

Easy homemade meat stromboli

Easy Homemade Meat Stromboli

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This easy homemade meat Stromboli is the ultimate Italian – American comfort food, with layers of delicious savory deli meats, gooey melted cheese, and my easy marinara all wrapped in a golden, crispy crust. It's the perfect dish for gathering or a delicious addition to your game day appetizer table.

This recipe has many variations swap out the meats, add vegetables, Mama's meatballs, or experiment with different cheeses to suit your taste. Served with more marinara for dipping, it's a guaranteed crowd pleaser, whether at potlucks, dinner at home or game night. Easy to and full of flavor, Stromboli is a timeless classic everyone likes.

Filling ideas for this Easy homemade meat stromboli

Classic Italian: Pepperoni , mozzarella and marinara sauce for a traditional pizza – inspired stromboli

Vegetarian: Spinach, roasted red peppers, olives and feta for a vegetarian option

Caprese: Fresh diced tomatoes, mozzarella, and basil for a light summery stromboli

Buffalo chicken : Shredded cooked chicken tossed in Buffalo sauce, blue cheese, minced celery and carrots for a spicy kick

Stromboli for breakfast: Scrambled eggs, cooked sausage or bacon, sharp cheddar cheese for a delicious breakfast-inspired stromboli.

Making homemade stromboli is easier than you think, and the results are well worth it. Plus, you can customize it with your favorite fillings. You can use my homemade overnight pizza dough and my easy homemade marinara sauce for an authentic made-from scratch experience, or opt for store-bought for a quicker option- either way it will be delicious.

Easy Homemade Meat Stromboli



This easy homemade meat stromboli is a delicious Italian-American favorite made with pizza dough, savory Italian meats, plenty of melty cheese, and classic Italian seasonings. Baked until golden and crisp, it's perfect for an easy dinner, game day, or a casual family meal.

- 1 lb. my overnight pizza dough or your favorite store –

bought

- 2 cups my easy marinara sauce or your favorite store-bought
- 6 slices of prosciutto
- 10 slices Italian salami
- 8 slices provolone cheese
- 1 cup shredded mozzarella cheese
- 2 Tbsp. chopped Italian parsley

1. Preheat your oven to 400-degrees . Line a baking sheet with parchment paper
2. Stretch the pizza dough to a 12 inch even thickness diameter (about 1/3 inch thickness)
3. Start half of the marinara sauce on the dough, leaving a border around the edges bare.
4. Begin to layer the meat starting with the prosciutto then the salami
5. Add the cheeses on top of the meats . Sprinkle with the Italian parsley
6. Roll the crust tightly, sealing the seam and pinching the ends together.
7. Score the top of the stromboli to allow the steam to escape during cooking. Brush with extra virgin olive oil sprinkle with grated parmesan
8. Bake for 15-20 minutes or until the crust is golden brown.

Don't overfill the stromboli. A moderate layer of meat and cheese makes it easier to roll tightly and helps prevent the filling from spilling out while baking. Let it rest for about 10 minutes before slicing so the cheese has time to set.

Appetizer, Main Course, Side Dish

Italian

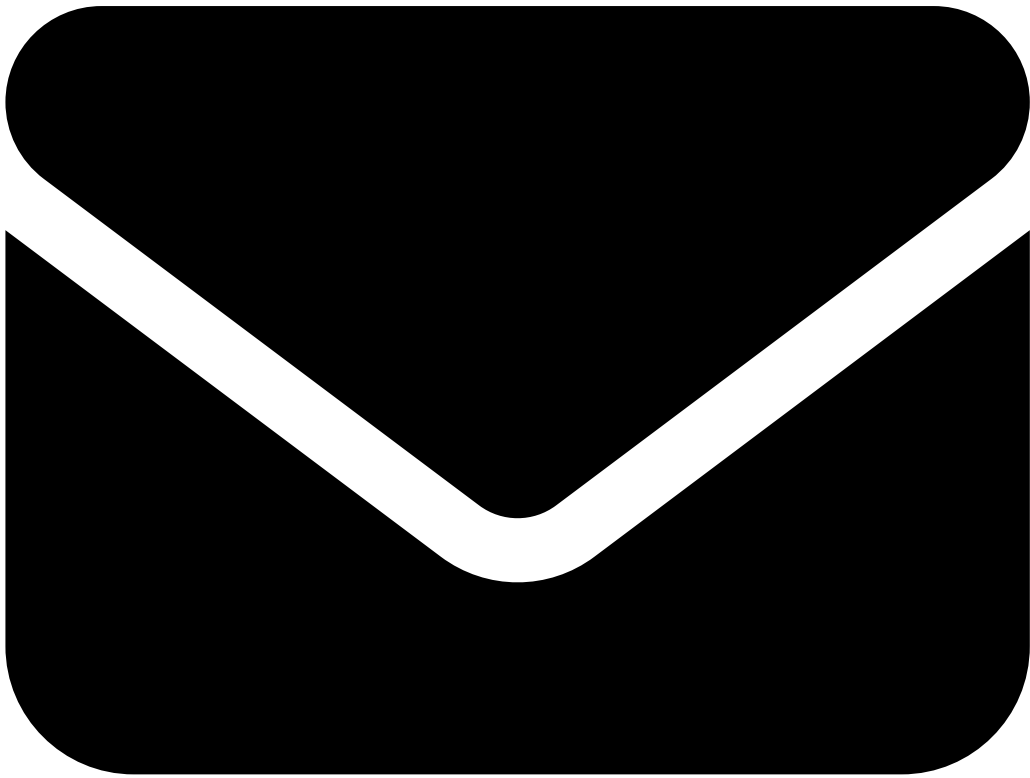
homemade meat stromboli

Bone- in Porkchops picatta

Bone-in Porkchops Picatta

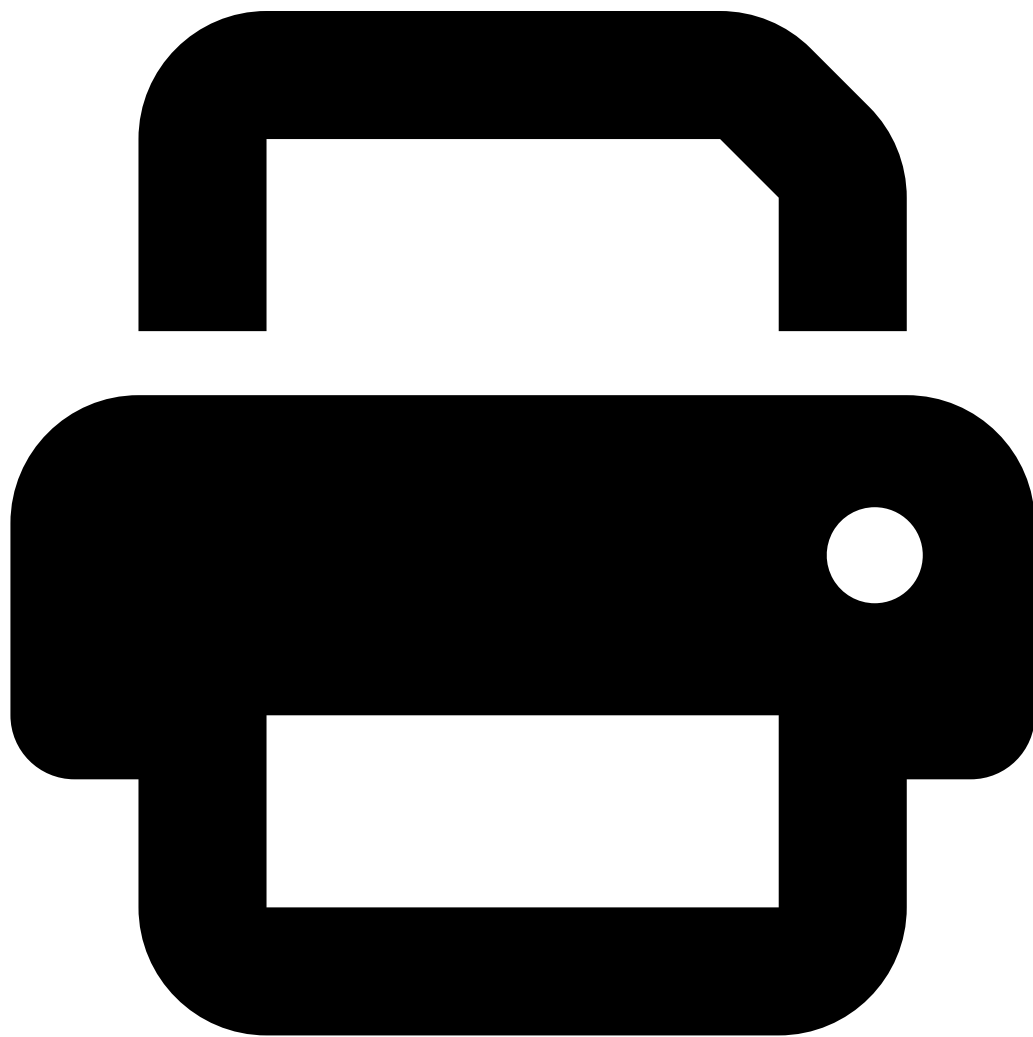
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Perfectly cooked and juicy bone-in porkchops picatta in less than 30 minutes. Only 5 minutes of prep and 15 minutes of cook time start to finish to make the best restaurant quality porkchops at home.

For these pan seared chops I am using 1-1 1/2 inch thick bone-in porkchops and pounding them thin. Thinner porkchops can be used you can skip this step. You can also use boneless porkchops. Although for me I find bone -in anything is much more flavorful.

It's a one pan recipe that's ready in less than 30 minutes and has the most flavorful porkchops with the most delicious picatta sauce.

Why you will love this bone-in

porkchop picatta recipe

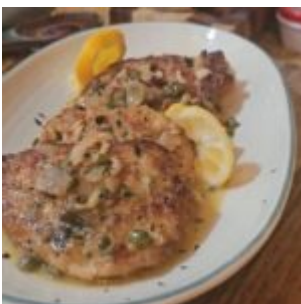
Bone-in porkchop piccata is a delicious recipe. It combines the rich, juicy flavor of bone-in porkchops with the bright, zesty buttery lemon-caper sauce that defines a classic piccata.

The bone-in adds extra flavor and helps keep the meat tender and moist. The tang from the lemon and briny capers balances the savory richness of the pork, while white wine and butter brings everything together in a luscious sauce.

This bone-in porkchop piccata is a restaurant quality dish that's surprisingly easy to make at home, making it an ideal recipe for both weeknight family dinners and fancy enough for special occasions. Plus, it pairs deliciously with simple sides like roasted potatoes, sauteed greens or creamy polenta. ENJOY!!

If you make this recipe please leave me a comment on your experience with this bone-in porkchop picatta recipe. I love hearing from you, and it helps others.

Bone-in Porkchops Picatta



Bone-in pork chops piccata are pan-seared until golden and finished in a bright, flavorful lemon, butter, and caper sauce. This easy Italian-inspired dinner comes together quickly and delivers restaurant-quality flavor with simple

ingredients.

- 4 bone -in porkchops
- 2 eggs
- 1 cup breadcrumbs
- 1/2 cup grated parmesan cheese
- 1/2 cup chopped Italian parsley
- 2 Tbsp. olive oil
- 3 Tbsp. butter
- 1/2 cup white wine
- 1 cup chicken broth
- juice from 1 lemon
- 1/2 cup drained capers
- salt and pepper to taste

1. Start by pounding the porkchops thin then salt and pepper to taste
2. In a bowl mix the breadcrumbs with the grated parmesan cheese and Italian parsley
3. In another bowl add the eggs and whisk slightly
4. Dip the chops first in the egg, then in the breadcrumb mixture. Use your hands to completely cover the porkchops with breadcrumbs
5. In a large saute pan over medium high heat add the olive oil and 1 Tbsp. of butter
6. Add the porkchops in batches to the skillet and fry until golden brown on both sides (about 5 minutes per side). remove and set the chops aside while you make the sauce.
7. In the same pan add the remaining butter add the garlic and shallots and cook until soft and translucent.
8. Deglaze the pan with the white wine waiting until it evaporates before adding the chicken stock, lemon juice and capers. Simmer over low heat until the sauce thickens.
9. Pour the picatta sauce over the porkchops. Top with

additional chopped Italian parsley. Serve with lemon slices.

For the best flavor, sear the pork chops until deeply golden before making the sauce. Those browned bits left in the pan add incredible flavor to the lemon-caper sauce.

Main Course

Italian

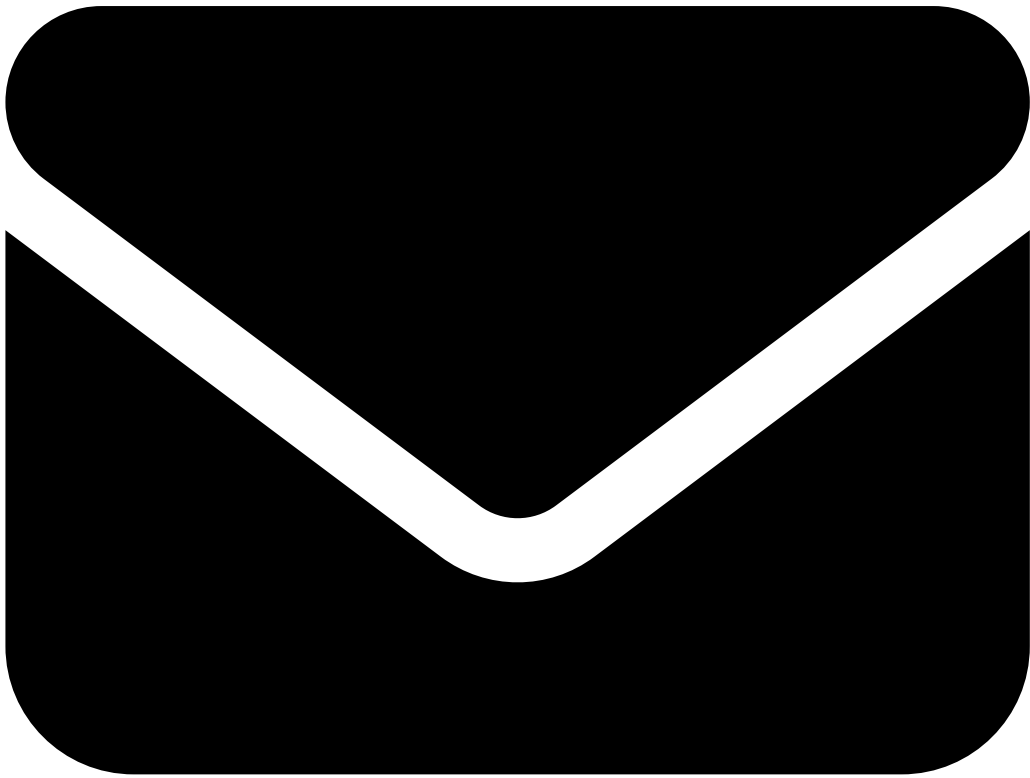
lemon caper pork chops

Prosciutto and mozzarella chicken rolls

Prosciutto Mozzarella Chicken Rolls

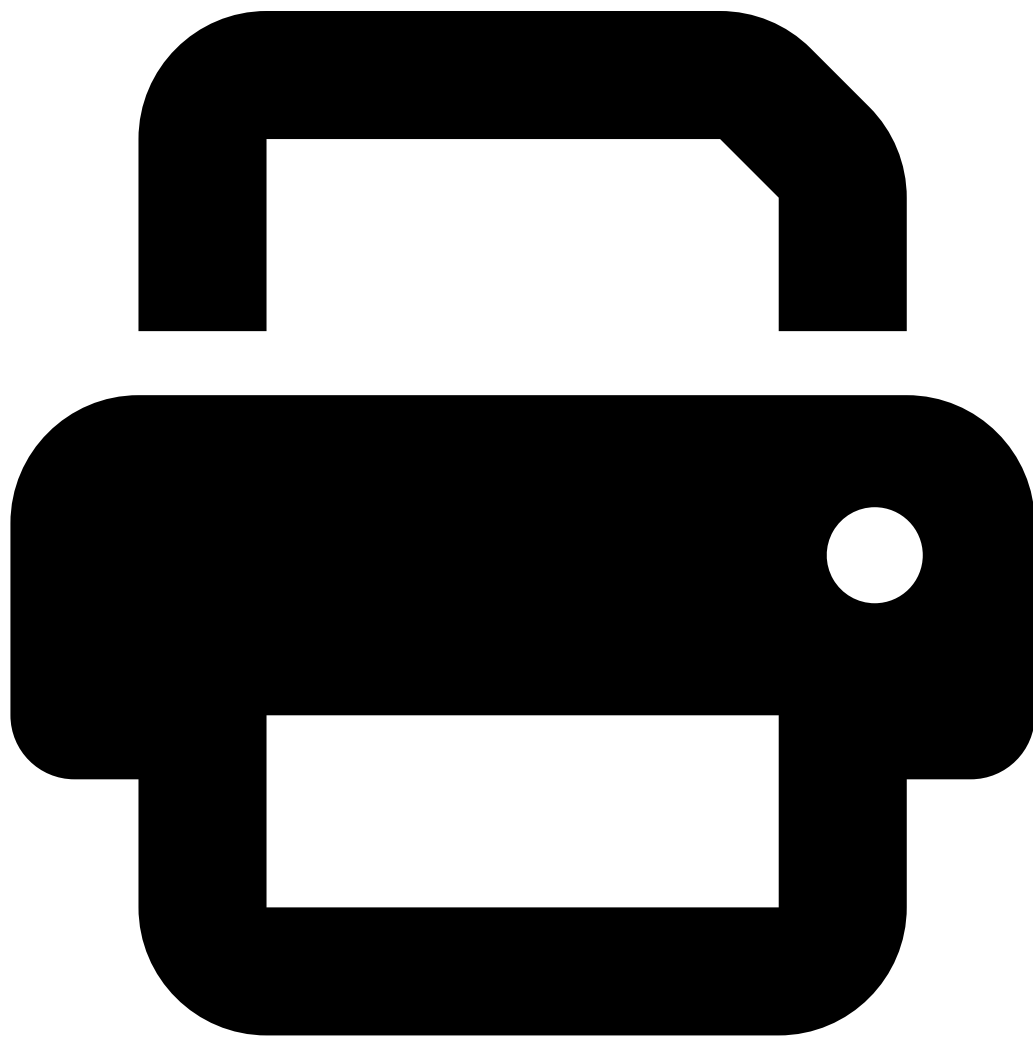
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These prosciutto mozzarella chicken rolls are so easy and quick to make. With just a few minutes of prep time and less than 30 minutes of cook time you can have a restaurant quality dinner.

It starts with thinly pounded chicken breast filled with prosciutto and cheese then covered in my easy marinara sauce, though you can use your favorite store- bought if you prefer, then topped with freshy grated mozzarella and baked. whether served with a side of pasta , roasted vegetables, or a crisp green salad, these chicken rolls make an elegant yet easy meal that's perfect for weeknights or special occasions.

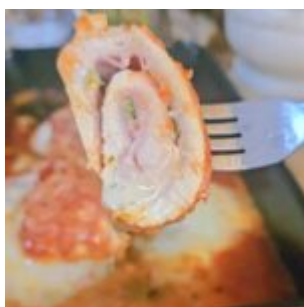
How to make this prosciutto mozzarella chicken roll recipe easy

These prosciutto and mozzarella chicken rolls are perfect for meal prep, making them a great option for busy weeknights or

entertaining guest. You can assemble them in advance by pounding the chicken, layering the prosciutto and mozzarella, rolling them up , and securing them with tooth picks or kitchen twine . Once assembled, they can be stored in an covered container in the refrigerator for up to 24 hours before cooking.

If your planning further ahead, these chicken rolls can also be frozen before baking. Simple wrap each roll tightly in plastic wrap and place them in a freezer-safe bag. When you're ready to cook , thaw them overnight in the refrigerator and proceed with baking. This method is especially convenient for meal planning, as you can prepare a batch in advance and have a delicious, homemade meal with minimal effort. Whether fresh or frozen these prosciutto mozzarella chicken rolls deliver a restaurant- quality meal with hardly any last-minute work,

Prosciutto Mozzarella Chicken Rolls



These Prosciutto Mozzarella Chicken Rolls are tender chicken breasts filled with salty prosciutto and melty mozzarella, then rolled and baked until golden and delicious. An easy Italian-inspired dinner that looks impressive but is simple enough for a weeknight meal.

- 4 boneless skinless chicken breast
- 4 cups my easy marinara sauce

- 4 slices prosciutto
- 2 cups freshly grated mozzarella
- 1/2 cup grated parmesan
- 1/2 cup chopped Italian parsley

1. Heat your oven to 375-degrees
2. Start by washing the chicken and pat dry. Then pound the chicken breast until thin salt and pepper to taste
3. Lay one slice of prosciutto on each breast, divide half the mozzarella among the four breast, top with Italian parsley
4. Roll the chicken breast jelly roll style. Secure with toothpicks
5. line an oven proof casserole dish with half of the marinara sauce. Lay the rolled chicken breast on top. Then top the chicken with the remaining marinara sauce and the shredded mozzarella, half of the grated parmesan and bake for 25-30 minutes. Top with the remaining parmesan and additional Italian parsley.

Secure each chicken roll with toothpicks before baking to keep the filling tucked inside. Let the chicken rest for 5 minutes before slicing so the mozzarella stays inside rather than running out onto the plate.

Main Course

Italian

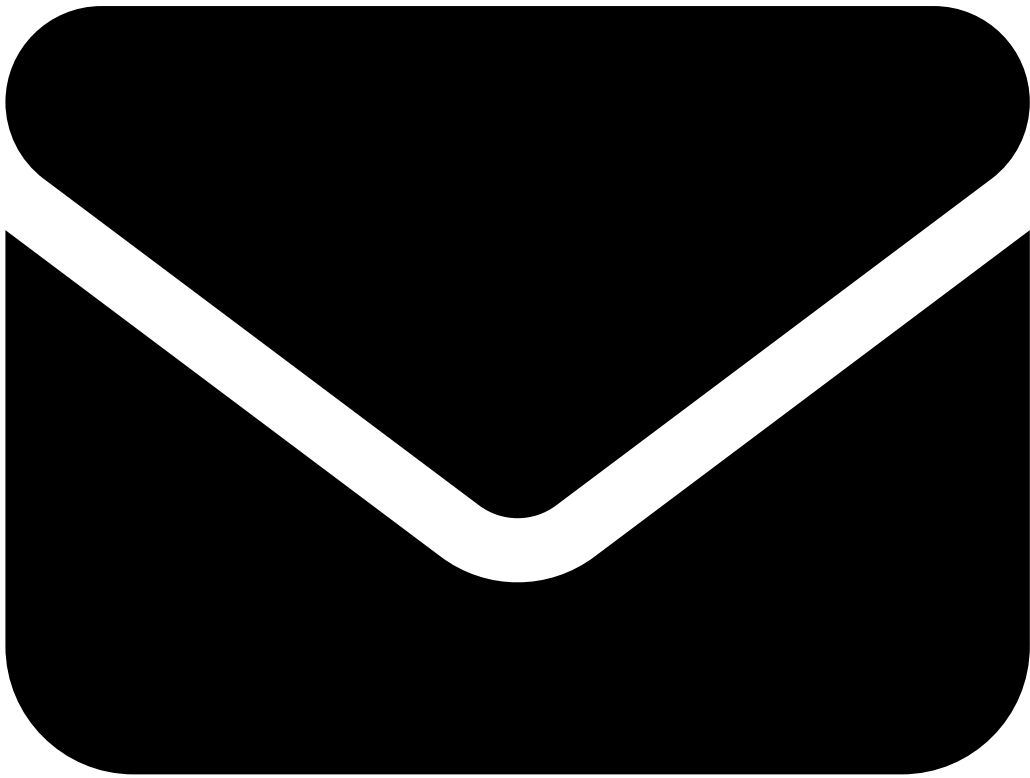
chicken rolls with prosciutto and mozzarella

Mushroom pasta alla Norcina

Mushroom Pasta Alla Norcina

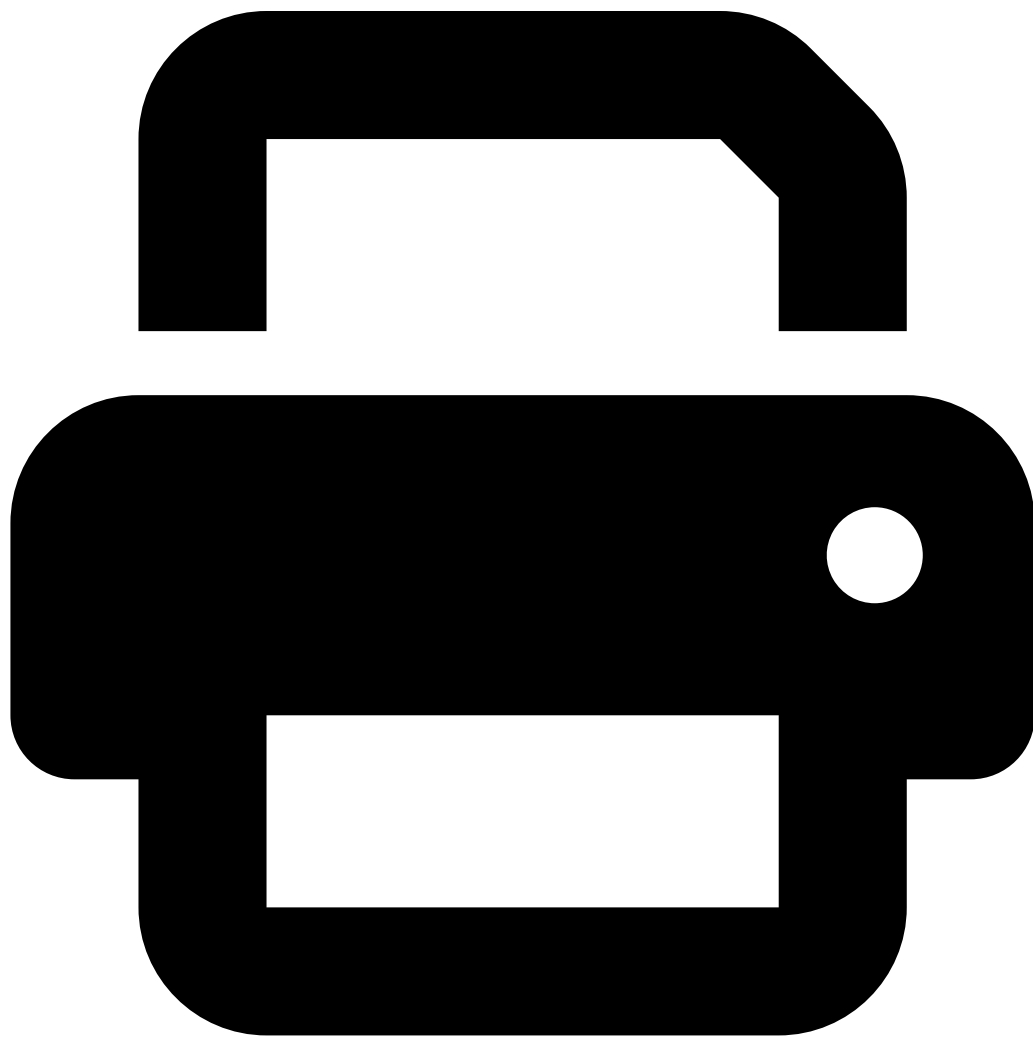
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Mushroom Pasta alla Norcina is a rustic Italian pasta dish from **Umbria**, known for its rich, hearty combination of Italian sausage, mushrooms, and a creamy sauce. There are several variations of Pasta alla Norcina; some include mushrooms, cured meats, or both. This version combines savory sausage and earthy mushrooms for a deeply flavorful yet surprisingly simple meal.

What makes this pasta so appealing is how quickly it comes together. The sauce takes about the same amount of time to prepare as the pasta takes to cook, making it an ideal choice for a satisfying weeknight dinner.

The sauce begins with gently sautéed onions and garlic, followed by mushrooms and Italian sausage, either mild or spicy. Traditional sausage used in Norcina typically contains rosemary. Since the Italian sausage I find here doesn't usually include rosemary, I add a few fresh rosemary sprigs to

the sauce to bring that characteristic flavor to the dish.

As the sauce simmers and becomes rich and creamy, the pasta cooks alongside it. Once the pasta is al dente, it is tossed directly into the sauce, allowing it to absorb all those wonderful savory flavors. A final adjustment of seasoning and a generous sprinkle of Parmesan bring everything together.

Hearty, rustic, and full of Italian flavor, this Mushroom Pasta alla Norcina is the perfect meal when you're craving something comforting and delicious without spending hours in the kitchen.

key points for this mushroom pasta alla norcina recipe

Here are a few key points to know about this mushroom pasta alla norcina recipe.

Pasta: Often make with short pasta like rigatoni or penne, but you can use any shape pasta that you prefer.

Sausage: Italian sausage typically seasoned with rosemary and fennel is crumbled and browned to add robust flavors. If you can't find the Norcina sausage add a few sprigs of rosemary to the sauce, removed before adding the pasta.

Mushrooms: Fresh porcini mushrooms are traditional, but cremini or button mushrooms are commonly used when porcinis are unavailable.

Cream sauce: Heavy cream is combined with wine and stock creating a velvety sauce that coats the pasta.

Cheese: Grated pecorino Romano or parmesan cheese enhances the richness and adds a nutty, salty finish to the dish.

I hope you give this mushroom pasta alla norcina a try. Its creamy, hearty combination of sausage and mushrooms makes a

perfect meal for any occasion.

Mushroom Pasta Alla Norcina



Mushroom Pasta alla Norcina is a hearty Umbrian pasta dish made with Italian sausage, earthy mushrooms, rosemary, and a rich, creamy sauce. This rustic Italian recipe comes together quickly, making it perfect for a comforting weeknight dinner when you want something satisfying without spending hours in the kitchen.

- 1/2 lb. fusil pasta
- 1/2 lb. spicy Italian sausage crumbles
- 2 cups sliced mushrooms
- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan
- salt and pepper to taste

1. Start by cooking your pasta *al dente*. While the pasta is cooking make the sauce
2. In a large saute pan over medium high heat in the 2 Tablespoon of olive oil cook the onion and garlic until

soft and translucent. Add the mushrooms and cook until the mushrooms begin to brown . Then add the sausage crumbles cook until brown.

3. Deglaze the pan with the wine waiting until it evaporates before adding the chicken stock, pasta water and cream. Simmer until the sauce thickens. Then add in the grated parmesan
4. Toss the pasta in this creamy sausage sauce, top with more grated parmesan and chopped Italian parsley.

Reserve some of the pasta water before draining. Tossing the hot pasta with the sauce and a splash of pasta water helps loosen the cream sauce and allows it to cling beautifully to every strand of pasta.

Main Course, pasta

Italian

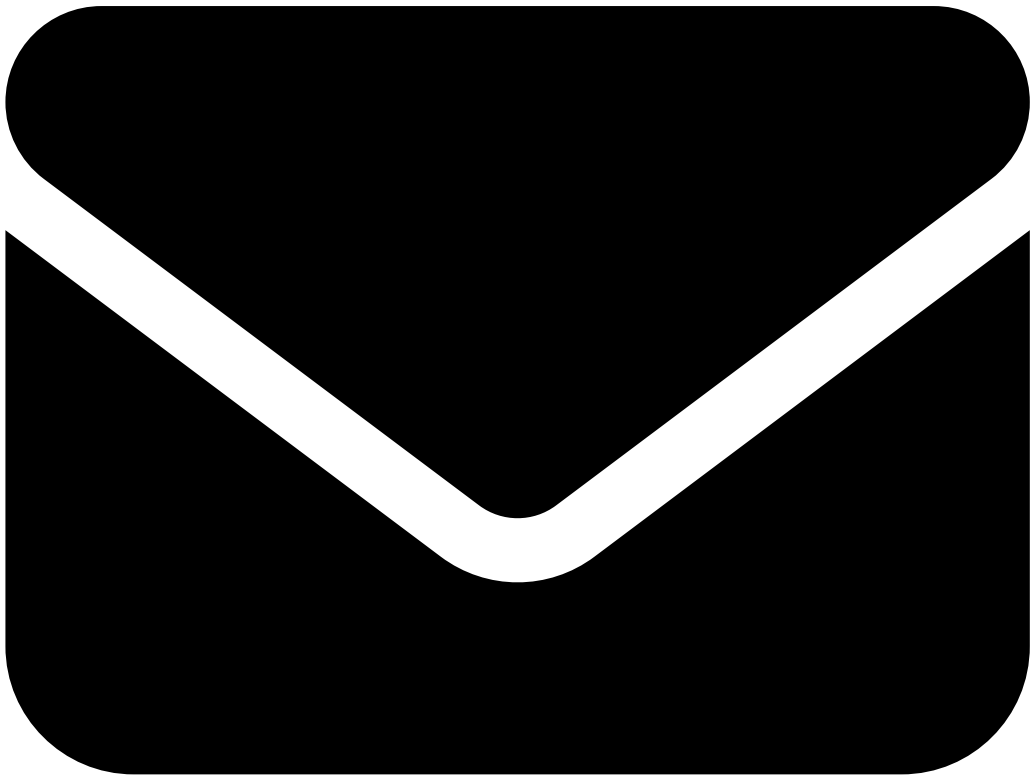
best Italian sausage mushroom pasta recipe

Easy and quick chicken francese

Quick and Easy Chicken Francese

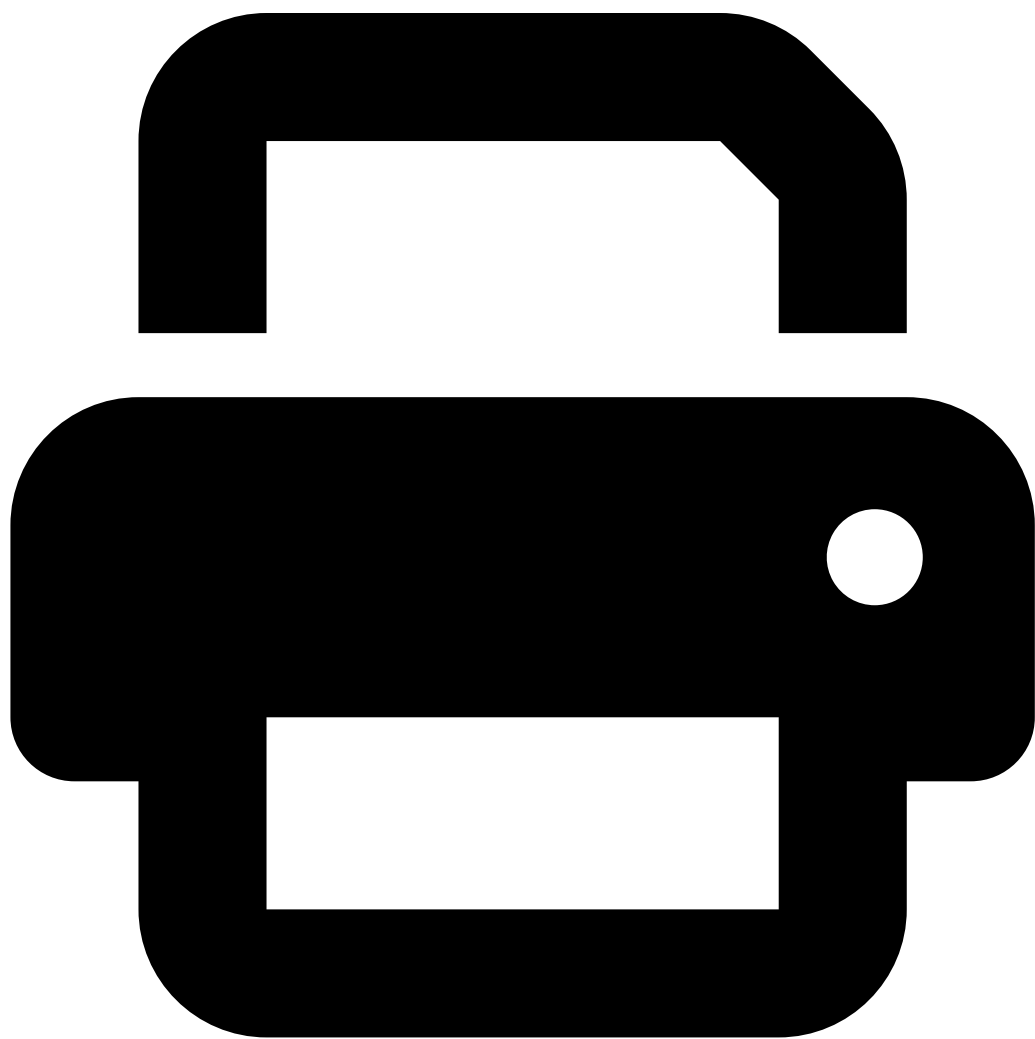
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Quick and easy chicken Francese is a lightly battered pan-fried chicken breast meal with an elegant white wine lemon sauce. It's like chicken piccata, but with a thicker sauce, more of it , no capers and lemon flavors, and a delicious crust that soaks up the sauce. Chicken Francese a lovely restaurant dish that's easy to make at home. It's hallmark is the light golden crust created by dredging chicken breast in flour and egg before pan -frying them to a golden perfection. Once cooked the chicken cutlets are covered in a tangy lemon sauce. This recipe is ideal for busy weeknights when you want something elegant but don't have hours to spend in the kitchen, and it's fancy enough for Saturday night dinner with friends.

What makes chicken Francese quick and easy is its minimal ingredients and straightforward preparation. With basic pantry ingredients, you can whip up this chicken dish in under 30 minutes. Pair it with simple sides like steamed vegetables, pasta, or a crisp salad for a complete meal. Whether you're hosting guest or feeding your family . Chicken Francese is

sure to be a hit with its bright flavors and beautiful presentation.

Tips for making Quick and easy Chicken Francese

To ensure your chicken francese turns out perfect every time, start by pounding the chicken breast to an even thickness. This helps them cook evenly and quickly. Season both sides of the chicken with salt and pepper before dredging them in flour, and be sure to shake off any excess to avoid overcoating. When dipping the chicken breast into the egg mixture, let the excess egg drip off before placing in the hot pan to achieve a delicate golden crust.

When making the lemon butter sauce, use fresh lemon juice for the best flavor- it brightens the dish and balances the richness of the butter. Deglaze the pan with the wine and scrape up all the browned bits from the bottom, that's where the deep flavors are.

Let the sauce simmer briefly to thicken slightly before returning the chicken back to the pan. Serve immediately, garnish with fresh Italian parsley and lemon slices, for a dish that's as beautiful as it is delicious.

Quick and Easy Chicken Francese



Quick and Easy Chicken Francese is a classic Italian-American dish featuring tender chicken cutlets lightly coated in flour and egg, then pan-seared until golden and finished in a bright lemon, butter, and white wine sauce. It's a restaurant-style dinner that comes together in about 30 minutes.

- 2 large skinless boneless chicken breast
- 1/2 cup flour
- 2 eggs
- 3 Tbsp olive oil
- 1 lemon thinly sliced
- lemon juice from 1 lemon
- 3 Tbsp. butter
- 2 cups chicken stock
- 1/2 cup white wine
- 1/2 cup chopped Italian parsley
- salt and pepper to taste

1. Cut in chicken breast in half horizontally to form 4 thin breast in total. Pound thin
2. Add half the parsley to the eggs whisk the eggs slightly
3. Add salt and pepper to the flour
4. Coat the chicken first in the flour then in the egg
5. In a non- stick saute pan heat the oil over medium high heat
6. Cook the chicken until golden on both sides about 3 minutes per side. Then remove and set aside. Wipe the pan clean using paper towels.
7. In the same pan melt the butter. add 2 tbsp. of flour and cook stirring for 1 minute with a wooden spoon. While stirring add in the wine waiting until it evaporates before adding in the chicken stock. lemon juice and lemon slices. Simmer for 4-5 minutes or until the sauce thickens.
8. Return the chicken to the pan just to heat through, add

the rest of the parsley. Plate the chicken pour the lemon sauce over it ,garnish with more Italian parsley and lemon slices .



For tender, evenly cooked chicken, pound the cutlets to an even thickness before dredging. Don't overcrowd the pan when cooking—the chicken needs enough room to develop a beautiful golden crust.

Main Course

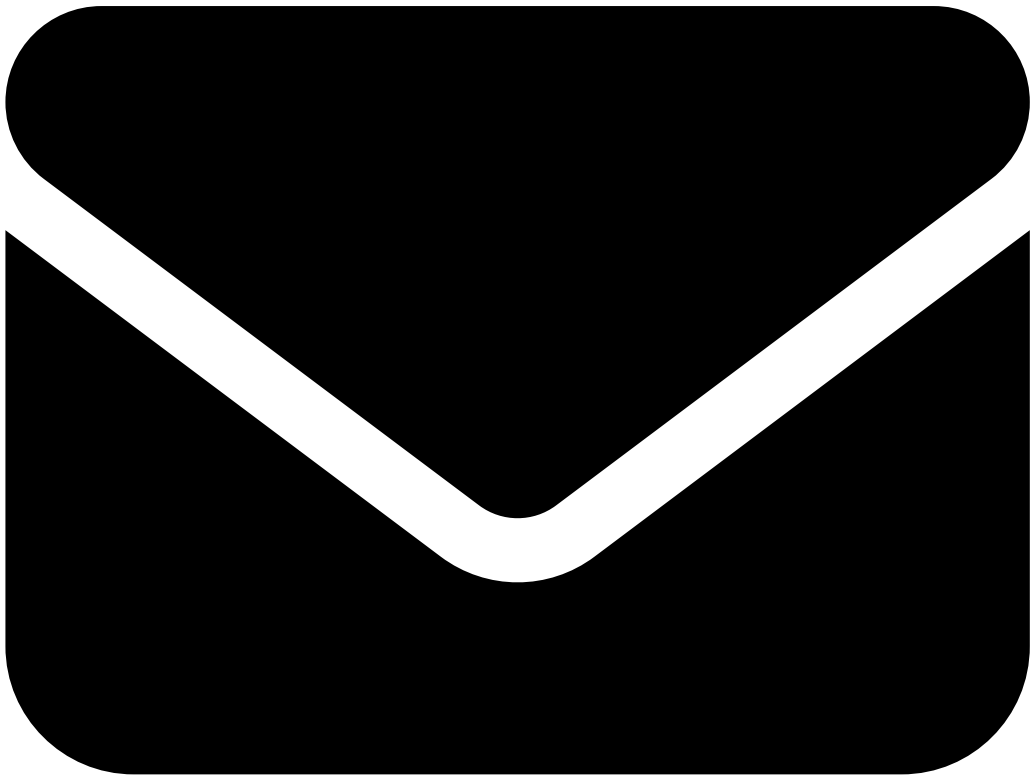
Italian

Split pea soup with ham

Split Pea Soup with Ham

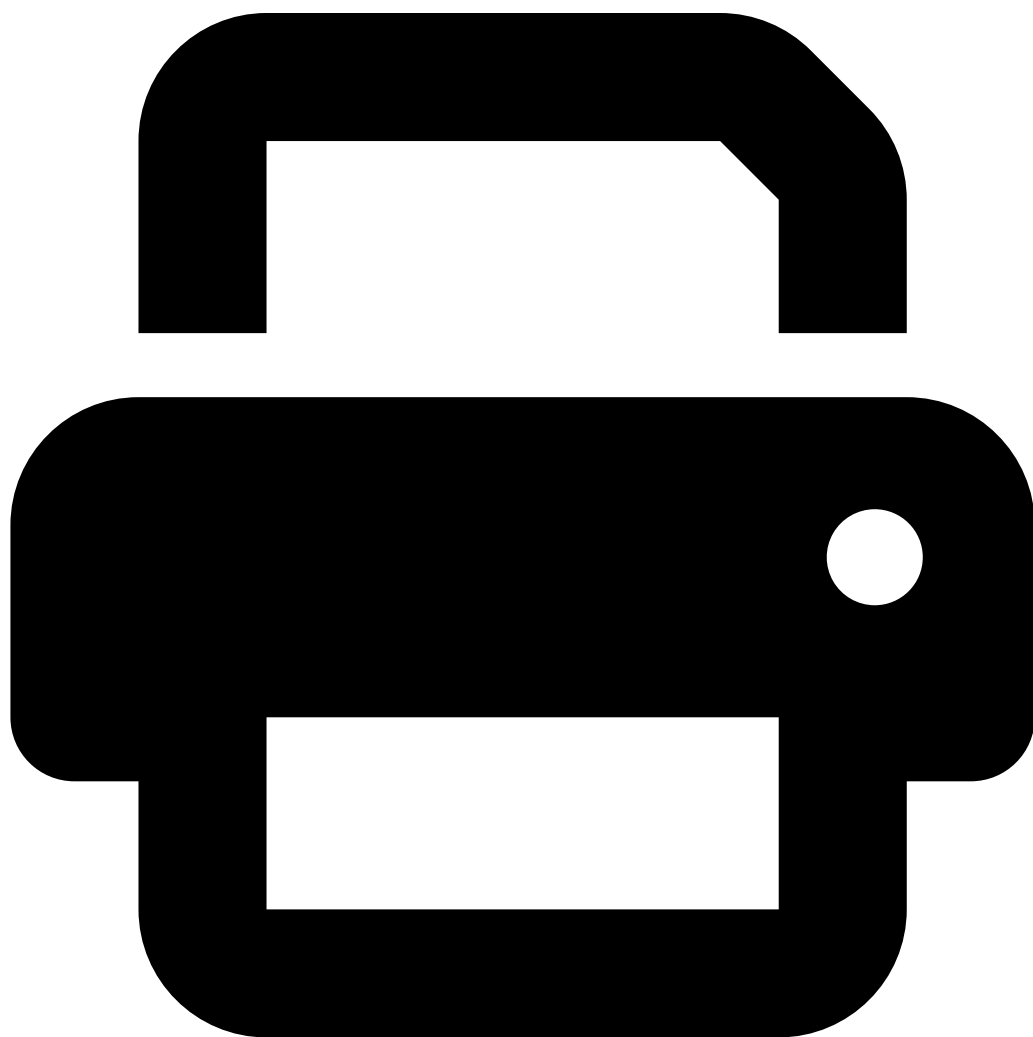
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Split Pea Soup with Ham is one of those recipes that brings back so many memories of our restaurant days. There's something incredibly comforting about a warm bowl of split pea soup, especially when it's made with smoky ham and served with a little nostalgia on the side.

When we owned our restaurants, we took great pride in serving **two fresh soups every day**. Each morning, the soups were made from scratch and simmered until the flavors came together. Split pea soup with ham was always a favorite among our regulars—and for good reason.

This hearty soup is packed with tender split peas, vegetables, and smoky ham, creating a rich, satisfying flavor with very little effort. Best of all, it comes together in **less than an hour**, making it an easy choice for a comforting homemade meal.

Serve it with a thick slice of crusty bread for dipping, or

enjoy it on its own for a filling lunch or dinner. **It's simple, old-fashioned comfort food that never goes out of style.**

Good to know about this split pea soup with ham recipe

Budget-friendly: This recipe uses simple, affordable ingredients like dried split peas, everyday vegetables, and leftover ham or inexpensive ham hocks. It's a delicious way to stretch your grocery budget without sacrificing flavor.

A great way to use leftover ham: Have leftover ham from a holiday or Sunday dinner? This soup is the perfect way to use it. A ham bone adds incredible smoky, savory flavor to the broth, but diced ham works beautifully too.

Perfect for meal prep: Split pea soup stores and freezes beautifully, making it ideal for meal prep. Make a big batch and you'll have easy lunches or quick dinners ready to go. Store it in the refrigerator for **2–3 days** or freeze it for up to **3 months**.

It thickens as it sits: Don't worry if the soup seems thicker the next day. The split peas continue to absorb the broth as the soup cools. When reheating, simply add a splash of water or stock until it reaches your preferred consistency.

Easy, low-maintenance cooking: Once the soup is simmering, there's very little hands-on work. It practically cooks itself, giving you time to prepare other dishes, clean up the kitchen, or simply relax.

Simple, hearty, and practical, this Split Pea Soup with Ham is the kind of recipe that makes home cooking easy—and delicious.

Split Pea Soup with Ham



- 2 Tbsp. olive oil
- 1 cup each chopped onions+ celery+ carrots
- 1 Tbsp. minced garlic
- 8 oz. dry split peas
- 3 cups chicken stock
- 2 cups water
- 2 smoked ham hocks
- a few bay leaves
- 1 cup fresh or frozen peas
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste

1. Start by rinsing the split peas
2. In a stock pot or Dutch oven in the 2 Tbsp. of olive oil over medium high heat saute the celery, carrots, garlic and onion until soft and translucent.
3. Then add the split peas salt and pepper now and mix to combine the flavors then add the chicken stock, water, ham hocks, and bay leaves.
4. Cover and simmer for 45-50 minutes or until the split peas are pureed, if too dry add more water or stock.
5. Remove from the heat. Discard the bay leaves and remove the ham hocks. Remove the ham from the bones , shred and return to the soup add the peas and Italian parsley simmer 5 minutes longer.
6. Ladle into soup bowls top with additional chopped

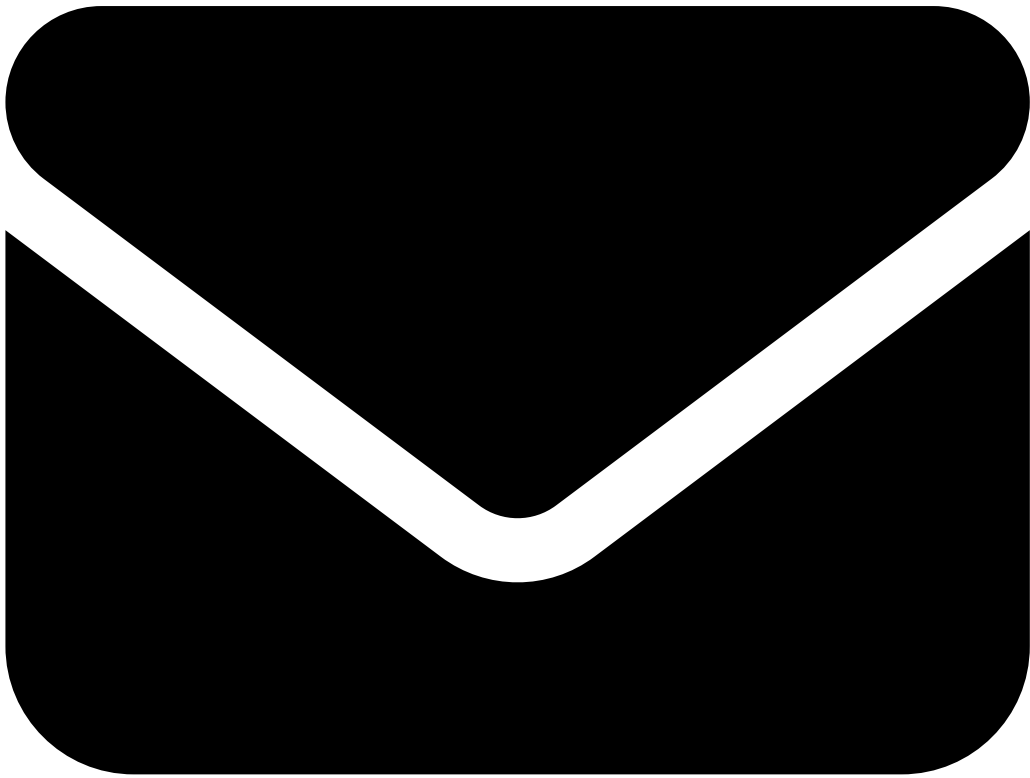
Italian parsley.

Creamy vegetarian broccoli pasta shells

Creamy Vegetarian Broccoli Pasta Shells

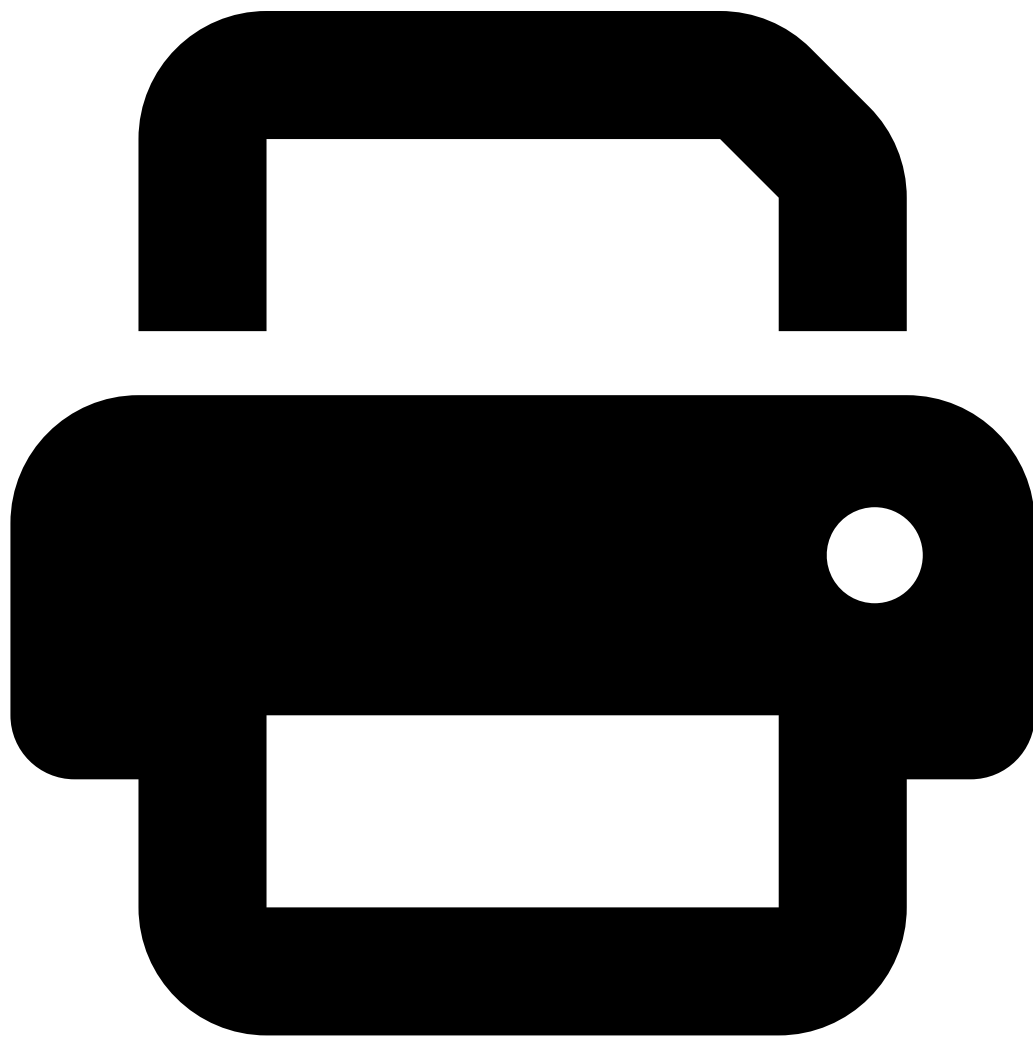
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This creamy broccoli pasta shells recipe is not only healthy but also quick and easy to make. The mix of soft broccoli , tasty pasta and gooey cheese is a hit with everyone. Pasta and broccoli are a great combination for your health. Pasta gives you energy and broccoli is full of vitamins and fiber. Together, they make a meal that's good for you and taste delicious. It's a perfect blend of comforting flavors and wholesome ingredients, ideal for a satisfying weeknight dinner.

What's great about this recipe is how versatile it is. You can switch out the pasta shape , adjust the cheesiness, or even add a protein like grilled chicken breast or shrimp for a heartier meal. This creamy broccoli pasta shell will undoubtedly become a family favorite for it's simplicity and delicious taste.

If you love easy pasta dinners like this, be sure to check out my other pasta and broccoli pasta recipes for more delicious inspiration. 30 minute broccolini and sausage pasta or

my creamy Italian sausage and broccoli pasta.

Why You'll love this creamy vegetarian broccoli pasta shells recipe

Quick and easy: This recipe is perfect for busy weeknight family meals, taking just 30 minutes from start to finish. With simple ingredients and straightforward steps.

Healthy and delicious: Packed with nutrient – rich broccoli, this dish provides a good source of fiber and vitamins, making a wholesome meal for the whole family.

Customizable: Whether you're looking to add protein, swap the milk for cream for a creamer option , or experiment with different pasta shapes, this recipe is incredibly versatile to suit your lifestyle and tastes.

Creamy Vegetarian Broccoli Pasta Shells



Creamy Vegetarian Broccoli Pasta Shells is a simple, comforting Italian-inspired pasta made with tender broccoli and pasta shells tossed in a creamy Parmesan sauce. The shells catch the sauce beautifully, while the broccoli adds color, texture, and plenty of flavor. It's an easy meatless dinner

that comes together quickly and is perfect for a weeknight meal.

- 4 cups washed and trimmed broccoli
- 1/2 lb. medium size shells
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small shallot minced
- 2 Tbsp. flour
- 3 cups milk
- 1 cup chicken or vegetable stock
- 2 cups freshly grated sharp cheddar cheese
- 1 cup four cheese blend
- pinch of nutmeg

1. Start by cooking the broccoli in a large stock pot in salted water until soft, remove use a potato masher to mash the broccoli and set aside
2. In the save water as you cooked the broccoli cook the pasta shells el dente
3. While the pasta is cooking make the sauce. In a saute pan in the olive oil cook the shallots until soft and translucent. Add the butter once the butter is melted add the flour and cook for 1- 2 minutes.
4. Then slowly pour in the milk and stock. Bring to a boil lower the heat and add the cheeses and nutmeg.
5. Simmer the sauce until the cheese melts and the sauce thickens.
6. Add in the broccoli and the el dente cooked pasta shells. Cook just for a few minutes just to combine the flavors and ingredients.
7. ladle into pasta bowls top with additional grated parmesan cheese and freshly chopped Italian parsley.

Save some of the pasta water before draining. Adding a little to the sauce helps loosen the cream and Parmesan while

creating a silky sauce that coats every shell. Add it gradually until the pasta reaches the consistency you like.

Chef's tip: Don't overcook the broccoli. You want it tender enough to blend into the creamy sauce but still have a little texture.

Main Course, pasta

Italian

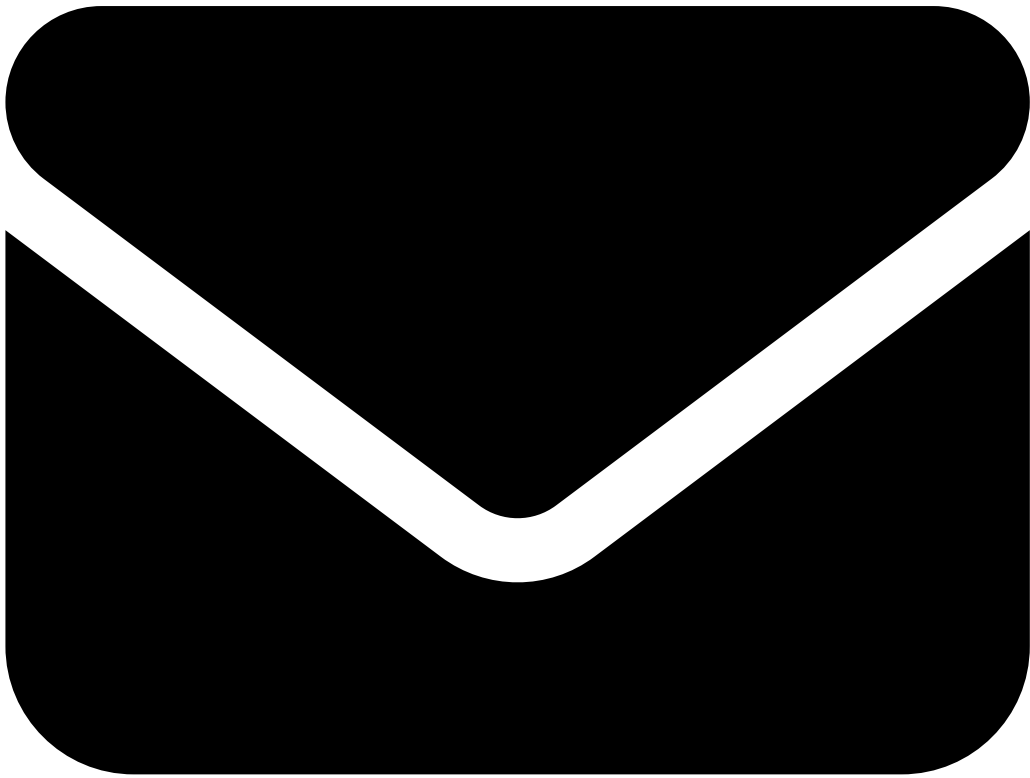
creamy vegetarian broccoli pasta shells

Easy spinach Ricotta ball recipe

Easy Spinach Ricotta Ball Recipe

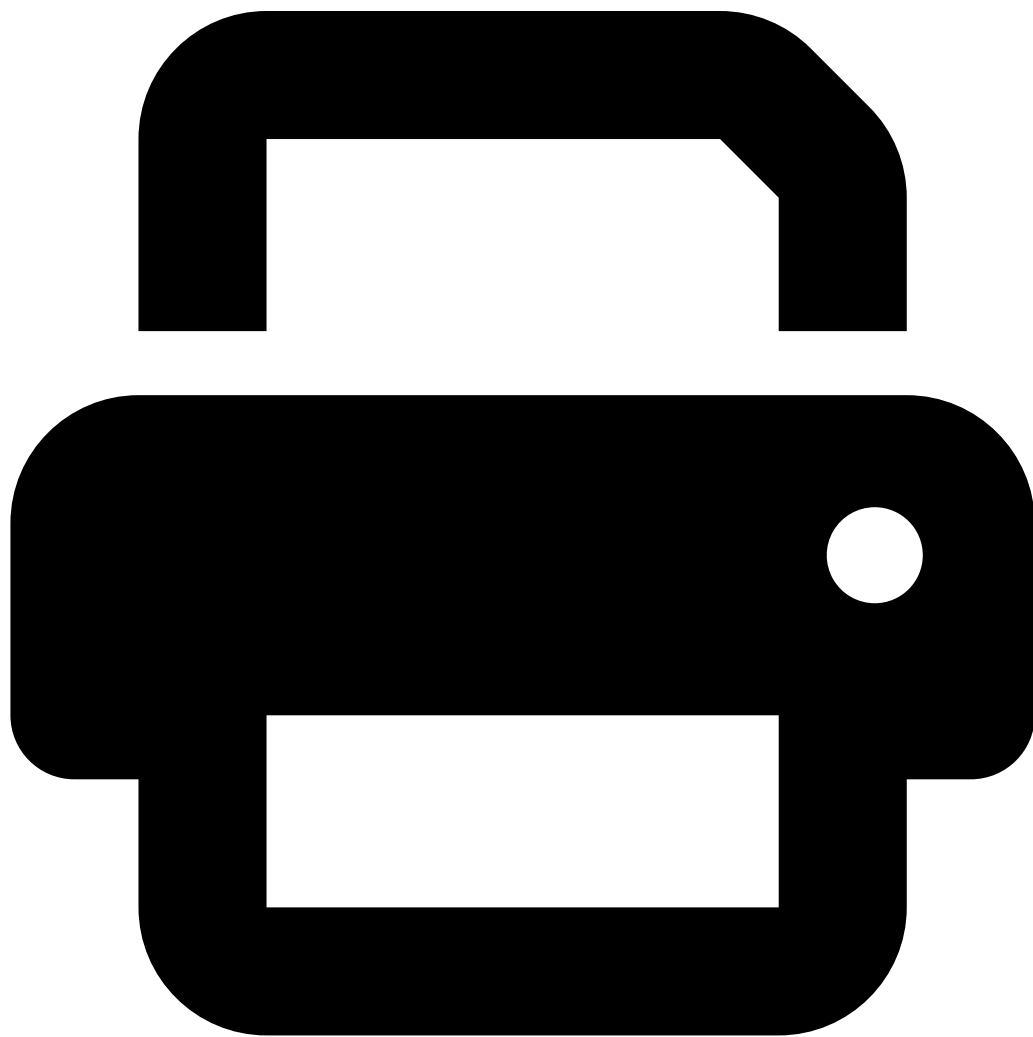
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If your looking for a vegetarian Italian recipe that doesn't compromise on flavor or tradition, this easy spinach ricotta ball recipe is the perfect choice.

These tender cheesy bites are packed with savory flavors of spinach, ricotta, parmesan and fresh herbs all rolled together and baked before being simmered in my easy marinara sauce. They pair deliciously with marinara sauce, a simple salad or a loaf of crusty bread. Plus , they're versatile enough to be made ahead of time, making them a perfect choice for busy weeknight meals or family and friend gatherings.

Trust me , this is one vegetarian dish meat-lovers included - will love.

Why I love this easy spinach

ricotta ball recipe

Healthy and delicious: These spinach balls are packed with nutrients from the spinach and cheese making it a healthy meal that's also full of flavor.

Easy to make: This spinach ricotta ball recipe requires just a few ingredients and is simple to prepare , making it perfect for all cooks of all skill levels.

Versatile: You can serve these spinach ricotta balls as an appetizer, snack, side dish or paired with a salad and crusty bread for a complete meal. They're perfect for parties, family dinners or meal prep. They can be make ahead of time and are freezer friendly.

Baked not fried: baking these easy spinach ricotta balls instead of frying them still gives them a crispy exterior with less oil, making them a lighter, healthier option.

These spinach ricotta balls prove that vegetarian dishes can be just as satisfying and full of flavor as their meat- based counterparts. With their tender texture and cheesy goodness, they are a true celebration of simple, classic Italian ingredients.

Easy Spinach Ricotta Ball Recipe



These Easy Spinach Ricotta Balls are tender, light, and

flavorful Italian-style dumplings made with creamy ricotta, spinach, Parmesan, and a few simple ingredients. They're gently cooked until they become soft and delicate, then served with your favorite sauce or simply finished with melted butter and Parmesan. A wonderful meatless Italian recipe for a comforting lunch or dinner.

- 1 Lb. ricotta
- 2 cups steamed and chopped
- 1/2 cup grated parmesan
- 1/2 cup breadcrumbs
- 1/2 cup flour
- 1 egg
- Salt and pepper to taste
- 4 cups my easy marinara sauce

1. Steam the spinach and squeeze out as much of the water as possible
2. In a bowl mix all the ingredients.
3. Form into golf size balls bake in a preheated 375-degree oven for 10- 15 minutes
4. bring the marinara sauce to a slow simmer. Add the spinach ricotta balls and simmer for 10 minutes.
5. Top with grated parmesan cheese.



Tip text



Tip text

Drain the ricotta and spinach really well. Excess moisture is the biggest reason ricotta balls can fall apart while cooking. If using frozen spinach, squeeze it very dry before adding it to the mixture. For extra insurance, refrigerate the shaped balls for about 15–20 minutes before cooking. Chef's tip: Cook one ricotta ball first as a test. If it starts to fall apart, add a little more Parmesan or flour to the mixture before cooking the rest.

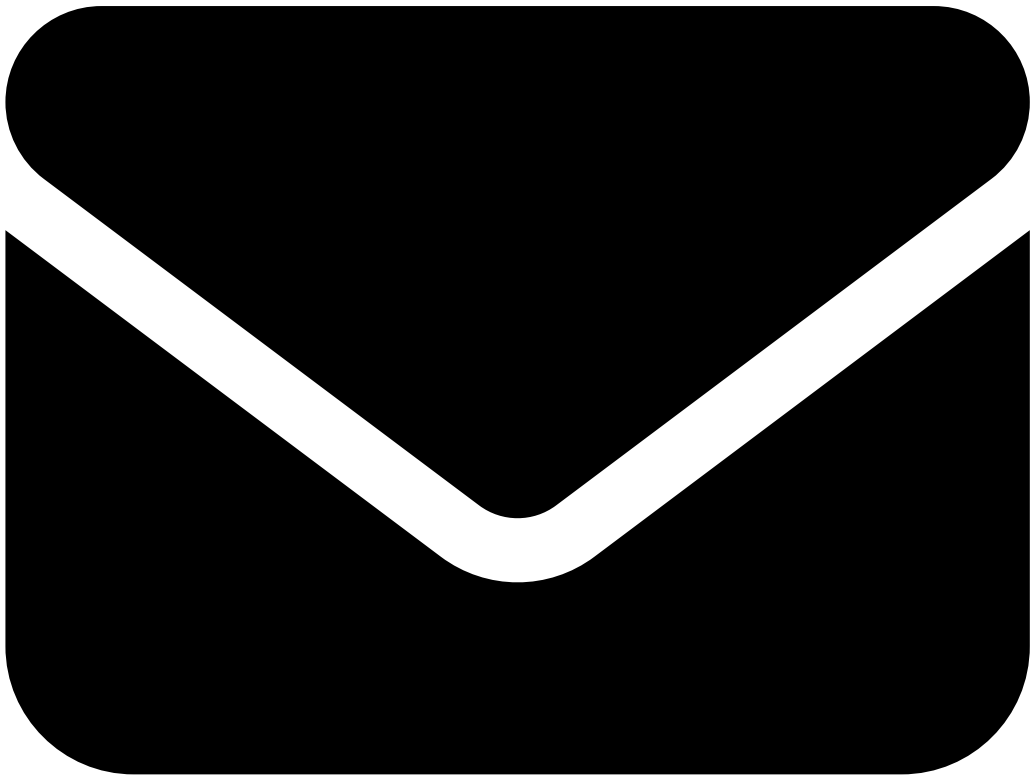
Appetizer, Main Course, Side Dish
Italian
easy spinach ricotta ball recipe

Easy sheet pan salmon dinner

Easy Sheet Pan Salmon Dinner

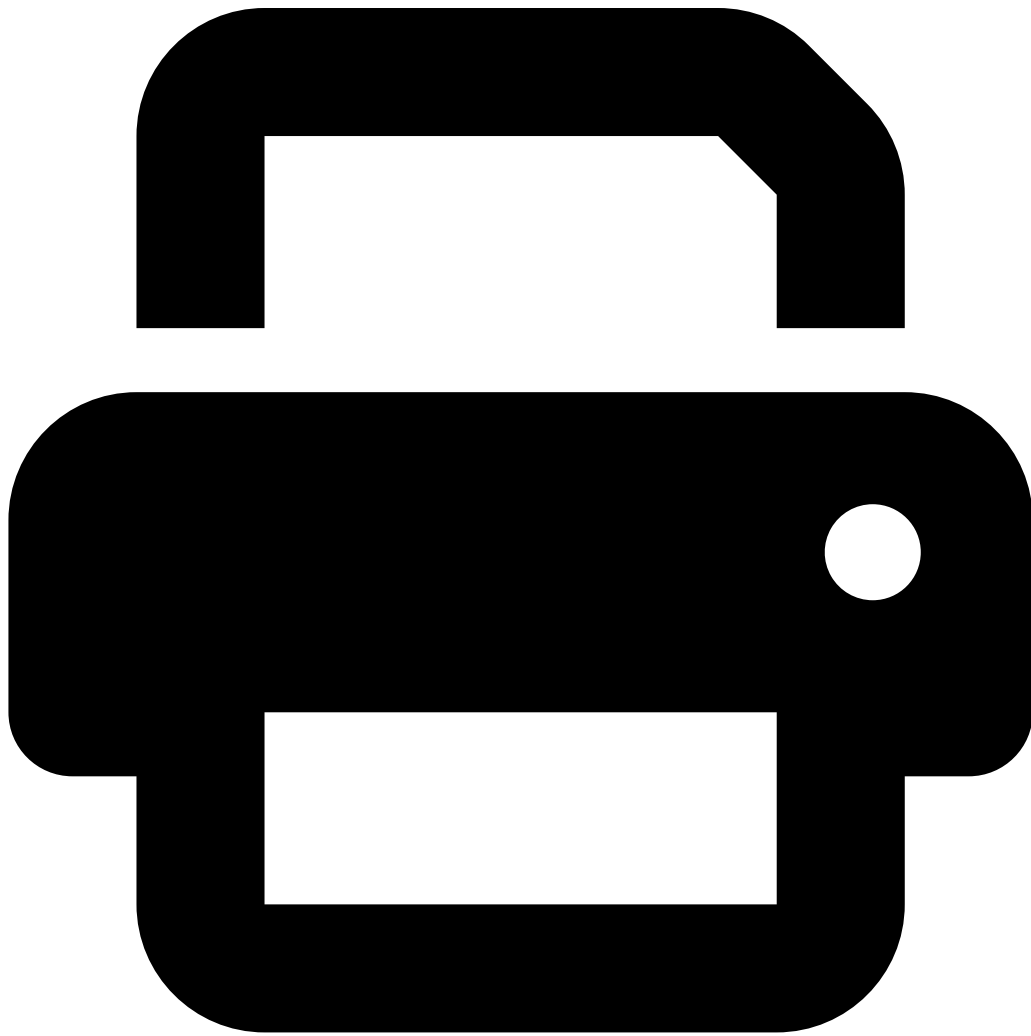
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If there's one dinner recipe that makes me feel like a chef, it's this easy sheet pan salmon dinner. It's quick, healthy, delicious and most importantly it's easy to make with minimal cleanup.

Growing up salmon wasn't something we had often, but when I started in the restaurant industry, it became a staple. I learned how to cook it just right, how to pair it with seasonal vegetables, and how to make it the star of the plate without much effort. This recipe brings me back to those times in the kitchen, learning to balance flavors and timing while juggling dozens of orders.

Now I'm all about simplicity. This easy salmon dinner with vegetables is proof that you can create a restaurant-quality meal at home with just a handful of ingredients and a baking sheet. Why you will love this easy sheet pan salmon dinner

1. Healthy: This recipe is not only delicious it's packed

with protein, omega -3 and nutrient rich vegetables.

2. Quick and easy: This complete salmon dinner is perfect for busy weeknights, but it 's also impressive enough for Saturday night dinners with friends. And it comes together in about 30 minutes.
3. Customizable: Use whatever vegetables you have on hand -This easy sheet pan salmon with vegetables is the kind of meal that feels special enough for a dinner party but is simple enough for busy weeknights.
4. The combination of flaky salmon, perfectly roasted vegetables and fresh lemon is pure deliciousness.

Every time I make this dish I'm reminded of how easy it can be to make something nourishing and delicious. It's a little slice of restaurant- quality food right at home. Whether you're cooking for family, friends, or just yourself , you will love this recipe. Let me know if you try this easy sheet pan salmon dinner recipe-I'd love to hear how you made it your own!!!! If you like salmon try my quick and easy lemon salmon piccata

Easy Sheet Pan Salmon Dinner



This Easy Sheet Pan Salmon Dinner is a simple, flavorful meal made with tender salmon and roasted vegetables, all cooked together on one pan. It's a quick weeknight dinner with minimal cleanup, and the salmon is finished with fresh lemon

and herbs for a bright, Mediterranean-inspired flavor.

- 1 Lb. skinless (boneless salmon filet)
- 1/2 stick butter
- 2 teaspoon each garlic (onion and paprika divided)
- 1 Tbsp. chopped Italian parsley
- 4 cups cleaned and trimmed broccoli florets
- 3 peeled and thinly sliced medium potatoes
- 2 cups cherry tomatoes sliced in half
- 2 Tbsp. olive oil
- 1 lemon sliced
- salt and pepper to taste

1. Preheat your oven to 400- degrees
2. Start by preparing the vegetables in a bowl add the prepared broccoli, potatoes and tomatoes. Drizzle with the olive oil , one teaspoon of garlic, onion, and paprika powder salt and pepper to taste.
3. Line a baking sheet with parchment paper lay the vegetables on top and bake in the preheated oven for 15 minutes.
4. In the meantime prepare the salmon, by washing and patting dry then salt and pepper to taste. Make the compound butter. by adding the remaining garlic, onion and paprika, add the chopped Italian parsley. Mix to combine.
5. remove the vegetables from the oven lay the salmon filet on top of the precooked vegetables. Top with the compound butter add lemon slices from one lemon. Return back to the oven and bake 10-12 minutes longer or when the salmon is cooked but still flaky. If the ends of the salmon are thinner fold them under to prevent overcooking.



Don't overcook the salmon. Salmon is best when it flakes

easily but is still moist in the center. Since vegetables can require more time than the fish, start roasting the vegetables first and add the salmon to the pan later. This way, everything finishes cooking at about the same time. Chef's tip: A squeeze of fresh lemon over the salmon immediately after it comes out of the oven makes a big difference—it brightens the entire dish.

Main Course

Italian

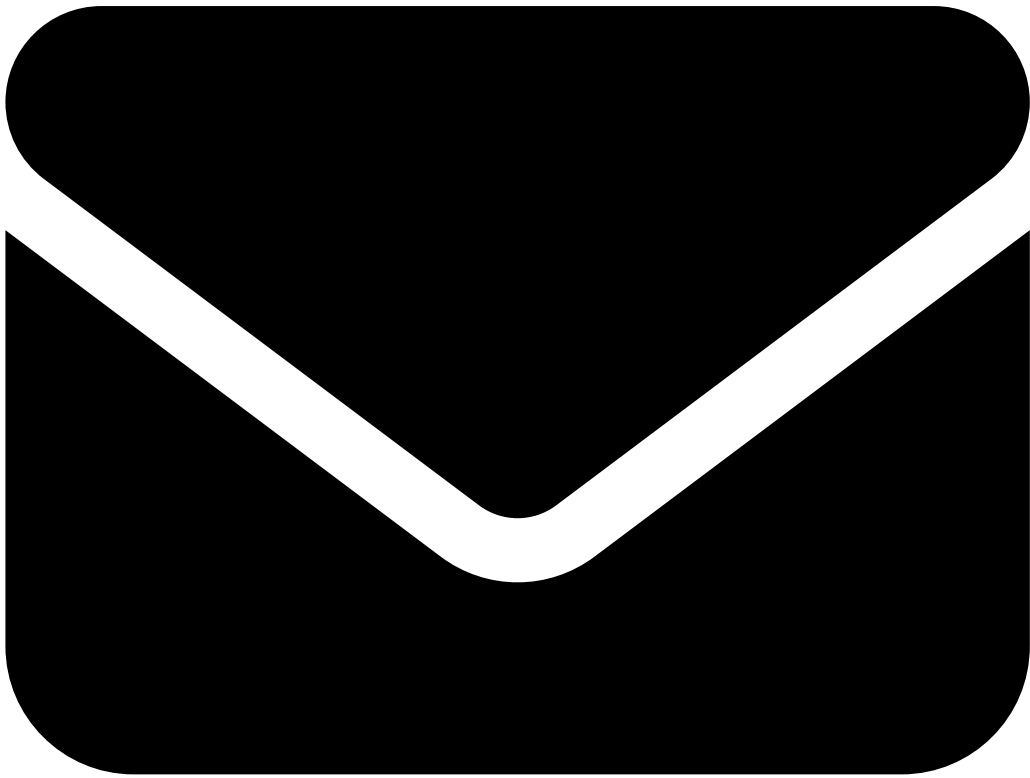
easy sheet pan salmon dinner recipe

Italian Style cabbage rolls

Italian Style Cabbage Rolls

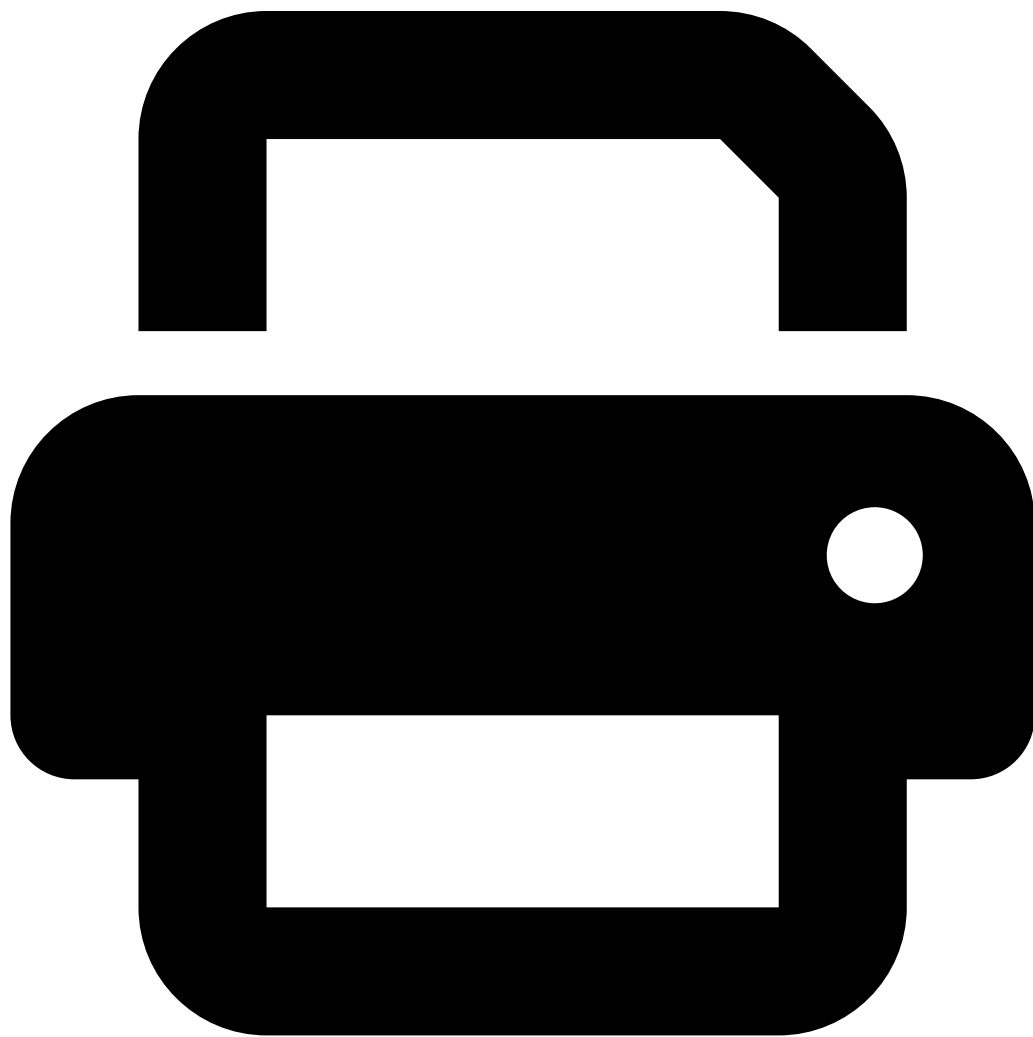
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Tender cabbage leaves are filled with a savory mixture of ground beef, rice, Parmesan cheese, and fresh herbs, then nestled into my homemade marinara sauce and topped with even more sauce before baking until tender and bubbling. The result is a hearty, comforting dish that brings two culinary traditions together in one very special recipe.

This Italian-style cabbage rolls recipe is one of those dishes that carries a little bit of history with every bite. It was inspired by my ex-mother-in-law's traditional Polish cabbage rolls, a recipe that has stayed with me through the years. Although life took us in different directions, I never forgot her recipe—or the comfort that came with it.

When I recreated it in my own kitchen, I couldn't resist adding a little Italian flair. I brought in flavors that are familiar to me and rooted in my Italian cooking: Parmesan cheese, fresh herbs, and my homemade marinara sauce. The

result is a beautiful blend of Polish tradition and Italian flavors—a recipe that honors where it came from while making it my own.

It's the kind of meal that belongs in the center of the table, surrounded by family, good bread, and plenty of sauce for dipping.

How to Make Easy Italian-Style Cabbage Rolls

Cabbage rolls may look like a lot of work, but they really aren't. The trick is to break the recipe into a few simple steps and, if you have the time, do some of the preparation ahead. I've made plenty of recipes over the years that look complicated when you first read them, but once you get organized in the kitchen, they become much easier.

The good news is that almost every part of these cabbage rolls can be prepared ahead of time.

Start with the Cabbage

The first step is softening the cabbage leaves so they're pliable enough to roll. You can easily do this a day or two ahead. Once the leaves are softened, separate them, let them cool, and store them covered in the refrigerator.

A little tip: I like to prepare a few extra cabbage leaves. Some may tear while you're separating them, and having extras makes assembling the rolls much easier.

Make the Marinara

The marinara sauce can also be made ahead. In fact, this is one of those recipes where having homemade marinara already in the freezer makes dinner so much easier.

I usually make a big batch and freeze it in different-size containers. That way, I always have sauce ready for recipes like these cabbage rolls, pasta, chicken, or anything else that needs a good tomato sauce.

If you're making the marinara specifically for this recipe, you can prepare it **a day ahead and refrigerate it**.

Prepare the Filling

The beef and rice filling can be prepared ahead as well. Mix everything together, cover, and refrigerate until you're ready to assemble the cabbage rolls.

This is where doing a little prep ahead really pays off. When the cabbage, marinara, and filling are ready, the hardest part is already done.

Assemble the Cabbage Rolls

When you're ready to assemble, lay a cabbage leaf flat, add the filling, and roll it up, tucking in the sides as you go. You don't need to make every roll exactly the same size—just try to keep the filling evenly divided.

Spread some marinara sauce in the bottom of your baking dish, arrange the cabbage rolls seam-side down, and spoon more marinara over the top.

Then into the oven they go.

Can You Make Cabbage Rolls Ahead?

Absolutely. That's one of the things I love about this recipe.

You can assemble the cabbage rolls earlier in the day, cover them, and refrigerate them until you're ready to bake. You can also freeze them **before or after baking**.

If freezing them unbaked, thaw them overnight in the

refrigerator before baking. If they're already baked, let them cool completely before freezing, then thaw and reheat gently in the oven.

My best advice: Don't think of this as one big recipe. Prepare the cabbage, make the sauce, prepare the filling, and then put everything together. Once you approach it that way, these Italian-style cabbage rolls are much easier than they first appear—and they're well worth the little bit of extra effort

Italian Style Cabbage Rolls



Tender cabbage leaves filled with a savory Italian-style meat and rice mixture, baked slowly in a rich tomato sauce until tender and flavorful. These comforting Italian cabbage rolls make a hearty family dinner and are perfect for make-ahead meals.

- 1 medium head of cabbage
- 2 Tbsp. olive oil
- 1 cup chopped onion
- 1 Tbsp. minced garlic
- 1/2 lb. ground beef
- 2 cups cooked rice
- 1 cup grated parmesan
- 1 egg

- 1/2 cup chopped Italian parsley
- salt and pepper to taste
- 4 cups my easy marinara sauce

1. Prepare the cabbage by removing as much of the core as possible. Then place the cabbage in a large pot of salted water. Bring to a boil and cook for 5 minutes or until you can easily separate the leaves with thongs. You may need to help the leaves off using a knife. Set aside to cool. The smaller leaves can be frozen for soup.
2. Make the filling in a saute pan in 2 tbsp. of olive oil cook the onion and garlic until soft and translucent. Then add the ground beef and cook until brown.
3. Using the same water from the cabbage cook the rice for 5-7 minutes or until the rice is cooked al dente. Drain the rice
4. Mix the cooked ground beef mixture with rice. Add the egg , parmesan, Italian parsley and 1 cup of the marinara sauce, salt and pepper to taste mix until well combined
5. Assemble the cabbage rolls: Place a cabbage leaf on a flat surface place 2 tbsp. of the filling in the center . Fold the flaps over the filling then roll up jelly roll style.
6. Line an oven proof casserole dish with 1 cup of my easy marinara sauce. place the filled cabbage rolls on top. Top with the remaining 2 cups of marinara.
7. Bake in a preheated 375-degree oven for 35- 45 minutes. Top with additional Italian parsley

Don't overcook the cabbage leaves when blanching them. You want them tender enough to roll but still sturdy enough to hold the filling. Remove the thickest part of the center rib if needed—it makes rolling the cabbage much easier and gives you neat, evenly cooked rolls.

Main Course

American, Italian

Italian stuffed cabbage rolls,