

Shrimp fra Diavolo recipe

Shrimp fra diavolo recipe

Shrimp fra diavolo recipe is a delicious Italian dish made with large juicy shrimp cooked in a hearty, spicy tomato sauce with garlic, white wine and Italian herbs.

This spicy shrimp recipe is ready in 20 minutes, making it an easy weeknight. But also fancy enough for date night or Saturday dinners with friends.

About this Shrimp Fra diavolo recipe

Unlike regular spaghetti sauce , fra Diavolo sauce is spicy. How spicy depends on your taste. It's also thicker and more concentrated. And although its loaded with flavor the ingredients are simple.

Unlike Arrabiata sauce , which is also spicy, fra Diavolo sauce never includes basil or capers, and is usually paired with shrimp.

I like to serve this with crusty Italian bread to sop up all the delicious sauce, or pasta for a complete satisfying meal.

Shop the recipe

large shrimp

dried oregano

extra virgin olive

Ingredients

- 1 Lbs. large shrimp peeled and deveined (16-20)
- salt and pepper to taste
- 2 tsp. red chili flakes
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped garlic
- 1 Calabrese red chili pepper sliced
- 1 cup white wine
- 3 cups cherry tomatoes
- 2 cups marinara sauce
- 1 Tbsp. dried or fresh oregano
- 1/2 cup chopped Italian parsley

Instructions

1. Clean the shrimp wash and pat dry season with salt, pepper and the 2 tsp. red pepper flakes
2. Over medium high heat add 2 Tbsp. of the olive oil. Add the seasoned shrimp and saute for 1 minute remove. Don't overcook. The shrimp finishes cooking in the sauce.
3. In the same pan add the remaining oil heat until shimmering . reduce the heat to medium add the onions, garlic , and the Calabrese chili saute until soft and translucent.
4. Add the cherry tomatoes saute for 5 minutes before deglazing the pan with the white wine. Wait until the wine is completely evaporated before adding the marinara sauce and the oregano
5. Simmer the sauce for 15 minutes. use a potato masher to mash the tomatoes. Return the shrimp to the sauce just to heat through add the Italian parsley. ENJOY!!!



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May 4, 2026
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April 30, 2026
Tubettini Pasta Salad (Italian pasta fredda)



Authentic Pasta al Limone (Italian Lemon Pasta)

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Authentic Pasta al Limone (Italian Lemon Pasta)



Authentic Pasta Portofino – Simple Pesto Tomato Pasta
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Authentic Pasta Portofino – Simple Pesto Tomato Pasta



Easy Italian Vinaigrette Recipe (Better Than Store-Bought)
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Easy Italian Vinaigrette Recipe (Better Than Store-Bought)



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Thin No-Knead Focaccia Rolls (Light & Crispy)



Authentic Italian Stuffed Tomatoes with Rice and Potatoes
(Roman Recipe)

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Authentic Italian Stuffed Tomatoes with Rice and Potatoes
(Roman Recipe)



15
WEEKNIGHT
ITALIAN MEALS
easy recipes in
under 45minutes

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15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes

Italian Tortellini Antipasti
Pasta Salad

Italian Tortellini Antipasti Pasta Salad

The weather in Northern California is heating up, when that happens it gets me thinking about cool pasta dishes for those Summer night meals.

This Italian Tortellini Antipasti pasta Salad recipe is a perfect side dish for hot weather cooking, or if you like me it could be the whole meal.

This pasta dish can be on your table in less than thirty minutes, perfect for last minute dinner, lunch or a quick side for those barbecues.

I make it the day before, it tastes better to me after a few hours.

Another thing about this recipe you don't have to stick to the recipe 100%. If you don't have all the ingredients add something else.

Make it your own by blending different ingredients and different pasta, it's easy.

Start with the dressing and build from there, adding or subtracting ingredients to make it yours. If you like salami add more or if you don't add less or if you hate salami leave it out all together. You get the idea.

If you're going to use tortellini they cook quickly, 2 to 3 minutes, don't over cook. To stop the cooking process after draining run under cold water.

Add grilled protein to make it a meal.....ENJOY

A few things to know about this Italian Tortellini pasta salad

I make this cold Tortellini pasta salad the day before, it taste better to me after a few hours in the refrigerator for.

Another thing about this Italian cold tortellini recipe is you don't have to stick to the recipe 100%. if you don't have all the ingredients add something else.

Make it your own by blending different ingredients and different pasta, it's easy.

Start with the dressing and build from there, adding or subtracting ingredients to make it yours.

If your going to use tortellini they cook quickly, 2 to 3 minutes, don't over cook. To stop the cooking process after draining run them under cold water.

One more thing you can add grilled protein to make it a meal.....ENJOY

Ingredients

- 1/2 Lb. store bought spinach tortellini
- 1 cup each chopped cherry tomatoes, black and green

olives, and spinach

- 1 cup chopped salami and pepperoni
- 1 cup each chopped mozzarella and provolone
- 1 cup chopped pepperoncini
- 1 cup chopped red onion

▪ **Instructions**

- Make the dressing By combining 2 Tbs chopped garlic
- 1 tablespoon each mixed herbs basil Italian parsley and thyme
- 1 tablespoon Dijon mustard
- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1/4 cup lemon juice
- Salt and pepper to taste
- Whisk all ingredients for the dressing together set aside
- AssembleCook tortellini according to package directions reserving 1 cup of pasta water before draining
- Add all ingredients to the vinaigrette dressing , add cooled tortellini and reserved pasta water last
- Toss to blend, refrigerate to combine flavors.
- Top with additional cheese and ENJOY !!!

Spring Pasta E Piselli

Spring Pasta e Piselli

Of all my childhood pasta dishes this Spring pasta e Piselli was my favorite, and still is!!! It's a simple vegetarian Italian pasta recipe your whole family will love.

I have fond childhood memories of my mom, two older sisters and I sitting around a wooden picnic table my father build, shelling fresh from the garden Spring peas.

If you don't have access to fresh peas, frozen peas are a great alternative and can be used when a recipe calls for peas.

As far as pasta shape, any short tubular pasta such as tubetti or ditali works well in this recipe.

My family's version of Pasta e Piselli is vegetarian. You can add pancetta or bacon to the onion mixture, if you want.

The most important ingredients in this few ingredient pasta and peas are freshly ground black pepper and freshly grated parmesan cheese.

Why I love this Spring pasta e Piselli recipe

The first and most important reason I love this Spring pasta e piselle (Pasta and peas) recipe is, it's delicious!!

Not only is this vegetarian pasta dish delicious, the second reason I have had a life long love affair with this Pasta e Piselli recipe it's super easy, uses few ingredients and my whole family loves it !!

Happy Summer my friends!!! Give this recipe a try and please don't forget to leave me a comment with your experience. I love hearing from you, it's my favorite part!!

Ingredients

- 1/2 Lbs. small pasta
- 3 cups peas
- 4 cups Chicken or vegetable stock

- 3 Tbs. olive oil
- 1 yellow onion chopped
- 2 Tbs. minced garlic
- 2 Tbs. chopped Italian parsley
- 1 Tbs. red pepper flakes
- 1 cup grated parmesan
- Salt and freshly ground pepper to taste

Instructions

1. In a medium size stock pot bring the olive oil to medium heat
2. Add the onion, parsley, garlic and red pepper flakes saute until tender, fragrant and just beginning to brown
3. Add the peas saute 5 minutes salt and pepper
4. Add the Stock simmer for 10 minutes
5. Remove 2 cups of the pea and broth mixture and either blend in a blender or use an immersion blender to blend to a smooth consistency. Then return back to the pot.
6. Add the pasta and simmer until the pasta is al dent, about 7 minutes.
7. Add a generous amount of freshly grated parmesan and freshly ground black pepper
8. ENJOY!!!!

Pesto chicken farfalle pasta

Pesto chicken farfalle pasta

This pesto chicken farfalle pasta recipe is made with farfalle pasta, basil pesto, chicken and broccoli, it is a

delicious pasta meal complete with juicy chicken and healthy broccoli. Not only is it healthy it is easy and delicious. And the best part??? This past dish can be on your table in thirty minutes.

The addition of fresh or store- bought pesto and a good quality parmesan cheese takes this humble dish to a new level. This easy pasta dish comes together in under 30 minutes and makes a great weeknight family dinner!!!

Variations on pesto chicken farfalle pasta

1. Pesto chicken farfalle pasta with spinach: Stir in 4 cups of chopped baby spinach the last few minutes along for extra greens .
2. Spicy pesto chicken farfalle pasta : Mix in some red pepper flakes or chopped fresh chilis along with the onion and garlic for a spicy kick.
3. Lemon pesto chicken farfalle pasta: Add a squeeze of fresh lemon and lemon zest from one lemon for a bright citrus flavor.
4. Shop the picture: stainless Steele oil can

Ingredients

- 1/2 lb. farfalle pasta
- 2 boneless, skinless diced chicken breast
- 1 Tbsp each onion, garlic, onion and paprika powder
- 4 cups cut and washed broccoli florets
- 2 Tbsp. olive oil + 2 Tbsp. butter
- 2 Tbsp. minced garlic + 1 cup chopped onion
- 1 cup white wine
- 1 cup fresh or store bought basil pesto
- 1 cup pasta water
- Salt and pepper to taste

Instructions

1. Start by washing the chicken pat dry
 2. cut the chicken into medium size dice add to a bowl season with salt, pepper, onion, garlic and paprika powder. Massage the spice mixture into the chicken . set aside while you make the sauce and the pasta is cooking.
 3. Cook your pasta in salted boiling water el dente add the cut broccoli the last 5 minutes.
 4. In a saute pan in the oil and butter over medium high heat saute h onion and garlic until soft and translucent. Turn the fire up to medium high add the seasoned chicken and saute until golden brown.
 5. lower the fire back to medium deglaze the pan with the white wine waiting until absorbed before adding the pasta water. Simmer until sauce thickens about 10 minutes.
 6. Add the pasta and broccoli to the pan sauce. mix in the grated parmesan cheese
 7. Ladle into pasta bowls top with more cheese and ENJOY!!!
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Pasta e Piselli rosso

Pasta e Piselli rosso

Pasta e Piselli rosso is a classic Italian pasta dish that is quick and easy to make. With just a few simple ingredients, this comforting vegetarian pasta can be ready in about 30 minutes.

Small pasta, cherry tomatoes, onion, garlic and fresh or

frozen peas are the main ingredients and although simple the results are delicious!!!

Just like pasta e piselli in white sauce this pasta e piselli rosso is easy to make and since it uses simple ingredients you probably have on hand it's a recipe you can pretty much make anytime.

A few tips when making pasta e piselli rosso

As with all produce, it is a special treat to use farm fresh shelling peas in this recipe. However, frozen peas work great if you can't find fresh peas, especially during the colder months. I often freeze my own if I have left overs from the market or my garden.

Add fresh basil to give the pasta a burst of fresh fragrant flavor and a good quality parmigiana reggiano

Ingredients

- 1/2 Lb. medium size shells
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 cup chopped Italian parsley
- 4 cups cherry tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 3 cups of peas
- 1 cup grated parmesan cheese

Instructions

1. Cook your pasta al dente in boiling salted water

according to package directions.

2. In a pan in the olive oil sauté the onion and garlic over medium high heat until soft and translucent.
 3. Add the cherry tomatoes, tomato sauce and the pasta water, Simmer until the tomatoes soften, then use a potato masher to smash the tomatoes. Simmer until sauce thickens about fifteen minutes.
 4. Add the peas the parmesan cheese and simmer five minutes longer.
 5. Add the drained shells to the sauce, adjust your seasonings and ENJOY!!!
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Arrabbiate Spicy shrimp Linguine Recipe

Arrabbiate Spicy shrimp Linguine

You need dinner easy and quick? Here you go, easy Italian dinner on your table in 30 minutes. This linguine arrabbiate with shrimp is spicy and delicious.

Arrabbiate means angry in Italian, although am not sure why, because there's nothing angry about this classic Italian pasta dish, in fact it will make you and your family happy.

It's a delicious versatile pasta recipe you can customize to fit your lifestyle and taste.

A few ideas on this Arrabbiate shrimp pasta dish

This restaurant inspired spicy shrimp linguine recipe works well with chicken if you don't like shrimp, or tofu if you want to go the vegetarian route.

Also in this easy pasta dish the size of the pasta or shape doesn't matter. If your gluten free use gluten free pasta.

If your family doesn't like spicy no problem, add less hot pepper flakes or more if you want extra heat.

One thing, be sure to use a deep enough stock pot to allow the pasta to move freely when cooking, and a deep enough saute pan for the sauce.

A like this covered 6 quart stock pot and this covered saute pan

I used my homemade real easy marinara sauce, you can use store bought if you want.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram...That's my favorite part!!!!

Ingredients

- 1 Lb. linguine
- 1 Lb. large cleaned shrimp
- 4 cups store bought or homemade marinara sauce
- 2 cups chopped spinach
- 1 cup chicken stock or white white
- 1 cup reserved pasta water
- 2 Tablespoon crushed hot pepper flakes
- 1/2 cup chopped onion
- 2 tablespoons chopped garlic
- 2 Tbs. each chopped Italian parsley and basil

- 2 Tbs. each olive oil and butter
 - Salt and pepper to taste
 - **Instruction**
 - Cook pasta according to package directions reserving 1 cup of the pasta water
 - Mean while salt, pepper the shrimp
 - Heat oil and butter to medium heat Saute shrimp until golden about 3 minutes per side
 - Remove shrimp set aside
 - Saute onion and garlic until tender and just beginning to brown, in same pan adding more oil if needed
 - Add hot pepper flakes to pan saute 5 minutes to release the flavor
 - De glaze pan with chicken stock or white wine
 - Add marinara sauce and reserved pasta water
 - Simmer until sauce thickens about 15 minutes add the spinach last 5 minutes
 - Return shrimp to saute pan add the fresh basil simmer only to heat the shrimp
 - Drain pasta toss in sauce
 - Top with parmesan and chopped Italian parsley.....ENJOY!!!!
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Cucumber tomato avocado salad

Cucumber Tomato avocado salad

Cucumber tomato avocado salad drizzled with creamy Italian Vinaigrette is the perfect side dish to any summer

meal!!!Quick, fresh, and delicious.

My mother served this easy cucumber and tomato salad most every night with dinner in the summer when the tomatoes were in season and it there peak flavor.

This tomato, avocado, onion and cucumber combo is delicious on its own on hot summer days when your craving something light. but pairs perfectly with bbq meals and crusty Italian bread.

Things to know when making cucumber, tomato avocado salad

Cucumbers: you can use Persian, English or regular

Tomatoes: My tomatoes aren't ready yet. I bought 2 heirloom tomatoes at the market for six dollars. It really pays off to grow whatever you can. Not only is it more affordable the flavor can't be bought.

red onion: Not only does it give the a salad a pop of color, but also a peppery taste. I like red onions on most salads

Avocado: Add a subtly nutty flavor with a hint of sweetness. They have a creamy, buttery texture that makes them a delicious addition to tomatoes and cucumbers.

Creamy Italian dressing brings it all together in the most delicious way!!!

If you are looking for more summer salads try my refreshing watermelon cucumber feta salad or a summer favorite Italian pesto fusilli salad

Ingredients

- 2 peeled cucumbers
- 2 large heirloom tomatoes

- 1 medium avocado
- 1 sliced red onion
- 1/2 cup chopped Italian parsley
- 1/2 cup red wine vinegar
- 1 cup extra virgin olive oil
- 1/2 cup plain Greek yogurt
- 1/2 cup grated parmesan cheese
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian herb blend
- salt and pepper to taste

Instructions

1. Start the prep by washing the cucumbers and tomatoes, peeling and dicing the red onion, mincing the garlic and peeling and slicing the avocado into medium size dice.
2. Cut the cucumbers in medium large cubes
3. Make the creamy Italian dressing. In a jar add the vinegar, olive oil, yogurt, minced garlic, Italian herbs and the salt and pepper.
4. Shake well before coating the tomatoes , cucumbers, avocado and red onions with this creamy Italian vinaigrette.

Meaty eggplant rollatini

Meaty Eggplant rollatini

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

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

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

variations for this Meaty eggplant rollatini recipe

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

Tips for all variations

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

Ingredients

- 2 medium eggplants
- 1 lb. lean ground beef
- 1 cup bread crumbs
- 1 egg
- 1 cup milk
- 1 cup grated parmesan cheese

- 3 Tbsp. chopped Italian parsley
- 1 cup thinly chopped spinach
- salt and pepper to taste
- 4 cups marinara sauce

Instructions

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

Chicken tenders Tuscan style

Chicken tenders Tuscan Style

Juicy, golden seared chicken tenders coated in a easy creamy sauce with tomatoes and spinach. This chicken tenders Tuscan style is a recipe so good you should put a star on it and save it in your treasured recipe box.

Chicken recipes can have the potential of becoming boring and repetitive, but not this Tuscan flavored chicken dish.

Its sure to impress large crowds of family and friends, with minimal time and effort.

Tips for success when making chicken tenders Tuscan style

One: Be sure the chicken is well seasoned. Chicken can be bland. Seasoning it well and let it marinate while making the sauce allows the flavors to penetrate the eat.

Two: Opt for fresh tomatoes, and high quality olive oil to enhance the Tuscan flavors. Fresh tomatoes, garlic and spinach significantly elevate this chicken recipe.

And three: Don't overcook the chicken tenders. Cook over medium high heat until golden brown but still juicy. When returned to the pan don't cook longer than 5 to 7 minutes. Overcooking can make the tenders dry and tough,

Ingredients

- 2 lbs. cleaned chicken tenders
- 1 tablespoon each onion, garlic and paprika powder
- 1 Tablespoon oregano
- 2 Tablespoons olive oil
- 3 Tablespoons butter
- 2 Tablespoon minced garlic

- 1 cup white wine
- 2 cups chopped tomatoes
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup grated parmesan cheese
- 4 cups chopped spinach

Instructions

1. Season the cleaned chicken tenders with the onion, garlic, and paprika powder, salt and pepper to taste
2. In a saute pan over medium high heat sear the chicken on all sides. Remove and set aside
3. In the same pan the butter and garlic saute until soft and translucent.
4. Deglaze the pan with the wine waiting until evaporated before adding the chopped tomatoes.
5. Then add the chicken stock and heavy cream simmer until the sauce thickens, about 15 minutes.
6. Add the spinach and return the chicken to the pan and simmer 5 minutes longer.
7. Finish with chopped Italian parsley and ENJOY!!!!

Italian Pesto Fusilli pasta Salad

Italian Pesto Fusilli pasta

Salad

Just in time for Summer barbeques this Italian pesto Fusilli pasta salad is one of my old time favorites.

The first time I had this cold pasta salad was at one of my brothers outdoor get togethers. He and his wife Josie were great chefs, who entertained often in their home and the many different restaurants they owned and my leader in our own restaurant career and an inspiration in my recipes.

Back to this Italian rooted pesto fusilli it needs to be one of your go to pasta Summer pasta salads. Spiral shaped pasta coated with your favorite pesto sauce loaded with ingredients full of Italian flavors!!!

Three Tips when you make this Italian pesto fusilli pasta salad

The first tip when you make this Italian pesto fusilli pasta salad in this recipe the shape of the pasta as well as the quality is important. I use DeCecco fusilli the spirally shape as nooks and crannies for the pesto sauce.

Second you can use store bought or homemade sauce. If your going to use store bought go with a good quality. I use homemade whenever I can it's one of the staples I try to keep in my freezer year. If you want to go the store bought route this is a good alternative. <https://amzn.to/3a0ECZa>

Lastly run the fusilli under cold water to stop the cooking process and cool of the pasta before adding the rest of the cold ingredients.

One more thing this salad can be served cold or at room temperature.

Oh and please don't forget to leave me a comment and tag me on Instagram. I love hearing from you it's my favorite part!!! If your looking for more delicious and easy to make pasta salads try my personal favorite Pesto Tortellini Pasta salad ready in minutes.

Ingredients

- 1/2 Lbs. fusilli pasta
- 1 cup prepared pesto sauce
- 1 cup sliced kalamite olives
- 2 cups cherry tomatoes
- 1 cup sliced English cucumber
- 2 cups fresh mozzarella balls
- 1 cup grated parmesan cheese
- 1 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions running it under cold water
2. In a bowl add the fusilli and pesto sauce mixing well
3. Add rest of ingredients up to the oil, vinegar and parmesan cheese
4. Now add the oil, vinegar and half the grated parmesan
5. Toss well top with remaining parmesan Enjoy!!!