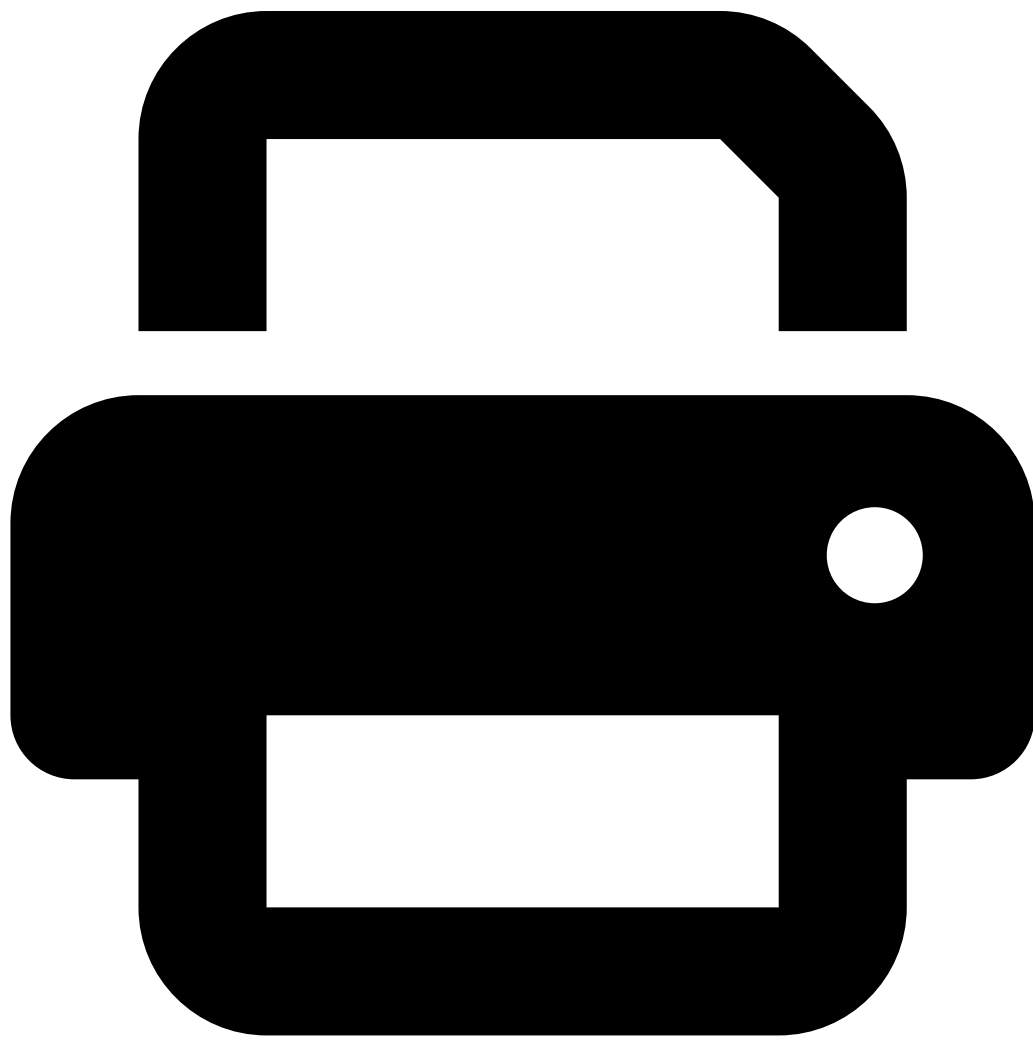
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In Italy, a *fritto misto* platter is the ultimate celebration of golden, crunchy bites – a mix of fried vegetables, seafood, and savory morsels served hot and fresh. This **crispy Italian fried cauliflower** makes a delicious addition to that tradition. The cauliflower is first blanched in salted water for a tender interior, then coated in a light, garlic-and-herb batter and fried until irresistibly crisp. Served with warm marinara sauce for dipping, it's the perfect antipasto to share with friends, or to pair alongside fried zucchini, artichokes, or calamari for your own homemade *fritto misto* experience.

Things to Know About Crispy Italian Fried Cauliflower with Marinara

1. It's inspired by Italian *fritto misto*.

This recipe takes a cue from *fritto misto*, the Italian tradition of serving a variety of lightly battered and fried vegetables or seafood as part of an antipasto platter.

2. Blanching is the secret to perfect texture.

A quick dip in boiling salted water softens the cauliflower just enough so the inside is tender while the outside fries up crisp.

3. Sparkling water makes the batter light.

Using cold sparkling water instead of still water adds tiny air bubbles, creating a delicate, airy crunch.

4. Garlic and herbs give it Italian flair.

The batter is seasoned with garlic powder, paprika, and a pinch of herbs for a subtle Mediterranean flavor that pairs beautifully with marinara.

5. Serve immediately for best results.

Like most fried foods, these are at their crispiest straight from the oil. Arrange them on a warm platter and serve with marinara for dipping.

6. It's perfect for entertaining.

Whether you make it as a stand-alone appetizer or as part of a larger fried platter with zucchini, mushrooms, and calamari, this dish is a crowd-pleaser. For a full Italian-inspired spread, pair it with my Shrimp Oreganata or Spinach Ricotta Balls

Crispy Cauliflower Batter Recipe



- 1 medium head cauliflower

- 1 cup all-purpose flour
- 1/3 cup cornstarch (for extra crispiness)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika (or regular paprika)
- salt and pepper to taste
- 1 cup cold sparkling water (or more, as needed)
- Optional: pinch of cayenne pepper or chili flakes for heat
- olive oil for frying

1. Prep the cauliflower:
2. Cut 1 medium head of cauliflower into florets. Rinse and pat dry thoroughly.
3. Blanch the cauliflower:
4. Bring a large pot of salted water to a boil. Add the cauliflower florets and cook for 2–3 minutes, just until slightly tender but still firm. Drain well and pat completely dry with paper towels.
5. Make the batter:
6. In a large bowl, whisk together the flour, cornstarch, baking powder, salt, and spices. Slowly add the cold sparkling water, whisking until smooth. The batter should be thick enough to coat the florets but still drip slightly – like pancake batter.
7. Coat the florets:
8. Dip each floret into the batter, letting any excess drip off.
9. **Fry or bake:**

To fry: Heat the oil to 350°F (175°C). Fry florets in batches for 3–5 minutes, or until golden and crispy. Drain on paper towels.

To bake: Preheat oven to 425°F (220°C). Line a baking sheet with parchment. Place battered florets on the

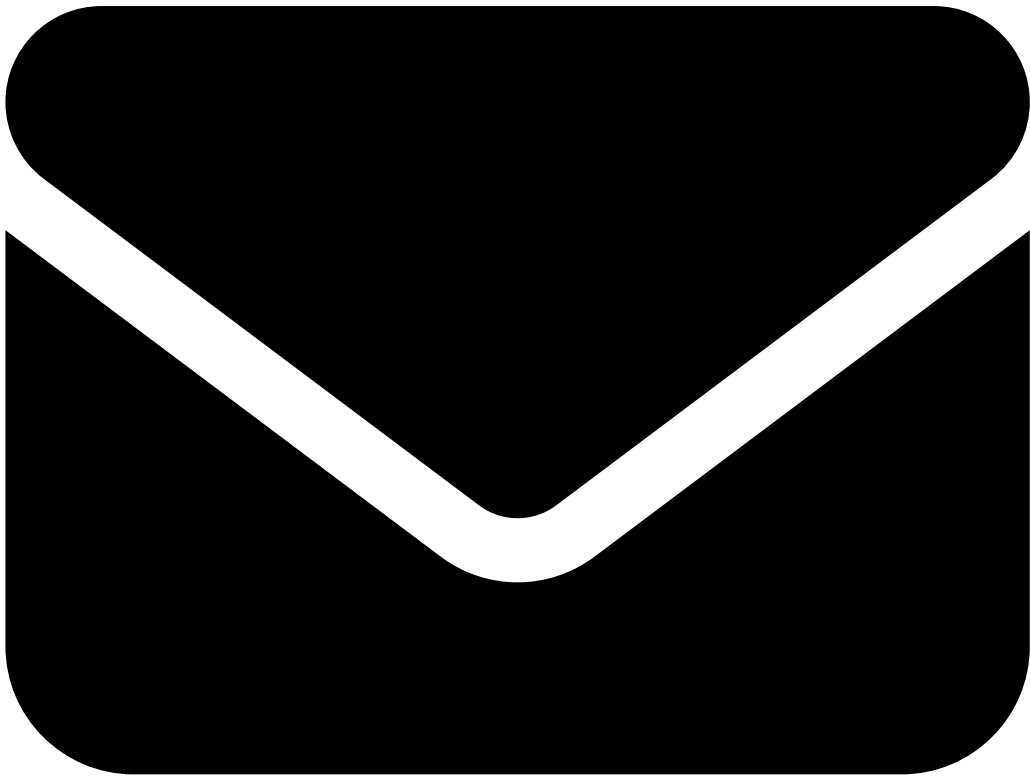
sheet and spray with oil. Bake for 25–30 minutes, flipping halfway, until golden and crisp.

Easy Italian Lemon Garlic Shrimp Recipe

Easy Italian Lemon Garlic Shrimp Recipe

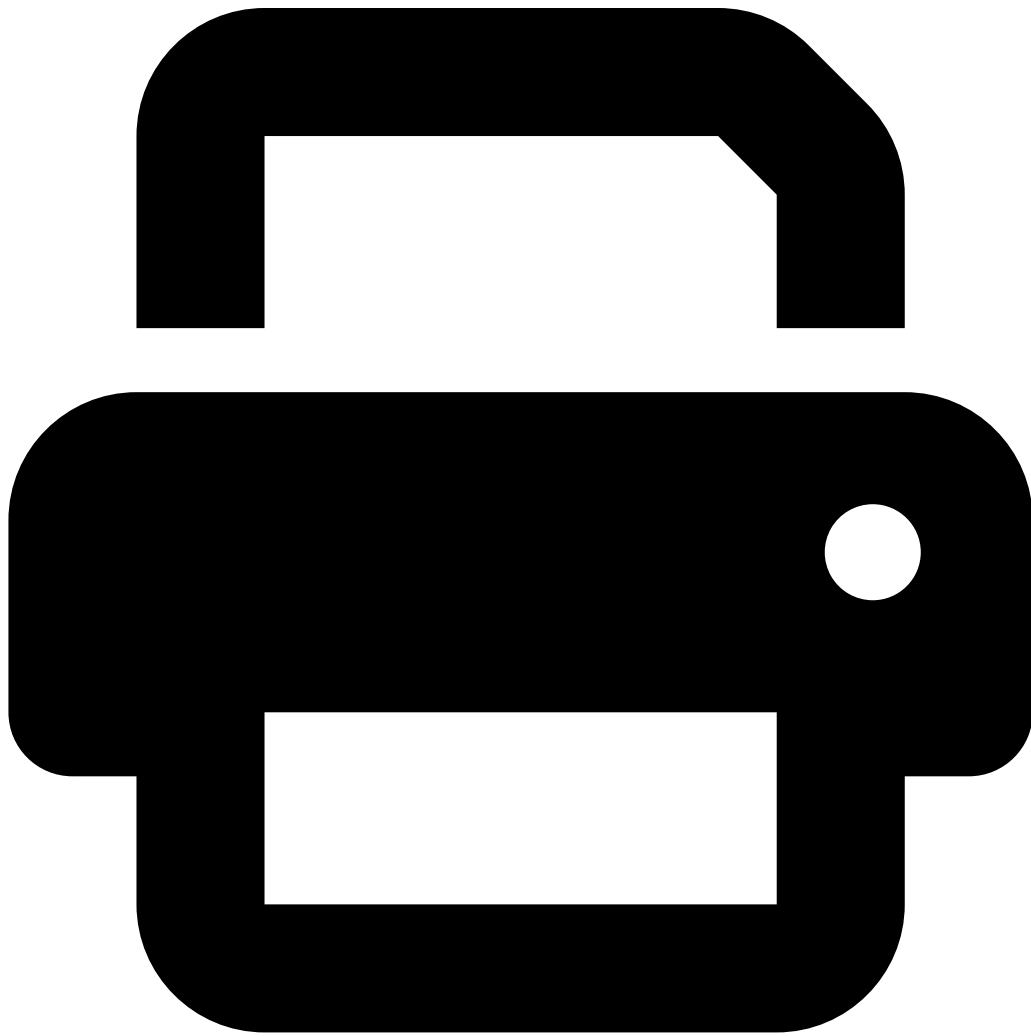
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Few dishes feel as effortlessly elegant as this Italian lemon garlic shrimp. Bright, garlicky, and kissed with lemon, it's my Italian spin on classic lemon butter shrimp—inspired by the flavors of *Pollo al Limone*. Each bite is a burst of fresh, vibrant flavor, balanced with zesty citrus, mellow garlic, and a silky white wine sauce that gently clings to the shrimp.

The best part? This dish comes together in just about 20 minutes, making it perfect for a quick weeknight dinner or a more refined weekend meal. Like all great Italian recipes, it relies on simple, high-quality ingredients that speak for themselves.

Things to Know About This Easy Italian Lemon Garlic Shrimp

1. **A seafood spin on a classic.** This dish is inspired by *Pollo al Limone*, the beloved Italian lemon chicken.

The same vibrant, garlicky lemon sauce pairs perfectly with shrimp—familiar, yet refreshingly new.

2. **Fast and fuss-free.** Shrimp cook in just minutes, making this a go-to recipe for busy weeknights. Sauté the shrimp first, then build the sauce right in the same skillet—minimal cleanup, maximum flavor.
3. **Choose the right shrimp.** Large or jumbo shrimp (wild-caught if possible) offer the best texture and taste. Fresh or frozen (thawed) both work beautifully.
4. **Wine or broth—your choice.** A splash of dry white wine adds depth, but you can easily swap in good-quality chicken broth if you're cooking without alcohol.
5. **Don't skip the zest.** Lemon zest adds a bold citrus aroma that brightens the whole dish and balances the richness of the butter.
6. **Endlessly versatile.** Serve this shrimp over pasta, creamy polenta, fluffy rice, or even zucchini noodles for a lighter, low-carb option.
7. **Make it your own.** Add a pinch of red pepper flakes for a subtle kick, or stir in baby spinach at the end for an extra dose of greens.
8. **Reheat with care.** Shrimp can overcook quickly, so if you have leftovers, warm them gently on the stovetop with a splash of broth or lemon water to keep them tender.
9. If you like this Easy Italian lemon garlic shrimp recipe , here are more to try
10. shrimp tomato basil spaghetti
11. Authentic Italian shrimp oreganata

Easy Italian Lemon Garlic Shrimp Recipe



- 1 $\frac{1}{2}$ lbs. large shrimp (peeled and deveined (16-20 per lb.))
- 1 teaspoon each paprika and garlic powder
- Salt and freshly ground black pepper (to taste)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 minced garlic cloves
- $\frac{1}{2}$ cup dry white wine
- 1 cup chicken broth
- Juice of 2 lemons (about $\frac{1}{3}$ cup)
- Zest of 1 lemon
- $\frac{1}{2}$ cup capers (optional)
- 2 tablespoons chopped fresh parsley
- Lemon slices (for garnish)

1. **Sauté the Shrimp** Season shrimp with salt and pepper. Heat olive oil and 1 tablespoon of butter in a large skillet over medium-high heat. Add the shrimp and sauté for about 1–2 minutes per side, just until pink and lightly golden. Remove the shrimp from the skillet and set aside.
2. **Sauté Garlic** In the same skillet, lower the heat to medium and add the remaining 1 tablespoon butter. Add the sliced garlic and sauté for 30–60 seconds until

fragrant, being careful not to brown it.

3. **Deglaze the Pan**Pour in the white wine , scraping up any browned bits from the bottom. Let it simmer for 2–3 minutes to reduce slightly.
4. **Add Lemon and Capers**Stir in the, chicken broth, lemon juice, lemon zest, and capers (if using). Simmer for another 5-7 minutes to allow the flavors to come together and the sauce to thicken slightly
5. **Return the Shrimp**Return the sautéed shrimp to the skillet, along with any juices they released. Toss to coat in the lemony sauce and cook for another 1 minute, just to rewarm.
6. **Finish and Serve**Sprinkle with fresh chopped parsley. Serve hot with lemon slices and extra sauce spooned over the top.

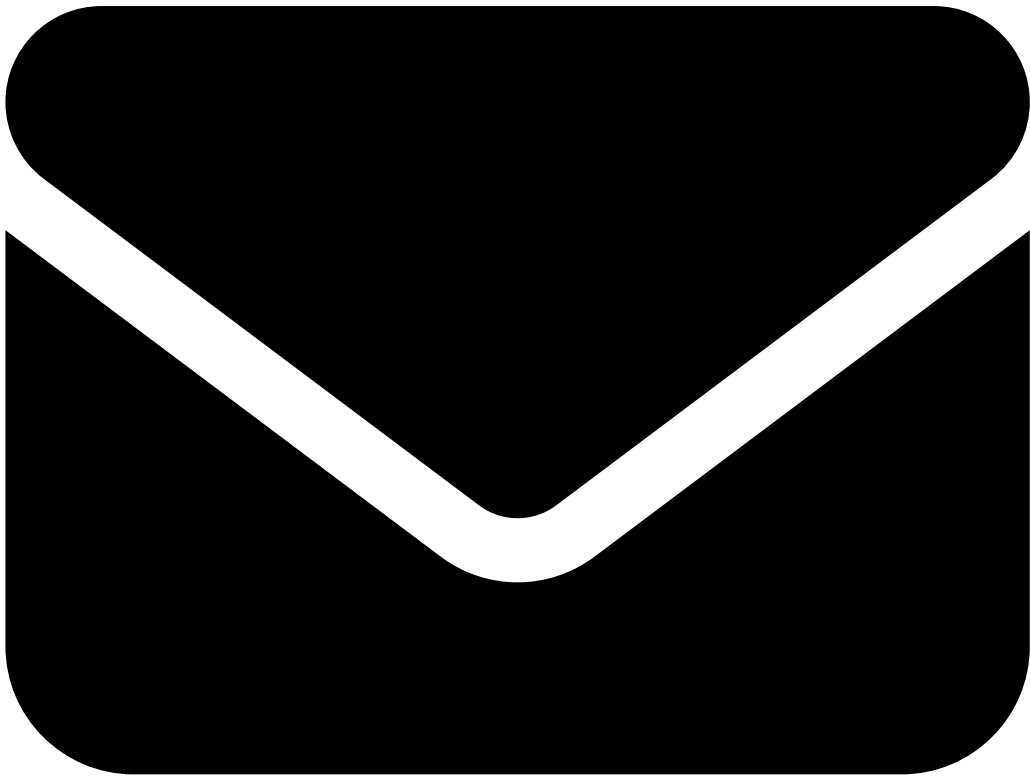
Tuscan roasted Tomato & Eggplant Soup

Tuscan roasted Tomato & Eggplant Soup

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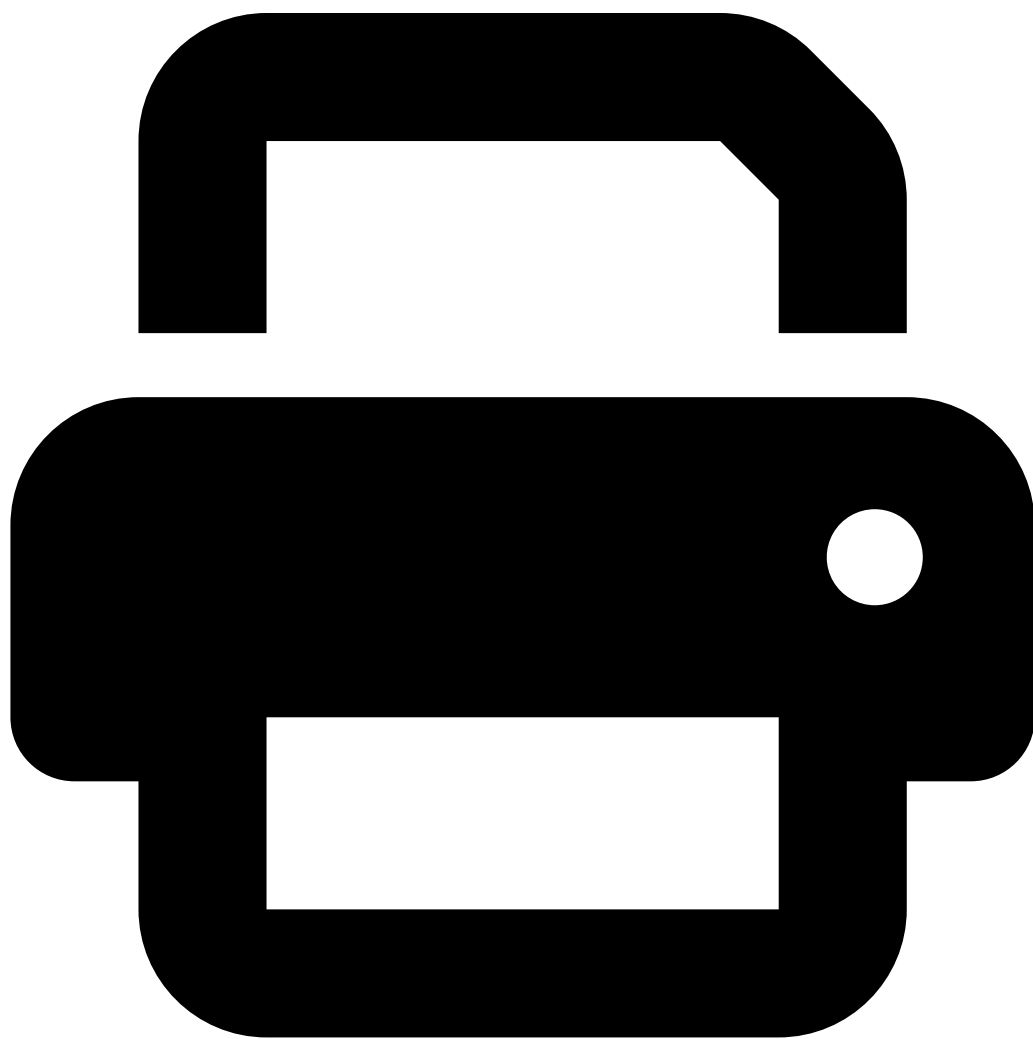
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There's something special about making a meal with vegetables you've grown yourself. This **Tuscan Roasted Tomato & Eggplant Soup** came together with ingredients picked straight from my summer garden—sun-ripened tomatoes, tender eggplant, sweet peppers, and garlic. It reminded me so much of my mom's garden growing up, where the late-summer harvest always turned into something cozy and delicious simmering on the stove.

But you don't need a garden to enjoy this soup. Just grab the freshest produce you can find—whether it's from the farmers' market, your local grocery store, or a roadside stand. A simple roast in the oven brings out deep, rich flavor, and the result is a rustic bowl of comfort that tastes like it's been passed down through generations.

Things to know about this Tuscan roasted tomato & eggplant soup

- **It's naturally simple and wholesome.** Made with just fresh vegetables, broth, and olive oil, this soup is light, nourishing, and full of flavor—perfect for any season.
- **Roasting is the magic step.** Roasting the tomatoes, eggplant, peppers, and garlic concentrates their flavors and gives the soup a rich, slightly smoky depth that you just can't get from boiling alone.
- **Customizable to your kitchen.** No eggplant? Add zucchini. Want it creamier? Blend in a spoonful of ricotta or coconut milk. Add white beans for protein, a handful of pasta to make it hearty, or a pinch of smoked paprika for extra warmth.
- **Use what's in season.** Fresh summer tomatoes are ideal, but if it's not tomato season, good-quality canned San Marzano tomatoes work too—just roast the other veggies and add the canned tomatoes in the blender stage.
- **It freezes beautifully.** Cool it completely before freezing in airtight containers or freezer bags. It's perfect for those chilly nights when you need something cozy and homemade.
- **Craving more seasonal Italian comfort?**
Here are a few more recipes straight from my kitchen to yours—fresh, simple, and full of flavor:
 - Roasted Zucchini Panzanella Salad
 - Amaretti-Stuffed Summer Peaches
 - Italian Summer Street Corn

Tuscan roasted Tomato & Eggplant Soup



- 2 lbs. ripe tomatoes (Roma or heirloom, halved)
- 1 medium eggplant (cut into cubes)
- 2 bell peppers (red, yellow, or orange, seeded and chopped)
- 1 small yellow onion (quartered)
- 6 garlic cloves (peeled)
- 3 tablespoons olive oil
- Salt and freshly ground black pepper (to taste)
- $\frac{1}{4}$ teaspoon crushed red pepper flakes (optional)
- 3 cups vegetable or chicken broth
- $\frac{1}{4}$ cup fresh basil leaves
- Optional for serving: extra virgin olive oil (pesto sauce, ricotta, or crusty bread)

1. **Roast the vegetables:** Preheat oven to 400°F (200°C). On a large baking sheet, toss tomatoes, eggplant, bell peppers, onion, and garlic with olive oil, salt, pepper, and red pepper flakes. Roast for 35–40 minutes, until vegetables are soft and caramelized.
2. **Blend:** Transfer roasted vegetables to a blender or use an immersion blender with 1 cup of broth. Blend until smooth (or leave slightly chunky for a rustic texture).
3. **Simmer:** Pour into a pot, add the remaining 2 cups of broth, and bring to a simmer over medium heat for 10–15

minutes. Stir in fresh basil.

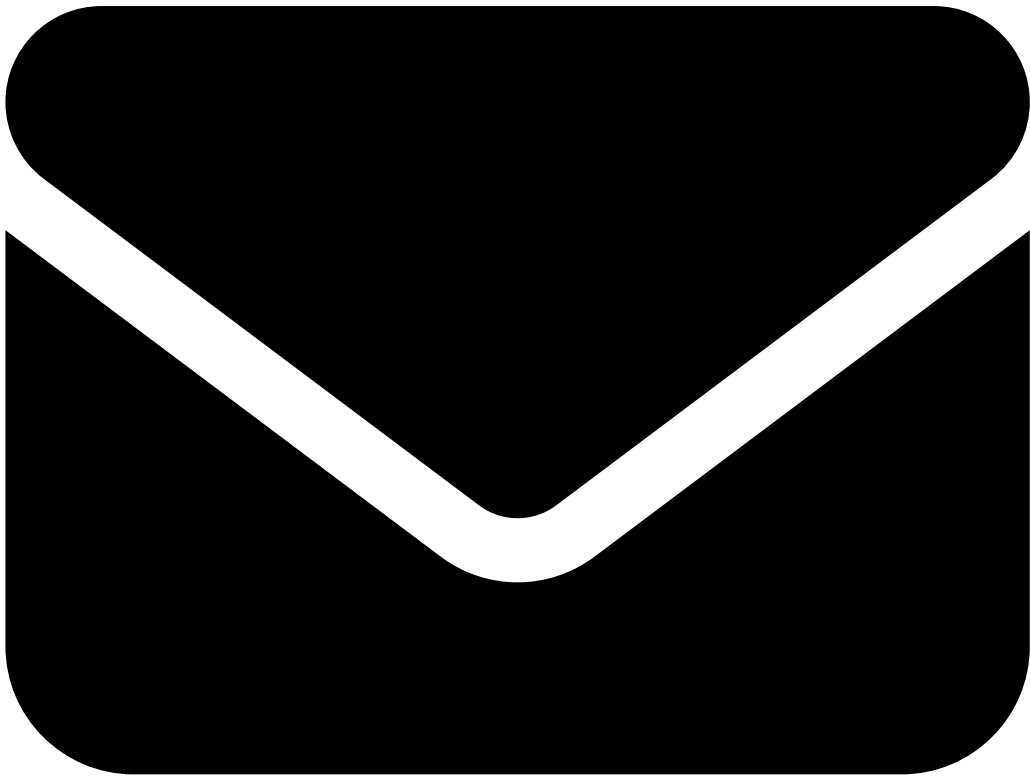
4. **Serve:** Ladle into bowls. Finish with a drizzle of olive oil, pesto sauce or a spoonful of ricotta. Serve with warm, crusty bread.

Roasted Zucchini Panzanella Salad recipe

Roasted Zucchini Panzanella Salad Recipe

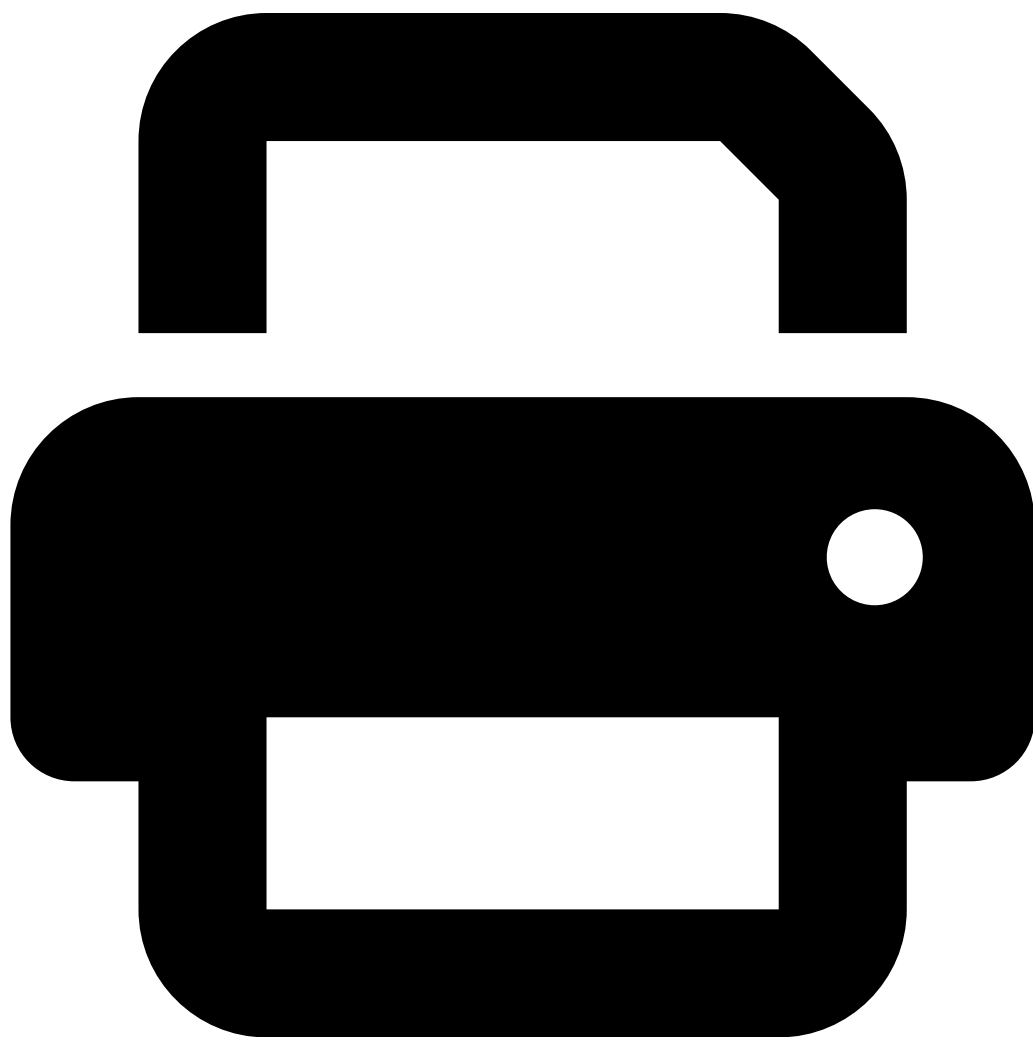
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If your garden is anything like mine right now, it's bursting with zucchini—everywhere I turn, another one is ready to be picked. I swear they multiply overnight! This time of year, I'm always looking for new ways to use them up, and this **Roasted Zucchini Panzanella Salad** is one of my favorite solutions. It's rustic, simple, and the perfect way to let those garden veggies shine. With toasted bread, juicy tomatoes, and a punchy vinaigrette, it's everything I love about summer on a plate.

It's also one of those no-fuss dishes that gets better as it sits. The roasted zucchini brings a tender sweetness, the bread soaks up all the flavor, and the tomatoes and basil keep it light and bright. Whether you serve it as a main dish or a side for grilling season, this is one zucchini recipe you'll come back to again and again.

Things to know about this Roasted Zucchini Panzanella Salad recipe

- **Perfect for peak zucchini season:** This is a great way to use up an abundance of garden zucchini while keeping things light and flavorful.
- **Best with day-old bread:** Slightly stale or toasted bread holds up best in the vinaigrette and gives that classic panzanella texture.
- **Customize it your way:** Add crumbled feta, white beans, grilled corn, or olives for extra protein or punch.
- **Let it sit before serving:** Giving the salad 10–15 minutes to rest allows the bread to soak up the vinaigrette and all the flavors to meld beautifully.
- **Tastes even better the next day:** Store leftovers in the fridge for up to 2 days—it makes a fantastic next-day lunch.
- **Make it a meal:** Serve it alongside grilled chicken, fish, or even a simple fried egg on top for a satisfying summer dinner.
- **Craving more fresh summer flavors?**

Check out a few more of my garden-inspired favorites:

- Italian Amaretti stuffed summer peaches— sweet, savory, and summery
- Italian Summer Street Corn – with parmesan and herbs
- How to make Italian Pickled Eggplant – (melanzane sotto aceto) a pantry staple from my childhood

Roasted Zucchini Panzanella Salad Recipe



- 2 medium zucchini (sliced into cubed)
- 2 cups crusty bread (cubed (day-old or toasted))
- 2 cups cherry tomatoes (halved)
- 1/2 red onion (thinly sliced)
- 1/2 cup fresh basil leaves (torn)
- 2 tbsp red wine vinegar
- 4 tbsp extra virgin olive oil (divided)
- 2 teaspoon each garlic powder and paprika
- Salt and freshly cracked black pepper (to taste)
- 1 garlic clove (minced (for vinaigrette))
- Optional: shaved Parmigiano or crumbled feta for serving

1. Preheat the oven to 425°F (220°C).
2. Season the zucchini: Toss sliced zucchini with 2 tablespoons olive oil, garlic powder, paprika, salt, and black pepper. Spread on a parchment-lined baking sheet in a single layer.
3. Roast for 20–25 minutes, flipping once, until golden and slightly crisp around the edges. Let cool slightly.
4. Toast the bread: While the zucchini roasts, toss cubed bread with a drizzle of olive oil and toast in the oven for 10–15 minutes, until golden and crunchy.
5. Make the vinaigrette: In a small bowl, whisk together red wine vinegar, 2 tablespoons olive oil, minced garlic (if using), a pinch of salt, and pepper.

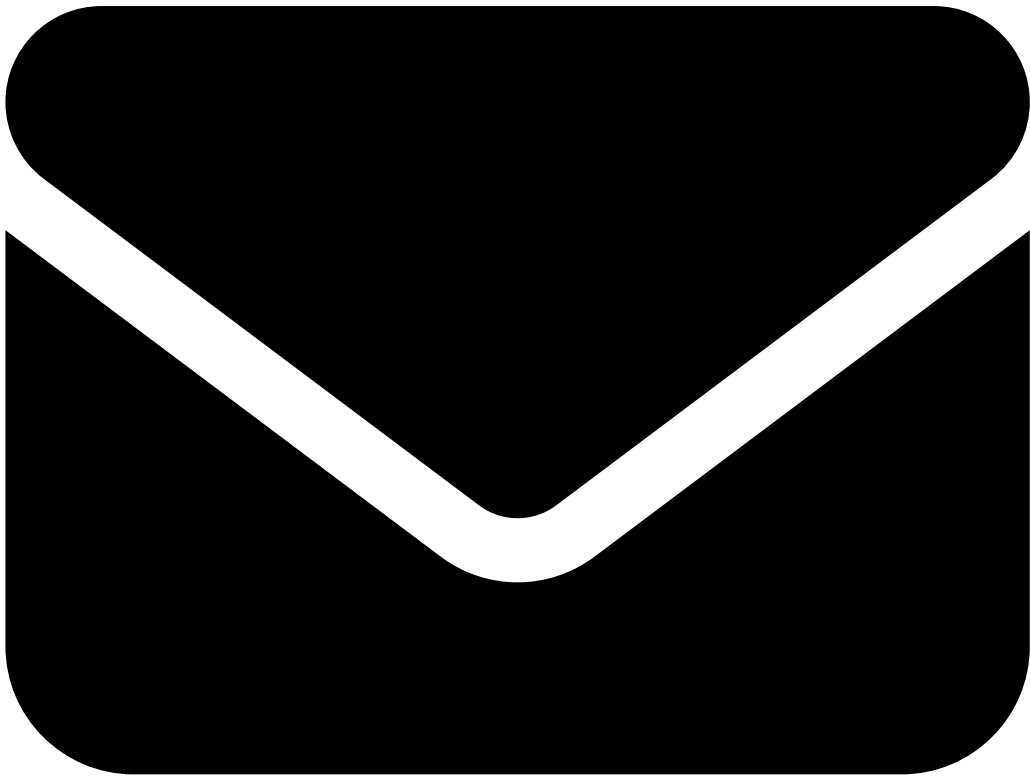
6. Assemble the salad: In a large bowl, combine roasted zucchini, toasted bread, halved cherry tomatoes, red onion, and basil. Drizzle with vinaigrette and toss gently.
 7. Let it sit for 10–15 minutes so the flavors meld and the bread absorbs some dressing.
 8. Serve at room temperature, optionally topped with shaved Parmigiano or crumbled feta.
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Rustic Italian Roasted Pepper Salad

Rustic Italian Roasted Pepper Salad

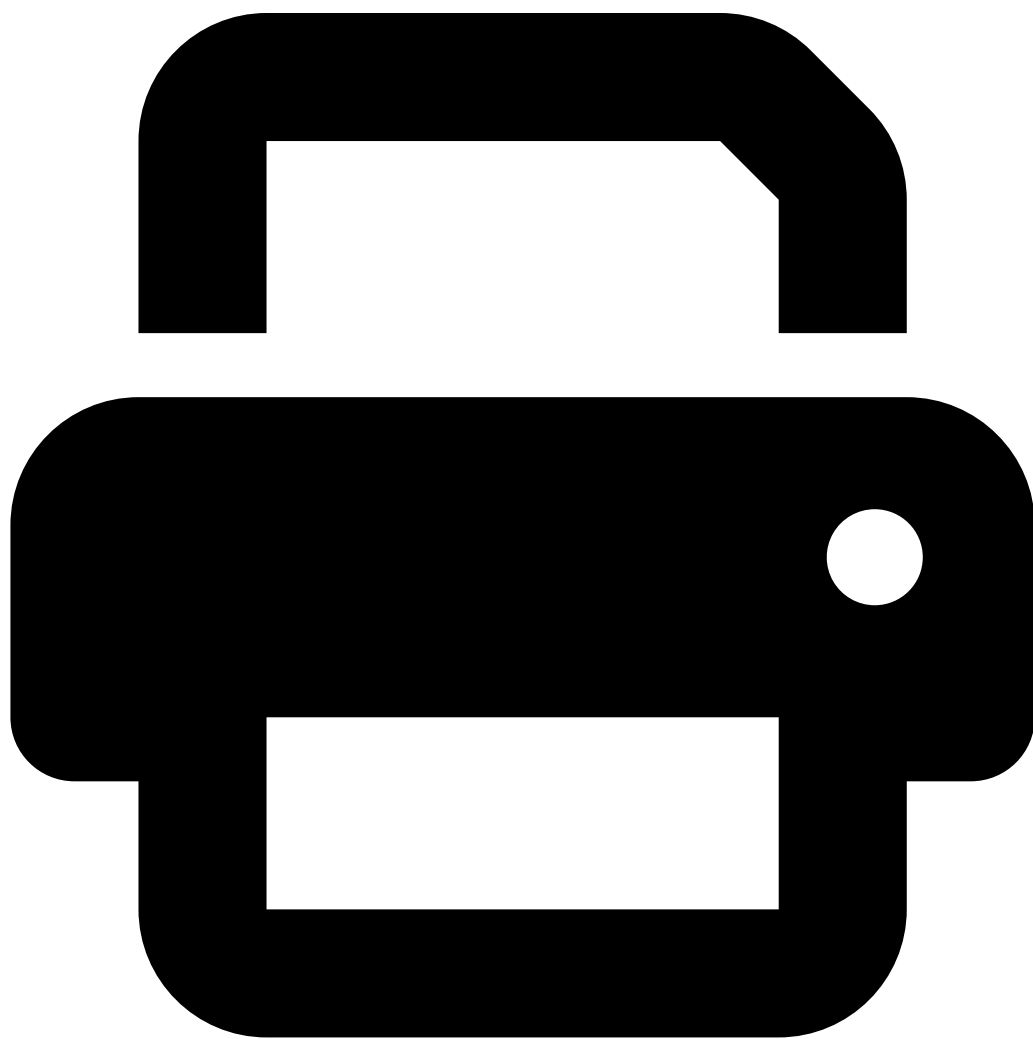
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This rustic roasted pepper salad takes me right back to my childhood summers—watching my family roast peppers over the open flame, Tossed with briny olives and tender spinach, it's simple, fresh, and exactly the kind of dish that always showed up on the table when the garden was overflowing.

My mother used to pick the peppers straight from our garden—red, green, and sometimes the pale yellow ones that turned sweet in the late summer sun. She'd roast them right on the stovetop until the skins blistered, then peel and marinate them with olive oil, garlic, and whatever fresh herbs were on hand. This roasted pepper salad, now with baby spinach, olives, and tomatoes, brings all those flavors rushing back. It's rustic, vibrant, and full of the warmth of those simple garden days.

Things to know about this rustic Italian Roasted pepper salad

Use a mix of peppers – Red peppers are sweet and mellow, green have a slightly bitter edge, and yellow or orange add brightness. The mix gives great balance.

Roast your peppers properly – Blister the skins until charred, then steam them in a covered bowl or bag to peel easily. This brings out their natural sweetness and smoky depth.

Choose good olives – Italian oil-cured or kalamata olives add briny contrast. Slice or leave whole depending on preference.

Spinach wilts slightly – Toss in the spinach while the peppers are still warm if you like it a little wilted; otherwise, wait until they cool.

Cherry tomatoes add freshness – They brighten the dish and bring a juicy pop. Use ripe, sweet tomatoes for best flavor.

Garlic + olive oil = essential – Don't skip this classic combo. It's the heart of the dressing and soaks into everything beautifully.

Make it ahead – This salad tastes even better after resting. Let it sit for 30 minutes–or overnight–for maximum flavor.

Serve it your way – It's great as an antipasto, side salad, or even tossed with pasta or farro for something heartier.

Craving more rustic Italian flavors? Pair this salad with a my Pollo al limone , Italian lemon chicken, or one of my personal favorites Oven baked chicken spiedini. ENJOY!!!

Italian Roasted Pepper Salad with Spinach, Olives & Tomatoes



- 2 red bell peppers
- 2 green bell peppers
- 1 cup cherry tomatoes (halved)
- 1/3 cup Italian black olives (or kalamata, pitted)
- 2 cups baby spinach (lightly packed)
- 1 cup fresh mozzarella balls sliced
- 1 small garlic clove (finely minced)
- 3 -4 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- Handful of chopped fresh parsley
- Salt and black pepper (to taste)
- Optional: a pinch of dried oregano or torn fresh basil leaves

1. **Roast the peppers:** Char the red and green bell peppers on an open flame, grill, or under a broiler until the skins blister. Place in a covered bowl or bag to steam for 10 minutes, then peel off the skins, remove seeds, and slice into strips.
2. **Assemble the salad:** In a large bowl, add the roasted pepper strips, cherry tomatoes, mozzarella, olives, and baby spinach.
3. **Make the dressing:** In a small bowl, whisk together olive oil, vinegar or lemon juice, garlic, salt, and pepper.

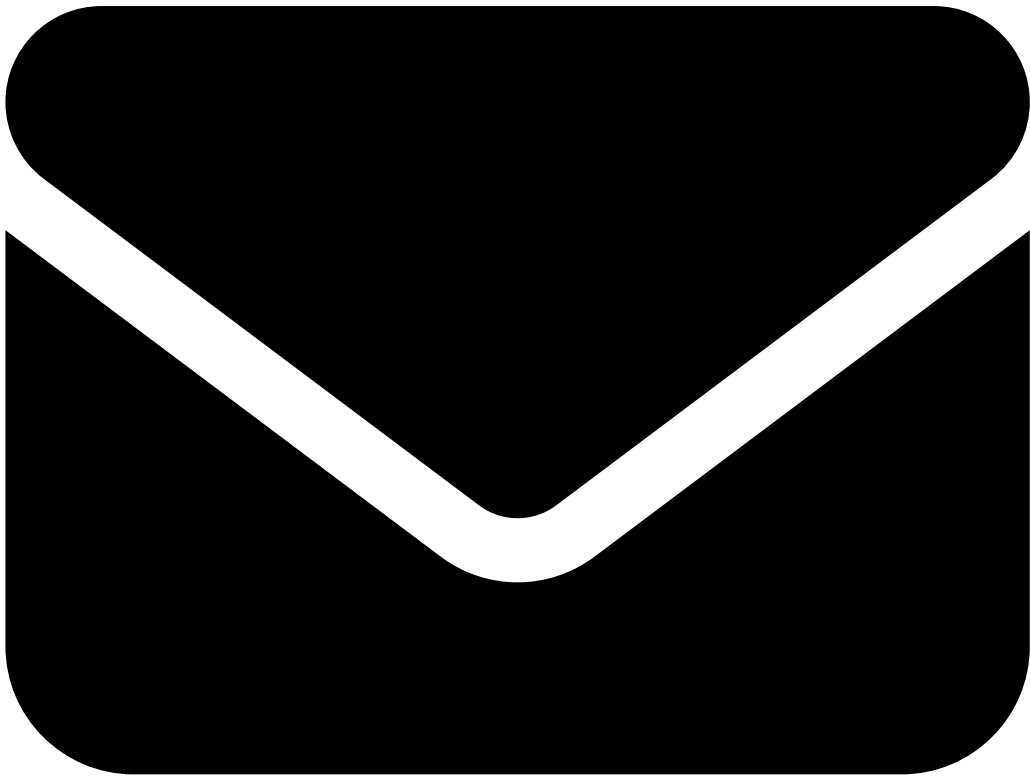
4. **Toss & rest:** Pour the dressing over the salad and toss gently until the spinach is just wilted and everything is coated. Let sit for 15–20 minutes so the flavors can meld.
 5. **Finish:** Sprinkle with chopped parsley and a touch of oregano or fresh basil, if using. Serve at room temperature or lightly chilled.
 6. **Tip:** This salad is even better the next day. Serve with grilled bread or as a fresh side to roasted chicken, fish, or a big bowl of pasta.
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Easy Authentic Spaghetti Carbonara (No Cream!)

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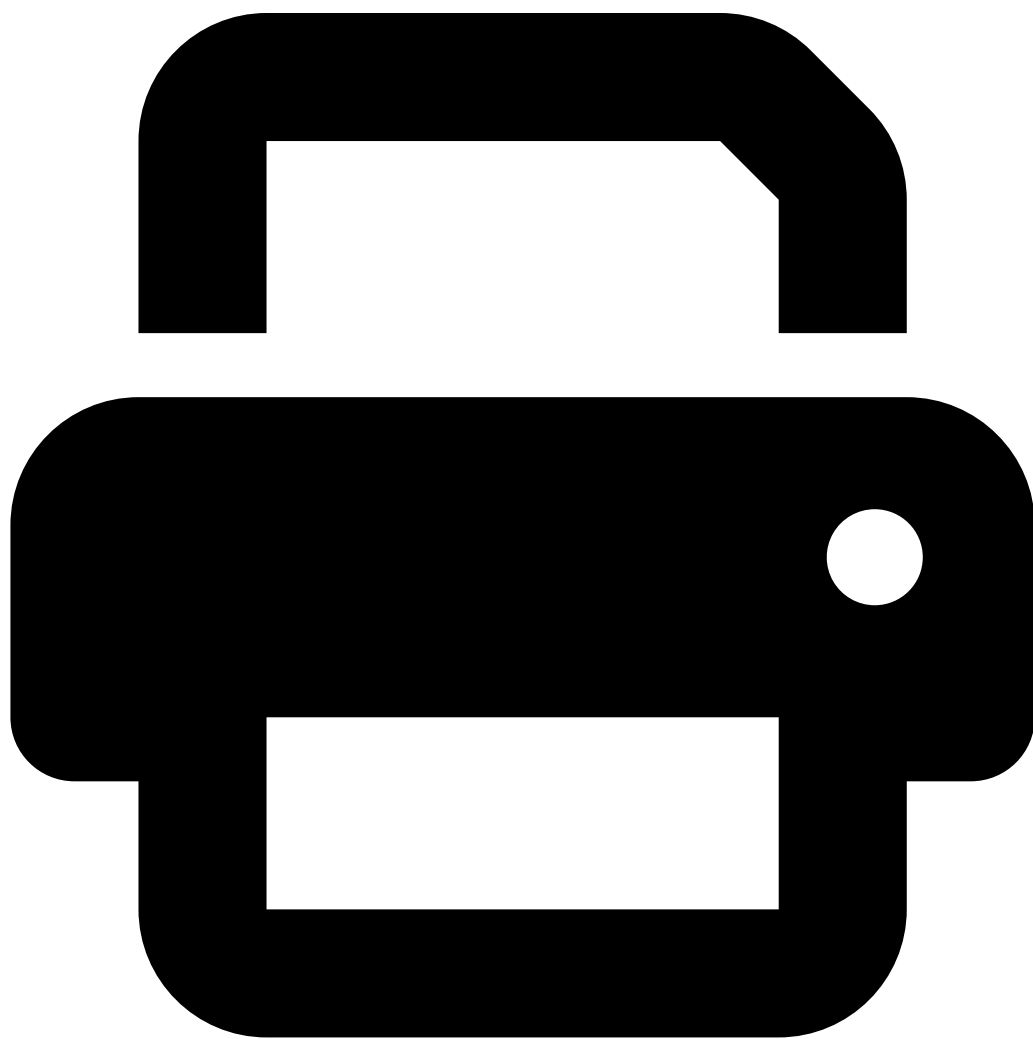
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There was always one pasta dish that flew out of the kitchen faster than we could twirl it onto plates—**Spaghetti alla Carbonara**. Simple, rich, and irresistibly comforting, it was a favorite at our restaurant, where we served it up for around \$19 a plate. But what most people don't realize is how easy (and affordable!) it is to make at home. With just five pantry-friendly ingredients—eggs, Pecorino, pancetta or guanciale, pepper, and pasta—you can bring that same creamy, peppery magic to your own table in 20 minutes flat.

Carbonara is the kind of dish that proves simple can be extraordinary. There's no cream, just the magic of emulsified pasta water and egg creating that iconic velvety sauce.

This version is my go-to at home: comforting, quick, and every bit as satisfying as the one we used to serve at the restaurant.

Things to Know About This Easy Authentic Spaghetti Carbonara (No Cream!)

- **No cream—ever!** Real Italian carbonara is made creamy from eggs, Pecorino Romano, and pasta water—not heavy cream.
- **Guanciale is traditional**, but pancetta or even good-quality bacon can be used in a pinch if you can't find it.
- **Timing is key.** The egg mixture is added off the heat to prevent scrambling—toss quickly with hot pasta to create a silky sauce.
- **Use Pecorino Romano, not Parmesan** for that sharp, salty bite that defines authentic Roman flavor.
- **The pasta water is liquid gold.** It helps emulsify the sauce and bring everything together without clumps.
- **It's ready in 20 minutes**—perfect for weeknight dinners or when you need something comforting and quick.
- **Avoid garlic and onions.** Traditional carbonara is all about simplicity—just eggs, cheese, pork, pepper, and pasta.
- **Freshly cracked black pepper is a must.** It gives carbonara its signature bite and aroma.
- **The dish originated in Rome**, and it's one of the four cornerstone pastas of Roman cuisine, along with cacio e pepe, amatriciana, and gricia.
- **Serve immediately.** Carbonara doesn't reheat well, so plan to enjoy it fresh out of the pan!
- **Craving more Roman classics?** Try my other authentic favorites like **Cacio e Pepe**, **Amatriciana**, —simple, bold,

and straight from the heart of Rome.

Easy Authentic Spaghetti Carbonara (No Cream!)



- 1/2 lb. spaghetti
 - 3 egg yolks + 1 whole egg
 - 1 cup grated pecorino Romano
 - 6 oz guanciale or pancetta
 - 2 Tbsp. Toasted and freshly ground black peppercorns
 - splash of pasta water
1. Cook the spaghetti Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve 1 cup of the starchy pasta water, then drain.
 2. Toast the peppercorns add the peppercorns to a dry skillet and toast until fragrant (3-4 minutes) then grind in a mortar or small food processor. Set aside
 3. Cook the pancetta In the same pan While the pasta cooks, add the guanciale or pancetta to a cold skillet. Turn heat to medium and cook until crispy and golden, about 5–6 minutes. Turn off the heat.
 4. Make the egg mixture In a bowl, whisk together eggs, Pecorino Romano, and a generous amount of black pepper.
 5. Combine it all Add hot, drained pasta to the pan with pancetta (off heat). Toss to coat in the rendered fat.

6. Temper the eggs Slowly pour in the egg mixture while tossing quickly to prevent scrambling. Add a splash of reserved pasta water to loosen and create a silky sauce. Keep tossing until glossy and creamy. Use more water if needed.
7. Finish & serve Plate immediately with extra Pecorino and black pepper on top.