

Pesto chicken farfalle pasta

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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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Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

Italian Pasta e Piselli in tomato sauce is a classic, comforting pasta dish that's both simple and satisfying. Made with everyday ingredients, it comes together quickly for an easy vegetarian meal that's perfect any night of the week.

Tender small pasta is tossed with sweet cherry tomatoes, onion, garlic, and fresh or frozen peas, creating a light yet flavorful sauce that feels rustic and homey. Even though the ingredients are simple, the finished dish is rich, fresh, and deeply satisfying.

Just like the white sauce version of pasta e piselli, this tomato-based variation is versatile and pantry-friendly. It's the kind of recipe you can make anytime, using ingredients you likely already have on hand

Things to know when making Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

For the most authentic flavor, use fresh shelling peas when they are in season. Sweet, tender farm-fresh peas add incredible texture and flavor to this classic Italian pasta dish. If fresh peas aren't available, frozen peas are an excellent substitute and work beautifully year-round. I often freeze extra peas from my garden or the farmers market to

enjoy this recipe even during the colder months.

To enhance the flavor, finish the dish with fresh basil for a bright, aromatic touch. A generous sprinkle of high-quality Parmigiano Reggiano adds richness and depth, bringing all the ingredients together for a simple yet satisfying Italian meal.

Here are a few related recipes you may also enjoy if you love simple, seasonal Italian dishes that highlight fresh vegetables and classic Mediterranean flavors.

Spaghetti alla Nerano

A classic pasta from Italy's Amalfi Coast made with silky zucchini, fresh basil, and cheese for a simple yet elegant summer meal.

Ciambotta with Chicken

This rustic Southern Italian stew combines seasonal vegetables and tender chicken in a comforting one-pot dish full of Mediterranean flavor.

Braised Artichokes alla Romana

Tender artichokes are slowly braised with garlic, herbs, and olive oil in this traditional Roman side dish that celebrates fresh produce.

Italian Tomato Salad with Heirloom Tomatoes

Juicy garden tomatoes, fresh basil, and a simple vinaigrette come together in this refreshing Italian salad that pairs perfectly with any pasta dinner.

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. Bring a large pot of salted water to a boil and cook the pasta until al dente according to package instructions. Reserve a small cup of pasta water, then drain.
 2. In a large skillet, heat olive oil over medium-high heat. Add the onion and garlic and sauté until softened and fragrant, about 3–4 minutes.
 3. Add the peas, cherry tomatoes, tomato sauce, and a splash of reserved pasta water. Bring to a gentle simmer and cook until the tomatoes begin to break down. Use a potato masher or the back of a spoon to crush the tomatoes into the sauce.
 4. Continue simmering for about 15 minutes, or until the sauce has thickened and developed flavor.
 5. Stir in and Parmigiano Reggiano, and simmer for an additional 3–5 minutes until the sauce is well combined.
 6. Add the drained pasta to the skillet and toss until fully coated in the sauce. Taste and adjust seasoning with salt and pepper if needed. Serve immediately.
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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 wine
- 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 where 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 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.
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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 menial 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!!!
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Marry me shrimp with orzo

Marry me shrimp with orzo

Marry me shrimp with orzo is a delicious dish featuring succulent shrimp with creamy orzo. The shrimp are seasoned than sauteed to perfection with rich flavor.

Orzo a small rice – shaped pasta is cooked until tender with sundried tomatoes and spinach. Then the shrimp is mixed in creating a delicious meal . It's a satisfying and comforting meal that's both elegant and easy to prepare!!!

A FEW TIPS FOR Success when making Marry me shrimp with orzo

Use large shrimp they are labeled 16 -20 shrimp meaning there are 16 to 20 shrimp per pound season the shrimp generously with the seasonings. Most fish cook quickly shrimp is one of them.

Don't over cook the shrimp leave them a little under cooked to

finish when they are return to the pan to heat through. T

Ingredients

- 2 lbs. large shrimp
- 2 tablespoon extra virgin olive oil
- salt and pepper to taste
- 1 Tablespoon powder garlic
- 1 Tablespoon paprika
- 2 tablespoon butter
- 1/3 cup minced shallots
- 2 tablespoon minced garlic
- 3 cups orzo
- 3 cups chicken stock
- 1 cup chopped sundried tomatoes
- 1 cup grated parmesan cheese
- 3 cups chopped spinach

Instructions

1. Clean your shrimp
 2. In a bowl season your shrimp with the olive oil. garlic and paprika. salt and pepper to taste.
 3. In a saute pan over medium high heat saute the shrimp until almost cooked through about 5 minutes, remove
 4. In the same pan add the butter, add the shallots and garlic. Sautee until soft and fragrant. Add the orzo, sundried tomatoes, chicken stock, and the cream.
 5. Simmer until orzo is el dente Add the graded parmesan and spinach and simmer 2 to 3 minutes longer. Return the shrimp back to the pan , just to heat through. ENJOY!!!
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Petrale Sole Pomodoro

Petrale sole pomodoro

I love fish and try to have it at least two times a week. This Petrale sole pomodoro recipe is easy, delicious and quick, it can be on your table in less than 30 minutes. You will feel good too about serving your family and friends a healthy meal.

This petrale sole is an impressive meal. Family and friends will think it took a lot longer to prepare. This fish recipe is fancy enough for Saturday night dinners with friend and easy enough for busy weeknight family meals!!!!

What to know about this Petrale sole pomodoro recipe

Petrale sole is considerate to be the most flavorful and desirable of the Pacific Flounders. They have a mild, delicately nutty, sweet flavor with small firm flakes. It is one of my favorite of fishes.

Petrale sole can be pricey and not available all year round. The good news is that this recipe works well with any white fish that fits your taste and budget.

About the frying oil I use a canola and olive oil blend. And for the sauteing always extra virgin olive oil this becomes a part of the sauce and its important to use good quality extra virgin olive oil.

Also important in these saucy recipes is to use the right size pan to hold all the ingredients. Here is a link to my favorite deep saute pan.

If you make this easy Petrale sole pomodoro recipe please leave me a comment. I love hearing from you. It's my favorite part!!!

Ingredients

- 2 lbs. petrale sole
- 1 cup frying oil
- 2 Tablespoons olive oil
- 1 medium chopped onion
- 1 Tablespoons minced garlic
- 3 cups thinly sliced potatoes
- 1 cup white wine or chicken stock
- 2 cups chopped tomatoes
- 1 cup marinara sauce
- 1 Tablespoon chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Salt and pepper the fish and dust lightly with flour
2. Bring the 1 cup of oil to medium heat fry the petrale sole fish just until golden and crispy about 3 minutes per side. remove and drain on paper towels
3. clean the pan and add 2 tablespoons of olive oil saute the onion , garlic and potatoes until tender and just beginning to brown. Add the tomatoes saute for 5 minutes, then add the marinara sauce and lemon juice simmer 10 minutes longer.
4. Add the Italian parsley return fish to sauce just to heat through.
5. Plate by first lining the plate with the potatoes then the petrale sole sprinkle with Italian parsley serve with lemon slices. ENJOY!!!

Easy chicken Marsala recipe

Easy chicken Marsala recipe

Who doesn't love an easy and delicious chicken recipe?

This easy chicken marsala recipe is not only easy and delicious but this Italian classic can be on your table in less than thirty minutes!!!

Chicken Marsala is an Italian classic with juicy pan seared chicken breast in a savory sweet Marsala wine sauce.

You can make this restaurant quality chicken dinner in your own kitchen in a short amount of time with just a few ingredients.

What's not too love?

Here are three tips for success when making this easy chicken Marsala recipe

1. Use thinly sliced chicken breast for quick and even cooking. Pound them to an even thickness to ensure they cook uniformly.
2. Before simmering in the marsala sauce, make sure to brown chicken in a hot pan. this adds flavor and texture to the dish. Pat the chicken dry with paper towels before seasoning and browning to ensure a crispy exterior.
3. Marsala wine is the star in this sauce, so use a good

quality one. Balance the sweet richness of the wine with savory ingredients like garlic, shallots and chicken stock.

Ingredients

- 2 lbs. skinless boneless chicken breast
- Salt and pepper to taste
- 1 cup flour
- 2 Tablespoon olive oil
- 4 Tablespoon butter
- 2 Tablespoon minced garlic
- 2 Tablespoon minced shallots
- 8 oz. cremini mushrooms
- 2 cups marsala wine
- 1 cup chicken stock
- 2 tablespoon chopped Italian parsley

Instructions

1. start by splitting the chicken breast in half. Then in between two sheets of waxed paper pound thin
2. salt and pepper the chicken then coat in the flour shaking off excess.
3. Over medium high heat in the two tablespoons of olive oil saute the chicken until golden brown on both sides. About 5 minutes per side. Remove and set aside.
4. In the same pan two tablespoons of butter. Add the garlic and shallots until soft and fragrant.
5. Add the mushrooms until golden brown.
6. Deglaze the pan with one cup of the marsala wine scrapping up all the bits at the bottom of the pan. Wait until absorbed before adding the remaining marsala wine and chicken stock. Simmer until sauce thickens about 10 minutes.
7. Return the chicken to the pan and simmer jut to heat

through.

8. Top with the chopped Italian parsley and enjoy!!!!