

Pan-Fried Eggplant Cutlets (Milanese Style)

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If you don't like eggplant, this pan-fried eggplant cutlet recipe may just change your mind. Growing up, eggplant Milanese style was one of those meals that made a regular weeknight feel special—crispy, golden slices of eggplant, lightly fried and served with just a squeeze of lemon or a pile of peppery arugula. It's a typical kind of Italian recipe, that proves you don't need a long list of ingredients to make something really satisfying. Whether you serve it as a main course with a fresh salad or as a starter with warm marinara, this classic Italian dish is always a crowd-pleaser.

Things to know about this Pan-Fried Eggplant Cutlets (Milanese Style) recipe

- **Sweating the Eggplant Matters:** Salting the eggplant slices before cooking draws out excess moisture and bitterness, which helps them fry up beautifully crisp—not soggy.
- **Breadcrumb Choice Makes a Difference:** Traditional Italian-style breadcrumbs give that classic flavor, but using panko will make the crust extra light and crunchy. You can also mix the two for the best of both worlds.

- **Don't Skip the Cheese:** Mixing grated Parmigiano-Reggiano into the breadcrumbs adds deep savory flavor and helps the coating brown nicely.
- **Shallow Frying Is Key:** You don't need a deep fryer—just a thin layer of olive oil in a skillet does the trick. Fry in batches and don't overcrowd the pan to keep everything crisp.
- **Make It a Meal or a Starter:** Serve it with a lemony arugula salad for a light main, layer it on ciabatta with mozzarella for an incredible sandwich, or top it with marinara and melted cheese for a quick eggplant parmesan twist.
- lastly if you like eggplant as much as I do try my other eggplant recipes. Italian baked stuffed eggplant or vegetarian stuffed eggplant rollatini. And eggplant is delicious with pasta try this Sicilian eggplant caponata rigatoni

Ingredients

- 2 medium eggplants
- Kosher salt (for sweating the eggplant)
- 2 large eggs
- 1½ cups breadcrumbs
- ½ cup grated Parmigiano-Reggiano
- 1 tsp garlic powder
- 1 tsp dried oregano
- 2 Tbsp. chopped Italian parsley
- salt and pepper to taste

- 2 cups Olive oil canola blend (for frying)

Instructions

1. Prepare the eggplant:

- Peel the eggplant in strips. then slice lengthwise into thin 1/3 -inch thick slices
- Set a colander over a bowl. Sprinkle both sides of the eggplant with kosher salt. Let sit in the colander, weighted down, for at least 30 minutes to draw out bitterness and excess moisture. Rinse and pat dry thoroughly.

2. Set up breading stations:

- In a shallow dish add the eggs and whisk slightly .
- In a second bowl, mix breadcrumbs, Parmigiano, garlic powder, oregano, and parsley

3. Bread the eggplant:

- Dip each eggplant slice first into the beaten eggs, and then in the breadcrumb mixture. Press gently to help crumbs adhere.

4. Fry:

- Heat the olive oil canola blend in a large skillet over medium heat.
- Fry eggplant slices in batches, about 3–4 minutes per side until golden and crisp. Drain on paper towels and keep warm in a low oven if needed.

5. Serve:

- Plate with lemony arugula salad and extra shaved

Parmigiano, or spoon warm marinara on the side or over top. and a drizzle of good olive oil .
ENJOY!!!!

Creamy marry me salmon fettuccine

Creamy marry me salmon fettuccine

I love a pasta dish that feels a little fancy but comes together with simple ingredients and minimal prep and cook time. This creamy marry me salmon fettuccine is exactly that. It's creamy and delicious uses simple ingredients, and it takes minimal prep.

No need to sear anything or fuss with extra steps. This is an easy dinner that feels fancy enough for Saturday night dinner with friends. The sauce is rich but still feels light thanks to the burst of cherry tomatoes and lemon. The salmon gently cooks right in the sauce, keeping it juicy, and the fettuccine soaks it all up perfectly.

Things to know and variations about this this creamy marry me salmon

fettuccine recipe

No searing is needed. The salmon poaches in the creamy-tomato garlic sauce, which keeps it tender and flavorful.

Pasta water is liquid gold in this recipe. Although the recipe calls for 1 cup of reserved pasta water , always save more than you need. The addition of pasta water helps loosen the sauce and leaves a beautiful glossy finish to this pasta dish

It comes together in 30 minutes , perfect for busy nights when you want a homemade meal without a lot of prep or clean -up.

VARIATIONS: Instead of salmon try this recipe with shrimp or scallops for a seafood twist

Swapping the pasta is almost always an option. Try it with linguine, tagliatelle or even rigatoni or penne.

You can make it spicy by sauteing a pinch of red pepper flakes with the garlic and shallots.

If you love easy and delicious recipes, this creamy marry me salmon fettuccini is one of those recipes you will want to come back to often. If you give it a try , I would love to hear how it turned out -leave me a comment below or tag me on Instagram, I love to see your creations. And if you are a salmon lover try these easy salmon recipes Quick and easy salmon piccata or easy sheet pan salmon dinner or Tuscan salmon for two.

Ingredients

- 8 oz. fettuccini
- 1 lb. salmon skinless fillet cut into medium chunks
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 2 Tbsp. minced shallots

- 2 cups cherry tomatoes
- 3 cups chopped spinach
- 1/2 cup white wine
- 1 cup heavy cream
- zest and juice from one lemon
- 1 cup pasta water
- 1 Tbsp. butter
- 1/2 cup grated parmesan
- salt and pepper to taste

Instructions

1. In a large pot of salted water cook the pasta *al dente* reserving 2 cups of pasta water before draining. While the pasta cooks make the creamy salmon sauce
2. In a large skillet add the 2 tbsp. of olive oil over medium heat cook the shallots and garlic until soft and translucent.
3. Add the tomatoes and cook until blistered.
4. Add the wine, wait until fully absorbed, then add in the cream, parmesan cheese, reserved pasta water, lemon zest and juice. Simmer until sauce thickens about 5-7 minutes.
5. Add the spinach, butter and raw salmon chunks to the sauce. cook 5-6 minutes or until the salmon is cooked through but still juicy.
6. Toss in the hot cooked fettuccini. ENJOY!!!!

Lemon ricotta pasta and peas

Lemon ricotta pasta and peas

Lemon Ricotta Pasta with Peas is one of my absolute favorites. This recipe is a fresh, creamy twist on the classic Italian *pasta e piselli*, I grew up with. It's a bright, creamy spin on the comforting *pasta e piselli* my mother made often when I was growing up. She would cook ditalini or broken spaghetti with sweet peas in a simple broth, That humble dish of pasta and peas was a staple in our kitchen, especially in spring when sweet peas were in season and time was short. This version keeps the simplicity I love but adds a touch of brightness with fresh lemon and a generous spoonful of ricotta cheese. It's light, comforting, and always hits the spot—perfect for busy nights when I want something quick and easy and a little indulgent.

Things to know about this Lemon ricotta pasta and peas

- **Quick and Easy:** This dish comes together in under 30 minutes, making it perfect for busy weeknights.
- **Use Fresh or Frozen Peas:** Either works beautifully—frozen peas are a great pantry staple and stay sweet and tender.
- **Pasta Matters:** Short shapes like fusilli, orecchiette, or shells work best because they hold onto the creamy sauce.
- **Reserve That Pasta Water:** A splash of hot starchy pasta water helps melt the ricotta into a silky, cohesive sauce.
- **Lemon Brightens Everything:** Use fresh lemon juice and zest—it cuts through the richness of the ricotta and adds a fresh finish.

- **Make It Your Own:** Add fresh herbs like basil or mint, a sprinkle of grated Parmesan, or even a few chili flakes for a touch of heat.
- If you like easy warm weather pasta dishes try my vegetarian zucchini and tomato pasta or my creamy lemon parmesan zucchini orzo
- To sum it up this lemon ricotta pasta and peas is the perfect combination of easy and delicious. The addition of the ricotta elevates the entire dish. Sometimes , it's just one ingredient that transforms a simple recipe into something memorable. I hope you try it and taste the difference ricotta makes-let me know what you think in the comments. ENJOY!!!

Ingredients

- 1/2 lb. small shaped pasta
- 4 cups fresh or frozen peas
- 2 cups ricotta cheese
- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 Tbsp. minced garlic
- juice and zest from 1 lemon
- 2 cups pasta water
- 1/2 cup grated parmesan cheese
- 2 tbsp. chopped Italian parsley
- freshly ground black pepper
- salt to taste

Instructions

1. In a pot of boiling salted water cook your pasta *al dente* reserving at least 2 cups before draining
2. While the pasta is cooking, in a large saute pan over medium heat add the olive oil, then add in the onion and garlic and cook until soft and fragrant , but not brown.

3. Add the peas and cook 4-5 minutes until the peas are cooked but not mushy. Then add in the pasta water and the ricotta. Simmer until sauce thickens (3-5 minutes).
 4. Add the parmesan cheese , and freshy ground black pepper, salt according to taste,
 5. Plate top with more parmesan and the freshly chopped Italian parsley. ENJOY!!!
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Vegetarian zucchini and tomato pasta

Vegetarian zucchini and tomato pasta

This vegetarian zucchini and tomato pasta is one of those easy, feel-good meals I like to make when the garden (or the market) is full of summer produce. It comes together with just a handful of simple ingredients-zucchini, sweet cherry tomatoes, garlic, and pasta- nothing fancy, just simple flavors that produce delicious results. It's the kind of dish that feels good for you fresh.

Things to know about this vegetarian zucchini and tomato pasta recipe

1. It's all about easy : This pasta dish uses a few fresh seasonal ingredients and makes them delicious. No fancy

techniques, or unrecognizable ingredients you can't pronounce, just good ingredients done right.

2. Quick and easy : You can have this meal on your table in under 30 minutes, making it perfect for busy weeknight meals.
3. Naturally vegetarian and easy to customize :
4. It's meatless but still satisfying, and if you want to add a protein boost, try tossing in some grilled chicken, shrimp or white beans during the final toss with the pasta. They soak up the garlicky tomato juices and make the meal extra special for Saturday dinners with friends.
5. I hope this simple vegetarian zucchini and tomato pasta brings a little comfort in how easy it is to make . It's one of those recipes that doesn't ask much of you, but gives so much back fresh, easy, and delicious. Whether you keep it vegetarian or add your favorite protein, it's the kind of reference recipe you'll want to come to again and again. ENJOY!!
6. And please when you make this pasta dish leave me a comment below with your experience with the recipe. Snap a photo, and tag me on social media. I love seeing your creations. It's my favorite part!!

Ingredients

- 1/2 lb. short pasta
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 teaspoon red pepper flakes
- 2 medium zucchini cut lengthwise and sliced
- 1 pint cherry tomatoes
- 1 cup my easy marinara sauce
- 1 cup vegetable stock
- 1 cup reserved pasta water
- Salt and pepper to taste
- Grated parmesan and a few basil leaves for serving

Instructions

1. Bring a pot of salted water to a boil and cook your pasta el dente. Reserve about 1 cup of the pasta water, then drain.
 2. While the pasta is cooking, heat the olive oil in a large skillet, over medium heat. Add the garlic and saute until soft and fragrant- don't let it brown.
 3. Add the tomatoes, red pepper flakes and a pinch of salt and cook 5-6 minutes until the tomatoes are soft and blistered
 4. Add the zucchini and cook until tender 4-5 minutes. Add the marinara sauce and the reserved pasta water and cook 5 minutes longer.
 5. Add the drained pasta to the pan. Toss everything together until well coated and glossy. Stir in the parmesan cheese and stir to melt into the sauce
 6. Serve hot with fresh basil leaves and additional parmesan cheese. ENJOY!!!
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Italian chicken and potato patties

Italian chicken and potato patties

If you're like me and always looking for family-pleasing meals that are easy to make and delicious, these Italian chicken and potato patties, known as popette di pollo e patate, are just

the thing. Made with shredded poached chicken breast, creamy mashed potatoes, sweet bell peppers, and plenty of grated parmesan cheese, then they're pan fried until golden and crispy. Perfect for a quick weeknight dinner, light lunch, or even as a party appetizer-just be sure to make them smaller if serving them as party food.

These take me right back to my childhood kitchen, where if there was leftover mashed potatoes or chicken my mother would whip up a batch of polette di pollo on a whim- no measurements, or special ingredients just whatever we had on hand. I've added my own twist over the years, but the main ingredients of chicken and potatoes remains the same.

Things to know about this Italian chicken and potato patties recipe

1. Make-ahead friendly: You can shape the patties ahead of time and store them in the fridge for up to two days- just fry them fresh when you're ready to serve.
2. Great for leftovers: I cooked the chicken and potatoes fresh for this recipe, but you can absolutely use leftover chicken – whether it's broiled, grilled or even rotisserie. It's a delicious way to repurpose what you already have in your fridge
3. Versatile size: Make them large for a hearty dinner or shape them smaller for appetizers and party bites- just adjust the cooking time accordingly.
4. These crispy Italian chicken and potato patties are perfect whether you're serving them for dinner, packing them for lunch, or setting them out as bite size appetizer, they're always a hit. If you try this recipe, let me know how it turns out!!Leave me comment, snap a photo. rate it, and please don't forget to tag me on social medium with your creations. I love hearing from you !!!

Ingredients

- 2 cups cooked and shredded skinless , boneless chicken breast
- 2 cups mashed potatoes
- 1 cup finely diced bell peppers any color or a mix
- 2 Tbsp. minced onion
- 1/2 cup grated parmesan cheese
- 1 egg
- salt and pepper to taste
- **FOR THE COATING**
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 1 Tbsp. chopped Italian parsley
- 1 egg lightly beaten
- 2 cups olive oil canola blend for shallow frying

Instructions

1. Start by poaching the chicken breast until just cooked through. Let cool . then use two forks to shred the chicken. Set aside
2. Cook the potatoes until soft, mash and season with salt and pepper. For two cups of mashed potatoes I used three medium russet potatoes.
3. In a bowl combine the mashed potatoes, shredded chicken, onion, bell peppers, parmesan cheese and egg. Salt and pepper to taste.
4. In a separate bowl combine the bread crumbs, parmesan, and Italian parsley. In another add the egg and slightly beat using a fork.
5. Form the chicken patties by scooping about 2 tablespoons of the mixture and form into round slightly flatten patties
6. Dip each patty first in the egg and then in the bread crumb mixture. Repeat for all the patties

7. In a large skillet Heat the frying oil over medium heat. Fry the patties in batches for 3-4 minutes per side, or until golden brown and crisp. drain on paper towels.
 8. Serve with my easy marinara sauce and my delicious cucumber, tomato, avocado salad for a complete summer time meal everyone will love. ENJOY!!!
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Air fryer salmon Skewer Italian Spiedini

Air fryer salmon Skewer Italian Spiedini

This air fryer salmon skewer Italian spiedini recipe uses simple ingredients you probably already have at home. Salmon is so versatile, it can be cooked in so many different ways. No air fryer? No problem, these salmon spiedini can be baked , grilled or pan-fried. And the best part is they can be on your table in minutes.

This recipe is one of those recipes that will impress family and friends. They will think it took hours to prepare , it looks and tastes special without being complicated. The salmon is tender and juicy, lightly crispy and the compound butter adds a restaurant quality touch. I love how easy it is to make for a weeknight dinner, and yet fancy enough for Saturday night dinners with friends.

Things to know about Air fryer salmon Skewer Italian Spiedini

For air frying or grilling salmon , you want to choose a firm and slightly fattier salmon so it holds up and won't dry out. I used high-quality Atlantic salmon because it's flavorful and readily available. Other great options would be coho , Sockeye or king salmon.

To keep the salmon moist during cooking, pack the salmon tightly onto the skewers, to help the pieces from drying out and ensure every bite stays tender and flavorful.

Cutting the salmon into the same size dice helps the salmon cook evenly, so you don't end up with some pieces overdone while others are undercooked. Serve them with my creamy lemon parmesan zucchini orzo and my Italian sauteed swiss chard for a complete restaurant quality meal everyone will love. ENJOY!!!

Ingredients

- 1 1/2 lbs. skinless salmon cut into medium size dice
- 2 Tbsp. olive oil
- juice and zest from 1 lemon
- 2 gloves minced garlic
- 2Tbsp. chopped Italian parsley
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- **FOR THE PARMESAN COMPOUND BUTTER**
- 1/2 stick soft butter
- 1/3 cup grated parmesan
- 1 Tbsp. chopped Italian parsley
- 1 teaspoon garlic + onion powder

Instructions

1. **MAKE THE COMPOUND BUTTER:** In a bowl combine the butter, parmesan, parsley, garlic and onion powder. Refrigerate until ready to use
 2. **PREPARE THE SALMON:** In a bowl combine the cubed salmon, olive oil, parmesan, breadcrumbs, parsley, lemon juice, zest, garlic, salt and pepper to taste. Marinate for 30 minutes.
 3. **ASSEMBLE THE SPIEDINI:** thread the salmon cubes tightly onto 8 inch metal or wooden skewers. If using wood skewers soak them in water before using.
 4. **COOK THE SPIEDINI:** Preheat your air fryer to 400 degrees cook the salmon spiedini for 6 -8 minutes. Baste with the compound butter the last 2 minutes Remove from the air fryer and brush again with the butter,. ENJOY!!!!
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Easy homemade spinach crepes

Easy homemade spinach crepes

Looking for a quick , easy and delicious healthy meal that's perfect any time of the day ? These easy, homemade and quick spinach crepes are just what you need! Light , savory, and full of good for you spinach, these crepes come together in minutes and make a versatile base for your favorite fillings. I used them to make a lighter version of spinach manicotti-filled the crepes with a creamy ricotta and spinach filling, placed them in a baking dish with my easy marinara sauce, topped them with shredded mozzarella and baked them until the cheese was bubbly and golden.

Things to know about this Easy homemade spinach crepes recipe

These savory spinach crepes are easy to make! They take a little bit of time- you have to fry each one separately but other than that, they're really easy to make. Crepes are nothing more than super thin pancakes, deliciously neutral in taste. It's the fillings that make them savory or sweet.

If you want to make crepes into a lunch or dinner, what I do is make a rich ricotta and spinach filling and use these spinach crepes instead of store-bought pasta tubes to make manicotti. I layer them in a baking dish with my easy marinara sauce and bake until bubbly and golden. It's a lighter, healthier version on the classic- delicious and perfect to make ahead of time , and bake when you're ready to serve.

These easy homemade spinach crepes are a healthy alternative, they're delicious and a versatile staple you'll make over and over again. Whether you're making them for a quick lunch, using them for manicotti, or filling them with whatever you have on hand, you're going to love them!!! Try them with my easy marinara sauce and your favorite savory filling for a delicious easy dinner everyone will love. And if your looking for a more classic option, check out my plain crepes how to make homemade crepes -prefect for sweet or savory fillings. And what I used to make my delicious Italian crepe Manicotti with bechamel

Let me know how you used them- I'd love to hear what fillings you came up with, snap a picture and tag me on social media, I love to see your creations . It's my favorite part!!

Ingredients

- 2 cups fresh spinach
- 1 1/2 cups of flour
- 3 eggs
- 1 cup milk
- 2 Tbsp. of butter
- salt and pepper to taste

Instructions

1. Prepare the spinach by placing it in a dry saute pan and cook until wilted (2-3 minutes) let cool, squeeze out as much liquid as possible.
2. In a blender or food processor combine the spinach, eggs, milk and salt , blend until smooth.
3. Add the flour and pulse until combined. Don't over mix. The consistency should be smooth and thin , similar to heavy cream. It should coat the back of a spoon. Then set the batter in the fridge to rest for at least 1 hour or overnight.
4. Heat an 8 inch non-stick skillet over medium high heat. Grease with a small amount of butter. Pour a small amount of batter(about 2 Tbsp.) into the pan and swirl to coat evenly. Cook each crepe 1-2 minutes per side. Greasing the pan with butter lightly before each crepe.
5. To store spinach crepes, allow them to cool completely before stacking and covering them tightly with plastic wrap or placing them in an airtight container. Keep them in the fridge for 2-3 days. For freezing separate each cooled crepe with parchment paper, stack and wrap tightly with plastic wrap or place in a freezer safe container. They will last in the freezer up to three months.
6. To reheat the frozen spinach crepes, thaw the crepes in the fridge, then warm them up in a skillet or

microwave until heated through.

7. Second,

8. And so on

Mediterranean oven baked chicken

Mediterranean oven baked chicken

There's something about Chicken Marbella that feels effortlessly elegant, even though it couldn't be easier to make. I first tasted it years ago at a dinner party and was immediately hooked by the sweet-and-savory flavors—tangy capers and green olives, sweet prunes, and tender chicken all bathing in a garlicky wine sauce. This version is an Italian take on the classic, with a few tweaks to bring out even more bold, Mediterranean flavors.

This version is a smaller batch, perfect for a cozy dinner or a little something special without all the fuss. I use a mix of bone-in chicken breasts and thighs for rich flavor and juicy texture. The overnight marinade does all the heavy lifting, and the oven does the rest. Serve it with crusty bread to soak up every drop of that incredible sauce, and you've got a dish that feels fancy without trying too hard.

Things to know about this Mediterranean oven baked chicken

1. Marinating is key in this chicken recipe, the dish gets it's signature flavor from a long marinade. Give it at least 4 hours, but overnight is better for deep , rich flavor.
2. Using a mix of bone-in , skin -on chicken breast and thighs adds moisture and flavor.
3. You can use either dried prunes or figs. Combined with the briny olives and capers, it's a delicious taste of sweet and savory.
4. A classic with an Italian twist. While chicken Marbella was born in New York kitchens, this Italian version has all the bold flavors of Italian cooking, oregano, garlic and olive oil.
5. It's even better the next day. Like many braised or marinate dishes, leftovers are delicious.
6. It's a perfect chicken recipe for entertaining. This dish can be prepped ahead and roasted just before you're ready to serve.
7. This Mediterranean oven baked chicken freezes well. Store cooled portions in an airtight freezer container and reheat for a ready made meal. ENJOY!!! If you like easy chicken recipes try my Easy chicken Francese or my easy chicken picatta or my easy chicken marsala

Ingredients

- 2 bone-in, skin-on chicken breasts
- 2 bone-in, skin-on chicken thighs
- 4 cloves garlic, minced
- 2 tablespoons red wine vinegar
- 2 tablespoons olive oil
- 2 tablespoons dried oregano
- Salt & freshly ground black pepper, to taste

- 1/3 cup pitted prunes, roughly chopped if large
- 1/4 cup pitted Spanish green olives
- 2 tablespoons capers with a bit of brine
- 2 bay leaves
- 1/3 cup dry white wine
- 2 tablespoons brown sugar
- Chopped parsley, for garnish

Instructions

1. **Marinate the Chicken (do this the night before if you can):**

In a bowl or zip-top bag, combine garlic, vinegar, olive oil, oregano, salt, pepper, prunes, olives, capers, and bay leaves. Add chicken and toss to coat. Cover and marinate in the fridge overnight or at least 4 hours.

2. **Bake:**

Preheat oven to 375°F (190°C). Place chicken in a baking dish in a single layer. Pour all the marinade over it. Sprinkle brown sugar over the chicken, then pour in the white wine.

3. **Roast:**

Roast uncovered for 50–60 minutes, basting occasionally with the pan juices. The chicken is done when golden and its internal temp hits 165°F.

4. **Serve:**

Plate the chicken with spoonfuls of the prunes, olives, and juices. Garnish with chopped parsley.

Air fryer Parmesan Chicken Spiedini

Air fryer Parmesan Chicken Spiedini

Air fryer parmesan chicken spiedini are Italy's version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.

The chicken is so tender and juicy, , and the spiedini can be severed as an appetizer or as a main course. You can also cook the chicken skewers in the oven or on a grill, making them perfect all year. No matter how you cook them, they're full of flavor and always a crowd pleaser

If you like easy and delicious chicken recipes, try this oven baked chicken spiedini recipe , that you will love, or one of my personal favorites Easy Italian chicken croquettes

Helpful things to know about this air fryer parmesan chicken spiedini recipe

When using wooden skewers, make sure to soak them in water for at least 30 minutes before making the recipe. This keeps the wood from burning in the air fryer. Typically, I prefer metal

skewers.

If you're not in the mood for chicken thighs or prefer chicken breast this recipe works for both. And if you're not in the mood for chicken at all, this recipe would also be delicious with beef, pork, or shrimp. The cooking times will be different, so you'll need to experiment to get the exact cooking time.

No air fryer ? No problem . These chicken spiedini can be oven-baked or grilled. Either way , you'll still get that delicious juicy inside and lightly crisp outside, perfect for any time of the year.

One of the best things about this recipe is that you can make it ahead of time. Simply assemble the the chicken skewers, cover and refrigerate them up to 1 day or when you're ready to cook. In fact letting them marinate a bit longer enhances the flavor. When you're ready, just pop them in the air fryer, grill or oven. ENJOY!!! If you make this air fryer parmesan spiedini leave me a comment below, I love hearing from you and it helps others. THANKS!!!

Ingredients For the chicken

- 1 1/2 lbs. boneless skinless chicken thighs
- 2 Tbsp. olive oil
- 1 Tablespoon each garlic, onion, and paprika powder
- 1 Tbsp. Italian seasoning
- Juice and zest from one lemon
- 1/2 cup grated parmesan
- Salt and pepper to taste
- **GARLIC PARMESAN SAUCE**
- 1 stick softened butter
- 2Tbsp. minced garlic
- 2 Tbsp. chopped Italian parsley
- 1/2 cup grated parmesan cheese

Instructions

1. Add the chicken pieces to a bowl with the oil, parmesan, lemon juice , zest, Italian seasonings, garlic, onion, and paprika powder. Salt and pepper to taste. Mix to coat evenly. Allow the chicken to marinate in the fridge covered for as little as 30 minutes but ideally overnight.
2. In a separate bowl combine the butter, minced garlic, parsley, parmesan, lemon juice, and chili flakes. Mix to create a compound butter.
3. Preheat the air fryer or out door grill I usually air fry the skewers at 400 degrees
4. Thread chicken pieces onto metal or wooden skewers and set aside. Remember, if using wooden skewers soak in water before using.
5. Add the skewers to the air fryer a few at a time, so as not to overcrowd the pan and the chicken cooks evenly. Cook 5-6 minutes, flip and cook an additional 3-4 minutes.
6. The internal temperature of the chicken should be at 150 degrees, at this point baste the chicken skewers with the garlic butter, and cook 1 minute , flip baste the other side and cook 1 more minute.
7. Top with more parmesan and parsley, serve warm with the parmesan sauce. ENJOY!!!!

Easy Italian chicken

croquettes

Easy Italian chicken croquettes

These easy Italian chicken croquettes are ideal as a starter or appetizer because they not only taste delicious but also look irresistible. Crispy and crunchy on the outside and moist on the inside, they're a hit with both kids and adults.

While croquettes originated in France, they've become a loved dish all over Italy and around the world, with savory variations that reflect local flavors and traditions. In this version, inspired by Southern Italy, the raw chicken is processed either in a food processor or chopped fine by hand and mixed with simple, flavorful ingredients- no potatoes.

Perfect for parties, family dinners, or anytime snack, these crocchette di pollo should come with a warning label- HIGHLY ADDITIVE!!!!

Things to know about this easy Italian chicken croquette recipe

You're going to love this recipe. Not only are these chicken croquettes easy to make and delicious, they can be made ahead of time, making them perfect for entertaining or weeknight meals. In fact, they're actually better if they're refrigerated before frying- chilling helps them firm up, hold their shape, and crisp up beautifully.

You can shape them in advance and refrigerate up to 2 days or freeze until you're ready to fry. They're kid-friendly, crowd pleasing, and freezer friendly- what more could you want. Pair

them with my creamy lemon parmesan zucchini orzo or my Italian-style sauteed swiss chard for a complete Italian dinner.

Ingredients

- 1 Lb. cubed skinless, boneless chicken breast
- 1/2 cup grated parmesan cheese
- 1/2 cup breadcrumbs
- 1 egg
- 1/3 cup Italian parsley
- 1 garlic clove
- salt and pepper to taste
- pinch of nutmeg (optional)
- **FOR THE BREAD COATING**
- 1 egg slightly beaten
- 1 cup breadcrumbs
- 1/3 cup grated parmesan +
- 1/3 cup chopped Italian parsley
- 1 teaspoon garlic, onion, and paprika powder
- whisk everything together to blend well
- 2 cups canola olive oil blend for shallow frying

Instructions

1. In a food processor add the chicken breast, breadcrumbs, parmesan, egg , parsley, garlic, nutmeg (if using), salt and pepper to taste.
2. Pulse until well combined, but still coarse. The texture should be thick and sticky , like a meatball. If it's too wet add one or two more tablespoons of breadcrumbs.
3. Lightly oil your hands, and form about 2 Tbsp. of the chicken mixture into small ovals, or fat finger shapes, about 2 inches long.
4. Dip each croquette first in the slightly beaten egg and then in the Italian seasoned breadcrumbs.

Set aside.

5. Heat a shallow layer of oil in a heavy skillet over medium heat . Fry the chicken croquettes in batches, turning to brown evenly on all sides (about 6-7 minutes total), or until golden and cooked through. ENJOY!!!