

Spicy Rigatoni Amatriciana

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This classic spicy rigatoni Amatriciana sauce gets its spiciness from freshly ground black pepper and dried red pepper flakes. This Roman pasta dish is full of Italian flavor that traditionally comes from guanciale, Italian salt cured pork jowl. If you can't find guanciale use pancetta which is more readily available.

Amatriciana sauce is one of the four classic Roman pasta sauce. If you love hearty, flavorful, and spicy pasta sauce you will love this recipe. This tomato and pancetta based spicy rigatoni pasta dish taste like something you would order at your favorite Italian restaurant. And the best part it uses few ingredients and comes together pretty quickly.

Tips for success for this Spicy Rigatoni Amatriciana

The first tip when you make this spicy rigatoni Amatriciana pasta dish is to saute the pancetta until crispy and all fat rendered.

Second by toasting the red pepper flakes and using freshly ground black pepper you add a restaurant quality element to this simple pasta sauce.

And third to insure a silky creamy sauce add the grated pecorino cheese with the sauce off the fire and cooled ever so slightly to prevent a lumpy sauce.

Lastly I used rigatoni shaped pasta in this Amatriciana sauce

you can use any shape you prefer.

If you make this delicious pasta sauce please leave me a comment. I love hearing from you its my favorite part!!!

Ingredients

- 1 Lb. rigatoni
- 4 oz. pancetta
- 1 Tablespoon crushed red pepper flakes
- 2 Teaspoon freshly ground black pepper
- 1 Tablespoon minced garlic
- 1/3 cup chopped onion
- 1 cup white wine or chicken stock
- 1 28 Oz. peeled crushed tomatoes with juices
- 2 cups reserved pasta water
- 1 cup grated pecorino cheese
- 1 Tablespoon chopped Italian parsley
- Salt to taste
- **Instructions**

1. Sauté the pancetta until crispy
2. Add the red pepper flakes and freshly ground black pepper toast until fragrant
3. Then add the garlic and onion saute until just beginning to brown
4. Deglaze the pan with the white wine or chicken stock
5. Add the crushed tomatoes, tomato paste and reserved pasta water bring simmer until sauce thickens 45 minutes
6. Remove from heat add the pecorino cheese stir until well mixed
7. Toss the rigatoni with the all Amatriciana sauce grate more pecorino cheese over the top, sprinkle with Italian parsley. ENJOY!!!



Cacio E Pepe Pasta recipe

Cacio e Pepe Pasta Recipe

This cacio e pepe pasta recipe is a pasta dish from the city of Roma. This Roman pasta dish of spaghetti with Pecorino Roman cheese and black pepper uses just a few ingredients and comes together in less than 30 minutes.

Cacio e pepe translates to cheese and pepper in English. In keeping with its name, the dish contains grated Pecorino cheese and black pepper, I added grated parmesan too. The goal is to create a creamy sauce using the grated cheese, black pepper and pasta water. When the sauce is done right the results are creamy deliciousness!!!

Tips when making this Cacio e pepe pasta recipe

The first and most important tip to insure a creamy sauce when you make this cacio e pepe pasta recipe is not to overheat the cheese.

When this happens instead of a creamy smooth silky pasta sauce the cheese ends up in clumps, not smooth. To prevent this from happening keep the sauce off the heat when you add the pasta water and the cheese stirring continually.

Number two this Cacio e pepe pasta recipe uses just a few ingredients be sure to use good quality cheeses

And third by using whole peppercorns and toasting them this simple pasta recipe becomes a restaurant quality pasta dish. Fancy enough for Saturday night dinner with friends and enough for busy family weeknight meals.

Lastly please leave me a comment when you made this Classic Roman pasta dish!!!

Ingredients

- 1 Lbs. spaghetti or bucatini
- 1/2 cup black peppercorns
- Salt to taste
- 2 Tablespoon butter
- 1 Tablespoon extra virgin olive
- 1 cup grated pecorino cheese
- 1 cup grated parmesan
- 2 cups pasta water

Instructions

1. Cook your pasta el Dente reserving 2 cups of the pasta water
2. Meanwhile in a saute pan over medium heat toast the peppercorns until fragrant. Removed from pan with a mallet between paper towels crush the peppercorns and return to pan.
3. Add the butter and olive oil cook just until the butter is melted. Turn off the fire add the pasta water and cheeses stirring continuously.
4. Toss the spaghetti or bucatini with the Cacio e pepe sauce. Sprinkle with more grated pecorino and Italian parsley. ENJOY!!!!



**Healthy baked Eggplant
Parmesan**

Healthy baked Eggplant parmesan

This healthy baked eggplant parmesan is such an easy vegetarian Italian recipe. In this healthy baked eggplant parmesan version I left the bread coating off. Instead of frying I coated the eggplant in extra virgin olive oil, garlic and Italian parsley and roasted it.

This healthier eggplant parmesan still has bubbly cheese, garlicky tomato sauce and savory meaty roasted eggplant.

This is my best healthier baked eggplant parmesan recipe. faster and easier and full of delicious Italian flavors.

I hope it becomes one of your family's favorite like it did in my.

Tips for this healthy baked parmesan recipe

To peel or not to peel the eggplant in this healthy eggplant parmesan recipe ? That depends on your taste, what you plan on using it for and how fresh the eggplant is.

What I like to do is peel strips of the eggplant off and leave some of the skin on.

The other debate about eggplant is whether to salt to extract the bitterness out of it or not to salt. If the eggplants are just picked farm fresh I don't salt them.

It's not eggplant season so I did salt the eggplant in this recipe. It's not necessary to salt the eggplant any longer than 15 minutes. Prior belief was you had to salt the eggplant for a few hours. Now they bred eggplants to be less bitter. I

found that 15 minutes is enough.

This healthy eggplant recipe takes about 45 minutes to make, which is not always possible for a busy weeknight meal. I usually make this one on the weekends.

I hope you make this easy eggplant recipe. And please let me know how it works out for you.

Ingredients

- 2 medium eggplant
- 3 cups shredded mozzarella
- 1 cup grated parmesan cheese
- 3 cups marinara sauce
- 4 Tsp. olive oil
- 1 Tbsp. minced garlic
- 2 Tbsp. of a combination of Italian herbs dry or fresh, Parsley. thyme and oregano.
- salt

Instructions

1. Slice the eggplant into medium thick round slices
2. salt the eggplant on both and let sit for at least 30 minutes
3. rinse the eggplant and pat dry with paper towels
4. In a bowl toss the eggplant with extra virgin olive oil, the minced garlic, light salt and Italian herbs.
5. Roast in a pre heated 375-degree oven until golden brown about 20 minutes
6. Take out of the oven and spread with my easy marinara sauce, the shredded mozzarella, grated parmesan and Italian parsley repeat the process stacking three eggplant slices together. starting with the eggplant and ending with the cheese
7. Set oven to broil and broil until cheeses are melted and

golden brown

8. Finish off with marinara sauce more grated parmesan and a sprinkle of Italian parsley. ENJOY!!!!
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Peperonata sauced Chicken breast

Peperonata Sauced Chicken Breast

Not only is this peperonate sauced chicken breast recipe delicious it's easy to make. I used skinless boneless chicken breast. You can use whatever part of the chicken fits your lifestyle and taste.

By using boneless, skinless chicken breast and my premade marinara sauce which I always have on hand, this Italian chicken recipe can be on your table in less than 30 minutes.

Customize this Peperonata sauced chicken breast recipe

This peperonate sauced chicken breast recipe isn't set in stone. You can customize this chicken recipe really easy.

For instance most of you know I don't drink alcohol. Although am okay cooking with alcohol some people are not. So there is an option in most of my recipes to use wine or stock.

Another way to make this Italian flavored chicken recipe your

own is to use boneless chicken thighs.

One more thing, if you want to make this peperonata sauced chicken breast a complete meal cook your favorite shaped pasta and toss in the peperonata sauce. If your going to use this Italian bell pepper sauce for a pasta sauce double all the ingredients except for the chicken breast. Also be sure your saute pa is big enough and deep enough. Here is a link to one of my favorite deep saute pan.

Lastly please leave me a comment if you make this. I love hearing from you. It's my favorite part!!!

Ingredients

- 4 Chicken breast
- 2 Tablespoons olive oil
- 1 chopped yellow onion
- 1 Tablespoon minced garlic
- 1 diced red bell pepper
- 1 diced green bell pepper
- 2 cups cherry tomatoes
- 1 cup white wine or chicken stock
- 2 cups marinara sauce
- 1 Tablespoon Italian parsley
- 1 tablespoon mixed Italian herbs
- Salt and pepper to taste

Instructions

1. cut the chicken breast in half if thick
2. Salt and pepper the chicken
3. In 2 tablespoons of olive oil saute the chicken until brown on both sides
4. Add the onions, garlic and cherry tomatoes saute until just beginning to brown

5. Add the bell peppers saute 5 minutes
 6. Deglaze the pan with 1 cup of chicken stock or white wine simmer until absorbed
 7. Add the marinara sauce simmer 15 minutes longer
 8. Plate the chicken pour the peperonata sauce over the top. ENJOY!!!
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Summertime Spaghetti Dish

Bruschetta

Summertime Spaghetti dish

Bruschetta

I love a delicious bowl of pasta full of fresh summer garden ingredients.

My Summertime bruschetta spaghetti dish recipe is flavored with just picked cherry tomatoes, fresh mozzarella, and fresh herbs, these ingredients when combined together produce the most delicious creamy sauce.

Sometimes the best and most delicious recipes are the simplest. The most important ingredients are always to use the best what's in season whether homegrown or store bought!!!!

A few tips when making this

Summertime Bruschetta spaghetti dish

The main ingredient in this Summertime Bruschetta spaghetti dish recipe is tomatoes. So whether your using homegrown or store bought it's important the use the best quality you can find.

Just as important as the tomatoes how you start your saute makes a difference In this pasta recipe I use a good quality extra virgin olive oil.

And lastly fresh mozzarella adds the creamy texture and the pasta water is the secret ingredient the brings it all together. I always save more pasta water than the recipes calls for in case the sauce is too dry.

Please leave me a comment when you make this recipe. And please don't forget to tag me on Instagram with your creations. I love hearing from you, it's my favorite part!!!

Ingredients

- 1/2 Lb. spaghetti
- 2 pints heirloom cherry tomatoes sliced
- Small container fresh mozzarella balls
- 1 cup pasta water
- 1/2 cup grated parmesan
- 2 Tbs. extra virgin olive oil
- 1/2 medium chopped onion
- 4 cloves chopped garlic
- 2 Tbs. each chopped basil and Italian parsley
- Salt and pepper to taste

Instructions

1. Cook spaghetti according to package directions reserving 1 cup of the water
 2. Meanwhile bring the olive oil to a light sizzle
 3. Add the chopped onion and garlic saute until tender and just beginning to brown
 4. Add the sliced tomatoes salt and pepper now then saute until the tomatoes begin to blister
 5. Add the reserved pasta water simmer for 10 minutes or until sauce thickens slightly
 6. Add the fresh mozzarella the last 5 minutes
 7. Toss the spaghetti in the sauce add the basil
 8. Top with the grated parmesan and Italian parsley
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**Chicken
Primavera**

Piccata

Pasta

**Chicken
Primavera**

Piccata

Pasta

A light pasta meal, this chicken piccata pasta primavera is a prefect Summertime quick family dinner full of classic Italian flavors!!!

Full of lemony freshness this chicken and pasta dish comes together in less than 30 minutes, and your family is going to love it . And you will feel good serving a restaurant quality meal from your kitchen, that's not only delicious, it's

healthy too!!!!

Customize this Chicken piccata pasta primavera

This chicken piccata pasta primavera recipe is easy to customize to fit your lifestyle and taste.

The first and easier way to make this pasta dish your own is to change the pasta shape. The truth is most pasta shapes work well in most pasta dish recipes.

Second if your family hates or loves spinach add more or less to taste. I love spinach and add extra most of the time. Spinach is one of those vegetables that ends up being half of the amount you put in after it's cooked. Pasta dishes are also a good place to hide spinach for those that don't have the same fondness for spinach as I do.

Lastly I used chicken stock. You can use white wine instead in his chicken piccata pasta primavera if that's your preference.

One more thing when making pan sauces the right size saute pan help. My favorite and on sale <https://amzn.to/39XdMRy>

Ingredients

- 2 skinless, boneless chicken breast cut into strips
- 1/2 Lb. Fettuccini
- 1 Tbls each butter and extra virgin olive oil
- 2 Tbls. minced garlic
- 2 cups cherry tomatoes
- 2 cups chopped spinach
- 1/2 cup capers
- 1/3 cup lemon juice
- 1 cup pasta water
- 1 cup chicken stock or white wine

Instructions

1. Cook pasta according to package direction reserving 1 cup of the water before draining
 2. Salt and pepper the chicken
 3. In a medium size saute pan over medium high heat in the butter and olive oil, saute the chicken along with the garlic until slightly brown
 4. Add the tomatoes along with the capers saute for a few minutes
 5. Deglaze the pan with the broth or white wine
 6. Add reserved pasta water, simmer until sauce thickens about 10 minutes, add spinach and 1/2 the parmesan cheese last 5 minutes
 7. Toss pasta in picatta sauce sprinkle with additional parmesan and Italian parsley
 8. Enjoy!!!!!!
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Rotisserie Chicken Fettuccini Alfredo

Rotisserie Chicken Fettuccini Alfredo

This easy, creamy classic rotisserie **chicken fettuccine alfredo** meal comes together in less than 30 minutes. It's packed with melt in your mouth chicken and tossed in a creamy sauce, your whole family will love.

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. And recipes with few ingredients is always a winner. I added spinach to add another depth of flavor and sneak in some green, you don't have too.

It's no wonder most Italian restaurants have fettuccini Alfredo on their menus, not only is it a dine out favorite. the alfredo sauce can seem daunting, It's not!!!

Variations for rotisserie chicken fettuccini Alfredo

The first variation in this rotisserie chicken fettuccini alfredo is, you don't have to use chicken. If you want to go the vegetarian route a mixture of your favorite mushrooms is a delicious choice, as well as broccoli.

You can use white wine in place of the chicken stock, because I don't drink I give the non-alcoholic version.

I often use wine when cooking, Am okay with that, but for some who aren't there are alternatives, use what feels and tastes good to you, it doesn't change the flavor enough where people notice. No matter what you use be sure to use the freshest and best ingredients you can find. It takes the recipe from so-so to **WOW!**

Also be sure the saute pan you use is big enough to hold the sauce it's best to use a covered, deep, wide enough saute pan.

Serve it up in pretty white dinner plates add some festive napkins and you have a restaurant quality dinner, that comes together in 30 minutes, is quick and easy for family weekday dinners and just fancy enough for special occasions.

Serve this delicious restaurant inspired dinner with your

favorite bubbly and a crisp green salad for a romantic Saturday night dinner or Holiday meals with family and friends...

Please don't forget to leave me a comment when you make this recipe. And please don't forget to tag me on Instagram with your creations. I love hearing from you, it's my favorite part!!!

Ingredients

- 1 Lbs. Fettuccini
- 2 Tablespoons butter
- 2 cups left over rotisserie chicken
- 1 cup Parmesan cheese
- 1 cup chopped spinach
- 2 cups chicken stock or white wine
- 2 cups heavy cream
- 1 cups reserved pasta water
- 2 Tbs. chopped garlic
- 1/2 cup chopped onion
- 2 Tbs. chopped Italian parsley
- salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 1 cup of the water
2. In a large saute pan bring the butter to medium high heat
3. Add onion and garlic saute until tender and just beginning to brown
4. Add chicken stock, cream, and reserved pasta water simmer covered 15 minutes
5. Add the rotisserie chicken, Parmesan cheese and spinach, simmer 5 minutes longer

6. Toss pasta in sauce adjust seasonings to taste. Top with the chopped Italian parsley and additional parmesan cheese. ENJOY!!!!

Béchamel Steak Pasta bake

Béchamel Steak Pasta Bake

Nothing is better than this Béchamel steak baked pasta casserole, smothered in creamy bechamel sauce.

Really though, this is the prefect pasta bake recipe for this time of year.

Growing up in the hills of Tuscany any baked pasta was my favorite.

My Mom's pasta bakes were simple and delicious. This dish brings back memories, from when I was a kid hanging around the kitchen counter, tasting whatever Mom was cooking.

No offense Mom, but I've gourmet it up a bit. I love my creamy, cheese filled, béchamel smothered casserole,

Sometimes you have to put a new twist on an old classic to fit your lifestyle and taste. I kicked it up a notch by using Béchamel sauce instead of Moms' classic marinara .

Things to know about Bechamel sauce

for this steak rigatoni pasta bake

The Bechamel sauce in this steak rigatoni pasta bake is not difficult to make, but you do need to pay attention. For success don't leave the stove unattended, the sauce burns quickly. Stir continuously while sauce is simmering.

If the sauce is too thick add more milk, if too thin coat 1 pad of butter with flour and drop it in sauce while simmering.

I used rigatoni and rib eye steak, like most of my recipes you can customize them to your lifestyle and taste.

This recipe works well with chicken, or if your going the vegetarian route leave out the meat and double up on the mushrooms and spinach.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal prefect for holiday entertaining, or if you need a hurry-up dinner for unexpected guest.

All you need is a casserole dish, 45 minutes, a prep plan and you can feed as many people as you need to. This 13 x 9 covered white casserole dish goes from oven to table, to limit the pots and pans in the sink.

The extra bonus with casserole meals, your quest can serve themselves. Set out these festive dinner napkins to set a holiday mood.

Serve this Bechamel steak pasta bake with a simple salad and crusty bread for a complete Holiday meal everyone will love!!!

If you make this Becamel rigatoni bake, be sure to leave me a comment. I love hearing from you It's my favorite part!!!!

Ingredients

- 1 lbs. rigatoni
- 1/2 lbs. chopped rib eye steak
- 1/2 lbs. sliced mushrooms
- 3 cups chopped spinach
- 1/2 cup chopped sun dried tomatoes
- 1/2 stick of butter
- 2 tablespoons olive oil
- 1/2 chopped onion
- 1 tablespoon chopped garlic
- 1/4 cup flour
- 2 cups milk
- 1 cup chicken stock
- 1 cup reserved pasta water
- 1 cups grated parmesan
- 1 cups shredded mozzarella
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

Instructions

1. Cook rigatoni el dente saving 1 cup of the water
2. Heat the olive oil in a deep saute pan to medium heat
3. Add onion and garlic saute until tender and just beginning to brown
4. Add the mushrooms and steak saute until brown
5. Add spinach and sun dried tomatoes salt and pepper to taste
6. Remove meat mixture from pan wipe clean
7. Melt butter in the same pan
8. Stir in flour whisking continuously
9. Slowly whisk in milk, chicken stock, reserved pasta water, salt, pepper and nutmeg
10. Simmer on low heat 10 minutes stir to prevent browning

11. Return meat mixture to Bechamel
 12. Add rigatoni and parmesan cheese pour into a 9 x 13 covered casserole dish
 13. Top with the mozzarella cheese
 14. Bake in a 375 degree oven until golden and bubbly about 30 minutes.....ENJOY
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Beefy Shell Pasta Dish

Beefy Shell pasta dish

This beefy shell pasta dish is delicious and healthy full of good for you vegetables. A little secret shsssss don't tell my family, I add chopped spinach to a lot of my recipes.

It's a good way to get our picky eaters to eat some greens and a good place to put them is in this pasta dish recipe.

It's a cozy family meal that comes together quick, is easy and doesn't need a lot of ingredients.

It can be on your table in 30 minutes, not only is it quick and easy it's real good, and that's not even the best part, the best part ONE PAN COOKING!!!

It's a great recipe for those busy night, when commitments are long and time is short, or fancy enough for special meals with friends.

Customize This Beefy shell pasta

Dish

This beefy shell pasta dish recipe is easy to customize to fit your lifestyle and taste.

The recipe calls for 2 cups of spinach if your family likes spinach, by all means add more, I do. I used ground beef, you can go a healthier route and use chicken, or ground turkey if that s what you prefer.

It doesn't matter how much spinach you use, what shaped pasta or what meat you use, this recipe is sure to become a family favorite in your home as it has in mine!!!!

One thing that does matter in this beefy shell pasta dish recipe, or any one pan meal is to be sure to use the right size pan to hold all the ingredients. I've linked my favorite.

I hope you try this easy comforting recipe and please leave me a comment when you do. I love hearing from you it's my favorite part!!!

Ingredients

- 1/2 Lbs. shell pasta
- 1 Lbs. lean ground beef
- 2 cups spinach chopped
- 1 chopped onion
- 2 peeled and chopped carrots
- 2 chopped celery stalks
- 1 chopped bell pepper
- 1 tablespoon chopped garlic
- 1 14.5 oz. can chopped tomatoes
- 1 14.5 oz. con tomato sauce
- 1 cup chicken stock
- 1 cup grated parmesan
- 2 Tbs. paprika
- 1 Tbs. each chopped Italian parsley, basil, and thyme

- 2 Tbs. each olive oil and butter
 - **Instruction**
 - 1. Heat oil and butter to medium heat add onion and garlic saute until tender and just beginning to brown
 - Add the carrots, bell pepper and celery saute just a few minutes to blend flavors
 - Add ground beef cook until brown salt and pepper to taste
 - Add tomatoes and chicken stock
 - Simmer covered 15 minutes
 - Add pasta simmer 15 minutes longer
 - Add the parmesan cheese, spinach and herbs last 5 minutes
 - Salt and pepper to taste
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Raw Summer Sauced Spaghetti

Raw Summer Sauced Spaghetti recipe

This vegetarian raw summer sauced spaghetti recipe was inspired by my need to come up with a pasta recipe that gets me out of the kitchen fast.

I love to cook but when it's hot I don't like spending time over the stove if I can. In this summer spaghetti recipe the sauce comes together off the stove.

The hot pasta water melts the brie into a delicious creaminess and blanches the tomatoes and spinach just enough.

This lovely pasta dish is light and flavorful with freshly made pesto and garden picked tomatoes. It is a perfect Summer meal that comes together in less than 30 minutes and the best part, it can be made ahead of time!!!!

Three Variations on this Raw Summer Sauced Spaghetti recipe

The first and always an option in this Raw Summer Sauced Spaghetti recipe is the shape and flavor of pasta you use. I used a long shaped pasta you can use whatever shape you like or have on hand.

Second if you don't have homemade pesto use a good quality store bought pesto brand.

And Lastly not everyone likes spinach as much as I do if you're one who hates spinach, broccoli works in this recipe!!!

Please don't forget to leave me a comment on your experience with this easy and delicious raw Summer Sauced Spaghetti recipe. I love hearing from you it's my favorite part!!!

Ingredients

- 1 lb. spaghetti
- 6 oz. brie cheese
- 2 cups pasta water
- 1 cup prepared pesto
- 1 cup parmesan cheese
- 2 cups chopped tomatoes
- 3 cups chopped spinach
- 1 cup freshly chopped basil
- 1/2 cup olive oil
- 1/3 cup balsamic vinegar
- 1 cup silvered almonds
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water before draining
2. Remove rind from brie cheese and cut in small dice
3. In a bowl place the hot reserved pasta water
4. Put the brie in the hot water until melted
5. Then add the tomatoes, pesto, oil, parmesan and spinach let sit for 5 minutes
6. Now toss the pasta with the sauce add the basil and spinach sprinkle the almonds on top ENJOY!!!!