

# **Italian Potatoes, tomatoes and green beans**

## **Italian Potatoes, tomatoes and green beans**

Fresh green beans and potatoes simmered together in a light tomato sauce until deliciously tender. This recipe brings me back to my childhood. My mother would prepare this for dinner when the tomatoes and green beans were in season. She would instill my sisters and I in picking and trimming the green beans, and we would sit under the olive trees in the hills of Tuscany trimming green beans, telling stories and making priceless memories.

Fresh, vibrant and full of delicious flavor this Italian potatoes, tomatoes and green beans is full of good for you ingredients.

Made with a savory combination of onions, garlic, potatoes and green beans all simmered in a delicious Italian flavored tomato sauce makes for a delicious vegetarian dish that's easy to make.

## **Things to know about this Italian potatoes, tomatoes and green bean recipe**

Freshly picked green beans have such a distinct texture and flavor over any frozen or canned product. If you don't have

excess to fresh green beans the best alternative would be to use frozen green beans.

When Summer rolls around though , beans are one garden staple I almost always plant. If you don't have a green thumb the use fresh store-bought.

I use cherry tomatoes in this recipe but any tomato works. If you are going to use large tomatoes cut them into dice.

One more thing always use Italian parsley when you make this Italian potato tomato and green bean recipe. The curly parsley is flavorless and should not be used in Italian cooking. I hope you make this. I think you will love it!!!!

DO NOT PUT IMAGES IN THIS TEXT BLOCK!

# Ingredients

- 1 lb. trimmed green beans
- 3 russet potatoes
- 4 cups cherry tomatoes
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 medium chopped onion
- 2 cup marinara sauce
- 1 cup potato water
- 1/2 cup chopped Italian parsley

# Instructions

1. Start by peeling the potatoes and cutting into large dice. Clean and trim the green beans
2. In salted boiling water cook the the potatoes until almost cooked about 10 minutes. Add the green beans and cook 10 minutes longer or until the potatoes are fort tender and the green beans cooked but still crisp.
3. meanwhile in a saute pan over medium high heat in the olive oil sate the garlic and onion until soft and just beginning to brown.
4. Then add in the tomatoes, marinara and the cooking water from the potatoes. Simmer until sauce thickens. About 10 minutes. Add the drained cooked potatoes and green beans to the tomato sauce. Add in the Italian parsley.  
ENJOY!!!

---

**Italian green beans and**

# Tomatoes

## Italian green beans and tomatoes

I grew up eating this classic Italian green bean and tomato side dish. It's a simple Italian dish that is bursting with summer flavors. Garlic, onions, cherry tomatoes and green beans are gently stewed together in this delicious Italian side dish that is perfect to serve with almost any summer meal.

This classic Italian green beans and tomato recipe has withstood the test of time, since now I make it for my family.

## Fresh, frozen or canned green beans?

Honestly I always choose fresh over anything. And growing up in Italy the tomatoes and green beans came from the garden.

But if you have to choose between frozen or canned use frozen green beans. The canned ones don't work in this recipe, they are mushy and tasteless.

As far as the marinara sauce I always have my easy marinara sauce on hand. You can use your favorite store-bought marinara in this recipe.

About the tomatoes, I use cherry tomatoes. Any fresh tomato works in this Classic Italian green bean and tomato recipe. If you use large tomatoes cut them into dice before adding them to the onion and garlic.

Now about the parsley I only use Italian parsley. The curly parsley is flavorless. There is a noticeable difference in taste.

I hope you make this easy and delicious Italian classic, when you do please leave me a comment. I love hearing from you. It's my favorite part!!!

## Ingredients

- 2 lbs. green beans
- 4 cups cherry tomatoes
- 2 cups marinara sauce
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 2 Tbsp. chopped Italian parsley

## Instructions

1. Start by trimming and washing the string beans. Then par boil until fork tender.
2. In a saute pan over medium high heat in the olive oil saute the garlic and onion until soft and just beginning to brown.
3. Add the cherry tomatoes, marinara sauce and the water. Simmer until the tomatoes burst and the sauce thickens, about fifteen minutes.
4. Drain the string beans add to the tomato sauce. Adjust your seasonings.
5. Add in the parsley . ENJOY!!!

---

# Italian pan chicken dinner

## Italian pan chicken dinner

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

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

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

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

## Why You will love this Italian pan chicken dinner

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

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

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

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

# Ingredients

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

# Instructions

1. Start by slicing your chicken breast in half and pounding thin. Salt and pepper to taste
2. Add salt and pepper to the flour dip the chicken breast in the flour mixture shaking off excess.
3. Over medium high heat in the olive oil saute the chicken breast until golden brown on both sides. About 3 minutes per side. remove and set aside
4. In the same pan add the garlic and shallots saute until soft and just beginning to brown. Add the cherry tomatoes and cook until soft. deglaze the pan with either the white wine or chicken stock and lemon juice, then add the zucchini and oregano simmer for 10 minutes or until the zucchini is fork tender.
5. Add the spinach, olives and return the chicken back to the pan and simmer 5 minutes longer.
6. Plate the zucchini sauce top with the chicken breast,

sprinkle with the feata cheese and Italian parsley and  
ENJOY!!!!

---

# Tomato and Spinach Fettuccine

## Tomato and Spinach Fettuccine – Easy Vegetarian Pasta Recipe

This Tomato and Spinach Fettuccine is a quick and delicious vegetarian pasta recipe that's perfect for weeknight dinners or entertaining guests. Made with colorful heirloom cherry tomatoes, fresh baby spinach, and fettuccine noodles, it comes together in under 30 minutes.

Burst tomatoes create a naturally sweet and vibrant sauce, finished with a touch of cream for richness. Tossed with wilted spinach and al dente pasta, this simple yet elegant dish brings out the best of fresh summer ingredients.

If you're looking for an easy creamy tomato pasta that's full of flavor and ready fast, this Italian-inspired recipe is the perfect choice!

### Variations for this Tomato and Spinach Fettucine recipe

One of the easiest ways to change up this tomato and spinach fettuccine is by swapping the pasta shape. While fettuccine or other long noodles like linguine or spaghetti work beautifully, short pasta like penne, rigatoni, or farfalle are great options too.

If you're looking to add protein, this vegetarian pasta recipe pairs perfectly with grilled chicken or sautéed shrimp. Both are healthy and flavorful additions that keep the dish light and satisfying.

Finally, if you're not a fan of spinach, you can easily

substitute it with broccoli, kale, or even zucchini.

Lastly, I love hearing from you it's my favorite part, so when you make this **Tomato and Spinach Fettuccine** please leave me a comment. Let me know your experience with the recipe, and please don't forget to tag me on Instagram with your creations!!! If your looking for more easy vegetarian summer pasta recipes try my Vegetarian zucchini and tomato pasta, or my vegetarian orzo with asparagus and peas they are so good and easy to make. ENJOY!!!

## Ingredients

- 1 Lb. Fettuccine
- 1 pint heirloom cherry tomatoes
- 2 cups chopped spinach
- 1cup reserved pasta water (Always reserve more than the recipe calls for.)
- 1 cup heavy cream
- 1 cup vegetable stock
- 1 cup grated parmesan cheese
- 2 Tbls. each butter and olive oil
- 1 Tbls. chopped garlic
- 1/2 chopped yellow onion
- 1/4 cup each chopped Italian parsley and basil
- Pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook pasta according to package directions reserving 2 cups of the pasta water before draining
2. Meanwhile in a large saute pan over medium heat bring to butter and oil to medium heat
3. Add the garlic and onion saute until tender and just beginning to brown
4. Add the tomatoes sautéing until blistered smashing down

- with the back of a wooden spoon salt and pepper
5. Deglaze the pan with the vegetable stock scraping up the brown bits at the bottom of the pan.
  6. Then add the nutmeg, cream and reserved pasta water.
  7. Simmer covered for 15 minutes or until sauce thickens.
  8. Add the chopped spinach, parmesan cheese, and basil simmer 5 minutes longer.
  9. Toss the fettuccine with creamy sauce, sprinkle with Italian parsley and additional parmesan.
  10. ENJOY!!!!
- 

## **Vegetable Zucchini fritters**

## **Vegetable Zucchini fritters**

It's that time of year when we have more zucchini than recipes. So I am always looking for different recipes to use them in.

Zucchini fritters are savory vegetable patties made from grated zucchini mixed with flour, egg and seasonings. Once combined, the batter is shaped into patties and pan-fried until golden brown and crispy on the outside and tender on the inside.

They make a great summer side dish, appetizer or light main course.

## **Tips for success when making**

# vegetable zucchini fritters

1. Grate the zucchini and onion and place either in a tea towel or colander. Sprinkle with a bit of salt and let sit for 10 minutes. this helps draw out the excess liquid. dry zucchini is key to crispy fritters.
2. The zucchini mixture should be slightly thick but not too dry.
3. Heat a generous amount of oil( I use a combination of extra virgin olive and canola oil for frying.) over medium high heat. Drop spoonful's of the batter into the pan and flatten slightly using the back of the spoon. cook until golden brown and crispy. Drain on paper towels serve with marinara sauce . ENJOY!!!

# Ingredients

- 2 medium size zucchini
- 1 small onion
- 1 Tbsp. minced garlic
- 1 egg
- 1 cup flour
- 1 tsp. baking powder
- 1/2 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste
- 2 cups oil for frying

# Instructions

1. Start by washing the zucchini and drying
2. In a bowl lined with a clean tea towel grate the zucchini and the onion . wring the towel to squeeze out as much of the liquid as possible. Discard the liquid.
3. remove the zucchini from the towel. Mix the baking powder with the flour. Slightly beat the egg.
4. Mix all the of the ingredients together
5. Form into patties and fry over medium low heat until golden brown, about 5 minutes per side, Serve with marinara and ENJOY!!!!

---

# Italian zucchini potato stew

# Italian zucchini potato stew

Italian zucchini potato stew is the perfect vegetarian meal for a quick light lunch or the perfect summer side dish when zucchini are in season.

This vegetable stew is ready in 30 minutes and it's delicious the next day !!!

I love the fresh Italian flavors in this stew. It show cases the essence of Italian cooking. Simple seasonal ingredients brought together for delicious flavor.

This stew is loaded with good for you ingredients in a light tomato sauce infused with Italian herbs and garlic.

## When making Italian zucchini potato stew, here are some tips

- 1: Zucchini: choose firm , fresh zucchini. They don't need to be peeled
2. Potatoes: Any type of potato works, but starchy potatoes like russet will break down more thickening the stew. Adding the potato water thickens the sauce and adds extra flavor.
- 3: Seasoning: Salt, pepper and herbs like fresh Italian parsley are essential. Fresh herbs should be added towards the end of cooking to maintain freshness.

Shop the picture : Stainless steel saute pan

## Ingredients

- 2 medium size zucchini
- 3 medium potatoes
- 4 Tbsp. olive oil

- 2 Tbsp. minced garlic
- 1 chopped onion
- 2 cups cherry tomatoes
- 1 cup marinara sauce
- 1 cup water
- 2 Tbsp, chopped Italian parsley

## Instructions

1. Start by peeling and cutting the potatoes into medium size large cubes. Then boil the potatoes in salted water until fork tender. Save one cup of the water before draining
2. In a saute pan over medium high heat add the olive oil add the onion and the garlic. Sauté until soft and just begin to brown. Add the cherry tomatoes, marinara sauce and potato water. Simmer until sauce thickens and tomatoes burst. Salt the zucchini and add to the tomato mixture add the potatoes.
3. Simmer until the zucchini is fork tender but still crisp. Add the Italian parsley. ENJOY!!!!

---

**Crispy pan fried chicken cutlets**

**Crispy pan fried chicken**

# cutlets

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

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

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

## Tips for better crispy pan fried chicken cutlets

1. Slice the chicken breast in half and pound thin this allows for quick cooking and tenderizes the chicken.
2. Season both the chicken and the breadcrumbs
2. Adding water to the egg wash makes it the ideal for breading.
3. Refrigerating the chicken breast for at least 30 minutes after breading it helps the breadcrumbs stay on the chicken.
4. Use the right frying oil. I use a canola olive oil blend. If you would like a lighter version try my oven fried lemon chicken cutlets they are so good or my easy crispy oven fried chicken bites

## Ingredients

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

## Instructions

1. Start by pounding the chicken breast thin in-between two pieces of plastic wrap until thin and the same thickness
2. In a bowl drizzle the chicken with lemon juice from one lemon salt and pepper to taste.
3. Meanwhile in a bowl add the eggs and water whisk slightly. In another bowl combine the breadcrumbs, parmesan cheese, lemon zest and Italian parsley.
4. Coat the chicken breast first in the eggs then in the breadcrumb mixture well coating on all sides
5. Over medium high heat bring the oil to medium. Begin frying the chicken in batches until golden brown on all sides. About 3 minutes per side.
6. Drain on paper towels, sprinkle with additional Italian parsley serve with lemon slices and Enjoy!!!!

---

## Spaghetti alla Nerano

# Spaghetti alla Nerano

Spaghetti alla Nerano is an Italian pasta dish invented in the village of Nerano on the Sorrento peninsula, made with spaghetti, fried zucchini, provolone and parmesan.

It's an easy vegetarian pasta recipe that can be ready in less than 30 minutes. If your craving pasta and want quick and easy too, this is the perfect recipe.

## Things to know about spaghetti alla Nerano

The key to getting the toasted sweet taste of the zucchini is by deep frying. I get questions about alternatives to frying, I tried roasting, baking, and air frying my conclusion? Sometimes you just have to deep fry not only to preserve the taste but most important the integrity of the recipe.

And there you have it a delicious dish of spaghetti alla Nerano, capturing the essence of Italian cooking right in your kitchen. With its simple ingredients and rich flavors, this pasta recipe is a testament to the beauty of Italian cooking, where quality and simplicity go hand and hand.

## Ingredients

- 2 medium size zucchini
- 1/2 lb. spaghetti
- 2 cups canola olive oil blend for frying
- 1/2 cup torn basil leaves
- 3 Tbsp. butter
- 1 Tbsp. finely minced garlic
- 2 Tbsp. minced shallots
- 1 cup freshly grate parmigiana Reggiano cheese
- 1 cup freshly grated provolone cheese

- 2 cups pasta water
- salt and pepper to taste

## Instructions

1. Bring the oil to medium high heat
  2. slice the zucchini into thin slices or small dice
  3. Fry the zucchini until golden brown. remove and drain on paper towels add the torn basil leaves to the fried zucchini salt and pepper to taste.
  4. Make the sauce while you are cooking the spaghetti *al dente*- by adding the butter to a clean pan, then add the garlic and shallots and cook until soft and translucent.
  5. Add the pasta water lower the heat and simmer until sauce thickens add the cheese cook just until cheese melts, just a few minutes. Then add the zucchini reserve some to garnish the plate. Toss the spaghetti in this delicious vegetarian sauce. Grate more cheese over the top and ENJOY!!!!
- 

## Garden Zucchini with Savory Meat Filling

## Garden Zucchini with Savory Meat Filling

Zucchini season is here in California, and if you're like me, you've got more garden-fresh zucchini than recipes to use them! Whether I'm frying, baking, mashing, serving them raw,

or stuffing them—zucchini is always on the menu this time of year.

These **Garden Zucchini with savory meat filling** are one of my favorite ways to enjoy a summer harvest. They look impressive, but they're surprisingly easy to make. Most of the effort is in the prep. Once they're stuffed and assembled, just pop them in the oven and bake—no last-minute fuss! They're perfect for a simple summer dinner or a make-ahead crowd-pleaser.

## **Things to know about this garden zucchini with savory meat filling**

Start by washing and cutting the zucchini in half. With a tablespoon remove the inside being careful to leave the skin intact. Next give them a good rub of olive oil, garlic, salt and pepper.

Now your ready to roast them for 15 minutes while you make the stuffing. To make the filling heat the olive oil and butter, then add the onion and garlic, cook until tender.

Add the ground beef and reserved zucchini when the onions begin to turn brown. Brown the beef then add the rice, this is the time to salt and pepper, now add the chicken stock and cook covered for 10 minutes or until the rice is bite tender.

At this point you may need more stock, only add small amounts at a time, you don't want a wet stuffing. After the filling is off the fire add the parmesan cheese and herbs, fill zucchini skins with the stuffing, top with marinara sauce and mozzarella cheese and bake at 350 for 30 minutes.

This is a perfect make ahead meal, it's freeze friendly and taste even better as a reheat and of course like most of my recipes it's customizable, you can use ground turkey or chicken or use tofu if you want to go the vegetarian route.

Which ever way you go it will be delicious, let me know if you make this recipe, leave me a comment down below and please don't forget to tag me on Instagram, I love hearing from you !!! If you are like me with more zucchini than recipes try my vegetarian zucchini and tomato pasta recipe, it's delicious and easy to make.

## Ingredients

- 4 zucchini sliced
- 1/2 lbs. extra lean ground beef
- 1 cup brown rice
- 1 cup chicken stock
- 2 cups prepared marinara sauce
- 2 tomatoes chopped
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 tablespoons each chopped Italian parsley and basil
- 1/2 cup parmesan cheese
- 1 cup shredded mozzarella
- Salt and pepper to taste

## Instructions

1. Preheat oven to 375 degrees
2. Cut zucchini in half with a spoon remove the insides and set aside
3. Rub zucchini skins with olive oil, garlic, salt and pepper
4. Roast the zucchini skins for 15 minutes
5. Mean while in a large saute pan in 2 tablespoons each of butter and olive oil saute the onion and garlic until tender and just beginning to brown
6. Add the ground beef and reserved zucchini cook until brown
7. Add the rice and tomatoes salt and pepper now

8. Add the chicken stock
  9. Cook covered for 10 minutes
  10. Add the parmesan cheese and herbs
  11. Fill zucchini with the stuffing
  12. Pour the marinara sauce over them
  13. Top with the mozzarella
  14. Bake covered for 30 minutes
- 

## Easy Mediterranean Puttanesca Pasta Salad

## Easy Mediterranean Puttanesca Pasta Salad

Easy Mediterranean Puttanesca pasta salad is a bold and zesty classic, combining the briny, savory flavors of traditional puttanesca sauce with the ease of a chilled pasta salad. Made with al dente pasta, juicy cherry tomatoes, olives, capers, garlic, and a touch of anchovy, it's tossed in a light vinaigrette and finished with fresh herbs. Perfect for summer picnics, potlucks, or a quick Mediterranean-inspired lunch.

**This Easy Mediterranean Puttanesca Pasta Salad** sauce might have a scandalous past, history has it was made by prostitutes, for its powerful aroma, used to draw customers.

I don't know how much is fact and how much is fiction, I love the history behind the recipe.

I know growing up we referred to it as the sauce of the prostitutes. The combination of garden fresh tomatoes, anchovies, olives and capers, gives this Puttanesca sauce a robust rich flavor, with aroma that still draws people to a different room,... The kitchen.

I like simple recipes, that come together in less than an hour, but from the looks of the meal we can tell our friends it took hours. Serve it up in pretty white dinner plates add some festive napkins and you have a beautiful table and meal, that comes together in 30 minutes, is quick and easy for family weekday dinners and just fancy enough for Saturday date night.

It's a simple raw sauce with bold flavors, created by strong flavored ingredients.

## **Things to know about this Easy Mediterranean Puttanesca Pasta Salad**

I used large shells, in this puttanesca pasta recipe you can use any shape pasta you like, even gluten free, also I used kalamata olives, I love their pungent taste.

Traditionally the olives used by mother were picked on our family farm in Tuscany, she would cure them in a salt and water solution she changed every few days, for weeks.

until the bitterness was drawn out. They went from a shiny purple to a shriveled up olive, she marinated in olive oil, garlic, orange rind, and red pepper flakes, they were delicious and time consuming.

Although you can customize this recipe to fit your lifestyle and taste, it's important in this recipe to use flavorful olives, and don't omit the anchovies this raw sauce needs the

salty goodness they provide. One more thing, you should use albacore tuna.

I hope you try this and the part I like best....Let me know how you liked it!!!!

## Ingredients

- 1/2 lbs. large shell pasta cooked according to package directions (el Dente) reserve 2 cups of pasta water before draining
- 1 cup olive oil
- 1/3 cup balsamic vinegar
- 1 small chopped red onion
- 2 Tbs. chopped garlic
- 4 anchovy fillets
- 1/2 cup capers
- 1/2 cup chopped kalamata olives
- 4 cups chopped mixed tomatoes
- 2 cans albacore tuna packed in oil undrained
- 1 Tbs. each chopped Italian parsley, basil, thyme and red pepper flakes
- 1 cup crumbled feta cheese
- Salt and pepper to taste

## Instruction

1. Cook pasta according to package directions reserving 1 cup of the water
2. Mean while prepare your dressing
3. Add onion, garlic,herbs, salt and pepper to the olive oil and balsamic vinegar
4. Then Add the Tomatoes let sit for 10 minutes
5. Add the rest of the ingredients except the feta cheese
6. mix in the pasta and resevered pasta water
7. Salt and pepper to taste
8. Top with the feta cheese and Enjoy!!!!