

Red sauce Vegetarian Pasta

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Heading into the hot weather with this new red sauce vegetarian pasta recipe. In this easy pasta recipe tender bell peppers, fresh tomatoes, and spinach in red marinara sauce, combined with cheesy goodness create a delicious sauce.

This pasta with healthy good for you ingredients nothing short of amazingness. I couldn't stop eating it. Not shocking I know, because I love pasta, and this Italian girl loves all Italian flavors.

I know I post a lot of pasta recipes, but when am stuck on "what's for dinner" it's pasta to the rescue. Pasta is easy, versatile, and who doesn't love pasta???? You could literally have Pasta every day for a month without repeating the same recipe, that's how versatile pasta is.

Variations For this Red Sauce Vegetarian Pasta recipe

This vegetarian pasta recipe is so easy to customize to fit your lifestyle and taste. for instance I used farfalle pasta, a bow tie shaped pasta. Any shape pasta works with this recipe, although I prefer a short shape, you can use any shape you like.

And because I wanted to keep it a vegetarian pasta recipe, I didn't add any meat. You can add Italian flavored Chicken sausage. If chicken sausage isn't your thing use any sausage you like or you. or chicken breast. If your going to add meat cut saute it after the onions and peppers are cooked and before adding the fresh tomatoes.

One more thing I used my homemade marinara sauce in this recipe which I always have on hand, if you don't you can use store bought marinara. I've linked both marinara alternatives.

Ingredients

- 1/2 Lb. Farfalle Pasta
- 2 Tbs. butter
- 2 Tbs. olive oil
- 2 cups chopped spinach
- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 cups chopped tomatoes
- 2 cups prepared marinara sauce
- 1 cup reserved pasta water
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan cheese
- 4 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large saute pan in the butter and olive oil saute the onion, peppers and garlic until tender and just beginning to brown then add the chopped tomatoes saute 5 minutes
3. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
4. Add the cheeses simmer 10 minutes longer Add the chopped spinach last 5 minutes
5. Add the pasta to the sauce adjust salt and pepper to taste
6. Top with additional parsley and cheese

Fusion Pan Sauced Salmon

Fusion Pan Sauced Salmon

If your looking to impress family and friends this fusion Pan seared Salmon is the recipe to make.

Not only is it impress it's delicious. Tender salmon fillets coated in a garlic, honey, lime sauce that will have you craving this salmon meal often.

You would think that it doesn't get much better than this recipe, but it does!! This restaurant quality salmon dinner comes together in less than 30 minutes. This meal is made in one pan, uses few ingredients and is really easy to make!!!

3 Tips When Making this Fusion Pan sauced Salmon dish

The first tip when you make this pan sauced salmon recipe full of delicious fusion flavors is, be sure the saute pan is big enough to hold all your ingredients and allows the salmon to get a beautiful sear.

Second, let the sauce thicken before adding the salmon to get a thick glaze on the fish.

Third and most important don't over cook the salmon. it should be pink in the middle. I give you a cook time of 5 to 7 minutes but you can adjust the time according to the size and thickness of the salmon fillet and your personal taste preferences.

Lastly please leave me a comment. let me know if you like this recipe. And please don't forget to tag me on Instagram with your creations. I love hearing from you!!!

Ingredients

- 2 Lbs. skinless salmon fillet
- 2 Tbls. butter
- 1 Tbls. extra virgin olive oil
- 2 Tbls. minced garlic
- 1/3 cup each soy sauce, honey and lime juice
- 1/2 cup chicken stock or white wine
- 1/4 cup chopped chives
- Salt and pepper to taste

Instructions

1. Cut salmon into equal pieces salt and pepper according to taste
 2. In a large saute pan bring the butter and olive oil to medium heat
 3. Add the garlic saute until tender and just beginning to brown
 4. Add the honey, soy sauce, lime juice and white wine or chicken stock simmer on low until sauce thickens about 10 minutes
 5. Add salmon to the sauce simmer 5 to 7 minutes or until salmon is cooked through but still pink in the middle
 6. Remove salmon and plate pour sauce over
 7. Garnish with chives ...ENJOY!!!!
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Oven Roasted Chicken Philly Sandwich

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This lightened up version oven roasted chicken Philly sandwich takes the guilt out of eating fried foods. Not that I have any guilt in the first place with the traditional version of the fried Philly cheese steak.

Oh the Philly Cheese steak, and my love affair with it began in our first little hole in the wall Submarine sandwich shop.

My mama who worked with me until she couldn't anymore, would start frying the onions and peppers just about lunch time. The aroma from the onions and peppers could be smelled blocks away, following it to our little hole in the wall. It was a smart marketing tool in the pre social media years.

In that version we used rib eye steak, bell peppers fried it topped it with provolone cheese and severed it on sub rolls.

As I get older I have make healthier variations to old classic recipes, I try to use leaner meats and healthier cooking processes that use less oil. And if it can be attempted to oven roasting in one pan, than that my friends is recipe success!!!

Here's how I made this oven roasted chicken Philly Sandwich

First For this easy and quick chicken Philly sandwich I used

my Cuisinart toaster oven/air fryer to roast all the ingredients for this delicious recipe, which I use often for small roast or bakes.

Second start by slicing the chicken breast in half in same size pieces for even cooking. I used 1 green and 1 red bell pepper you can use any color you like or have on hand and sliced them into strips along with 1 yellow onion.

And lastly the provolone cheese is a personal preference, use whatever cheese you like, sharp cheddar is delicious!!!

One more thing please leave me a comment. I love hearing from you. It's my favorite part!!!

Ingredients

1. 4 skinless boneless chicken breast
2. 1 red and one green bell pepper cut in strips
3. 1 sliced onion
4. 2 tablespoons chopped garlic
5. 8 slices provolone cheese
6. 4 sub rolls
7. 2 tablespoons olive oil
8. Salt and pepper to taste
9. juice from one lemon

Instructions

1. Preheat oven to 375
2. Cut chicken breast in half
3. In a bowl put the oil, garlic, lemon juice, salt and pepper
4. Toss the chicken, peppers and onions in the marinade
5. Roast in a 375degree oven for 20 minutes add the cheese last 5 minutes
6. Serve on buttered toasted hoagie rolls

Lemon pesto spaghetti with beans

Lemon Pesto Spaghetti with beans

This summer lemon pesto spaghetti with bean pasta dish may seem like a fancy meal, but it's easy and quick to make. And it's a delicious meatless option pasta recipe when your craving Italian and want vegetarian too!!!

Spaghetti tossed in a light lemony sauce full of good for you ingredients makes this pasta recipe one of my favorite summer pasta dishes.

The hot weather is here in California. In the hot summer months I am always on the look out for recipes that use cool vibrant seasonal ingredients. What's more refreshing than basil pesto and the citrus flavor of fresh lemon juice?

3 variations for this lemon pesto spaghetti with beans recipe

The first change you can make to this lemon pesto spaghetti recipe is the shape of the pasta. If you're not a fan of spaghetti use whatever pasta you like or have on hand. In this particular pasta recipe any shape pasta works.

Second, the Cannellini beans can also be labeled as white kidney beans or Italian kidney beans, adding to the

confusion.... These are also the ones used in most recipes that list white beans as an ingredient. You can also use great northern white beans that have a grainier texture and milder flavor.

And third, homemade pesto sauce is easy to make here is the recipe... in a blender add 2 bunches basil 1 cup parmesan cheese, 1 cup pine nuts than, with the motor running slowly pour in 1 cup extra virgin olive salt and pepper to taste, that's it easy homemade pesto sauce. But you don't have to use homemade pesto sauce any good quality store bought pesto sauce works too!!

Lastly please leave me a comment on your experience if you make this easy Lemon Pesto Spaghetti recipe. I love hearing from you It's my favorite part!!!

Ingredients

- 1 Lb. spaghetti
- 2 cups pesto sauce
- 1/2 cup fresh lemon juice
- 2 cups reserved pasta water
- 1 cup heavy cream
- 2 cups chopped spinach
- 1 cup grated parmesan cheese
- 1 16 oz. drained and rinsed cannellini beans
- 2 Tbls. each olive oil and butter
- 1/2 chopped onion
- 1 Tbls. chopped garlic
- 2 Tbls. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Start by cooking pasta according to package direction reserving 2 cups of the water before draining

2. Bring the oil and butter to medium heat
 3. Add the onion and garlic saute until tender and just beginning to brown
 4. Add the reserved pasta water, lemon juice and cream, simmer covered 10 minutes.
 5. Add the prepared pesto sauce, beans, spinach and half of the parmesan cheese simmer 10 minutes longer
 6. Toss spaghetti with the lemon pesto bean sauce
 7. Sprinkle with the Italian parsley and remaining parmesan cheese. ENJOY!!!
 8. And so on
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Black Pepper Italian Vinaigrette

Black Pepper Italian Vinaigrette

This black pepper Italian Vinaigrette recipe has more uses than just being a delicious salad dressing.

It's the perfect marinade for chicken, fish and roasted vegetables. The pungent taste of freshly ground pepper adds a restaurant quality flavor to this Italian inspired vinaigrette.

Once you make this Italian salad dressing/marinade you'll wonder what took so long, to go from so-so store bought Italian salad dressing to the Wow of a homemade vinaigrette.

Why Your going to love this black pepper Italian vinaigrette salad dressing

The first reason your going to love, love, this black pepper Italian vinaigrette is, it's delicious. This salad dressing is so good you won't want to buy store bought again.

Second, and just as important as the first reason, this Italian vinaigrette is so easy to make you will make it often.

And third this easy salad dressing recipe uses few readily available ingredients, that together produce a vinaigrette you can use not only as a salad dressing but to marinade food when your craving Italian flavors.

One more thing this dressing will keep fresh in your fridge up to two weeks.

Lastly, you guys know I love hearing from you, it's my favorite part!! Please leave me a comment let me know your experience with this easy vinaigrette recipe. And please don't forget to tag me on Instagram with your creations!!! If your looking for more easy homemade vinaigrettes try one of my personal favorite Raspberry vinaigrette salad dressing or my black pepper Italian vinaigrette

Ingredients

- 2 Tbls. chopped garlic
- 2 Tbls. chopped onion
- 1 Tbls. fresh black ground pepper
- 1 Tbls. each honey and Dijon mustard
- 1/2 cup white wine vinegar
- 1/4 cup lemon juice
- 3 cups extra virgin olive oil
- 1 cup canola oil

- Salt to taste

Instructions

1. In a food processor add the all the ingredients up to the vinegar and olive oil
 2. With the motor running slowly add the white wine vinegar and lemon juice
 3. Then with the motor running pour in the olive oil in a slow steady stream
 4. ENJOY!!!
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Meatless Rigatoni Pasta Recipe

Meatless Rigatoni Pasta Recipe

Many great recipes start with humble beginnings and for me dictated by what I have on hand.

This Meatless Rigatoni Pasta recipe started off with 2 zucchini I originally had other plans for, and a beautiful bunch of asparagus I had no plans for. That's how this vegetarian pasta recipe started.

The garlic, asparagus and zucchini in a tomato sauce create an irresistible taste combination. And Guess what ??? Your whole family is going to love it and you'll feel real good serving them a delicious good-for-you homemade meal!!!

Customize this Meatless Rigatoni Pasta Recipe

It's super easy to make this vegetarian meatless pasta recipe fit your lifestyle and taste.

You don't need to run out to the store to buy rigatoni. It's perfectly okay to use any shape pasta you like. What is important is not shape of the pasta but the quality does matter. Our preferred brand at the restaurants is DeCecco.

Asparagus are delicious in this meatless pasta recipe. But not everyone has the same fondness for asparagus as I do. If your one that's not crazy about asparagus, broccoli is a great alternative!!

The same principle of customizing my recipes for your taste can be applied with the zucchini in this pasta dish. You don't like zucchini, no problem add more broccoli or asparagus. or leave them out all together with go with spinach.

You get the idea. Good cooking happens when we take what we have and like to create our own recipe!!!

Please let me know how this vegetarian pasta recipe works out for you. And please don't forget to tag me on Instagram with your creations. I love hearing from you!!

Ingredients

- 1 lbs. rigatoni
- 2 cups reserved pasta water
- 1 15 oz. can crushed tomatoes
- 1 15 oz. can tomato sauce
- 1 bunch asparagus cleaned and trimmed
- 2 medium zucchini cut in large dice
- 2 Tbls. each butter and olive oil

- 1 chopped yellow onion
- 2 Tbls. chopped garlic
- 1/2 bunch chopped Italian parsley
- 1/2 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water
 2. Meanwhile in a large deep saute pan, bring the butter and olive oil to medium heat, add the onion, garlic and parsley saute until tender and just beginning to brown
 3. Now add the tomatoes and water simmer covered 20 minutes
 4. Add the asparagus and zucchini simmer 10 minutes longer
 5. Toss the rigatoni with the sauce, top with parmesan cheese and additional parmesan and ENJOY!!!
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Crispy Italian Flavored Tacos

Crispy Italian Flavored Tacos

This crispy Italian style taco recipe combines two of my favorite flavors Italian and Mexican.

A taco recipe can be made with a variety of fillings and seasonings, including beef, pork, chicken or fish, just to name a few.

Some people want the traditional Mexican ground beef kind, and me I like to experiment with different combinations of fillings and taco shells.

I would like to say these tacos came about from a brain storm, but the truth is, my intention was to make a Philly sandwich using ground sirloin on sourdough bread until I realized I didn't have the bread but I did have corn taco shells, a recipe is created just like that sometimes.

How I Made these Crispy Italian flavored Tacos

This crispy Italian flavored Taco recipe started like this.

First I sautéed the peppers, onions and garlic, then I added the ground sirloin, you can use any ground meat you like. Be sure not to over cook the meat, since it will be cooked twice.

Then I filled corn taco shells with the Italian flavored mixture, covered them with mozzarella cheese baked them in my toaster/air fryer until crispy and the cheese melted and golden brown.

Just like that a new recipe was created and let me just say put a few aside for yourself before serving them, these Italian inspired tacos tend to disappear quickly.

Ingredients

- 8 corn taco shells
- 1 Lb. ground sirloin
- 2 Tbs. olive oil
- 1 Tbs. butter
- 1 green and 1 red bell pepper sliced
- 1 sliced yellow onion
- 1 Tbs. minced garlic
- 1 cup shredded mozzarella
- 1 cup prepared marinara

Instructions

1. In a large saute pan over bring the olive oil and butter to medium high
 2. Add the onions, bell peppers and garlic saute until tender and just beginning to brown
 3. Add the ground sirloin saute until brown salt and pepper
 4. Add the marinara and mix well
 5. Divide beef mixture among the taco shells in a oven proof casserole dish
 6. Bake in a 375 degree oven for 15 minutes add the cheese last 5 minutes
 7. ENJOY!!!
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Italian Pork Medallions Picatta

Italian pork medallions Picatta

This Italian pork medallion Picatta is the Italian version of German schnitzel.

Thin slices of pork are breaded, then perfectly fried to a golden deliciousness, and covered with a lemony, caper traditional Italian picatta sauce.

This Italian pork medallion picatta recipe may sound intimidating, it's not!! All you need is a prep plan and a large saute pan to make this restaurant quality meal everyone

will love!!

3 Tips for success in this Italian Pork medallion picatta recipe

Tip number 1. when you make this Italian pork medallion picatta, pound the medallions the same thickness to insure even cooking.

Number 2. I find if you refrigerate the pork medallions after breading for at least 1 hour the breading sticks to the meat better.

And tip number 3. be sure the pan and oil are hot before dropping the meat. Nothing kills a crispy crust more than frying in oil that's the wrong temperature.

Last let me know how this Italian Flavored pork medallion picatta recipe works out for you.

Please leave me a comment I love hearing from you!!!

Ingredients

- 2 lbs. boneless pork chops
- 2 cups Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 eggs slightly beaten
- 1/2 cup capers
- 1/3 cup freshly squeezed lemon juice
- 1 cup chicken stock or white wine
- 2 Tbs. each butter and extra virgin olive oil
- 2 Tbs. chopped Italian parsley
- salt and pepper to taste

Instructions

1. Pound the pork chops thin then salt and pepper
 2. Mix the breadcrumbs. parmesan and Italian parsley together
 3. Dip the chops first in the egg then in the bread crumb mixture
 4. Bring the butter and olive oil to medium heat
 5. Fry the chops about 3 to 5 minutes per side or until golden brown and cooked through. Then remove and set aside
 6. To the same saute pan add the garlic saute until tender and just beginning to brown
 7. Deglaze the pan with the chicken stock or white wine scraping up all the brown bits at the bottom
 8. Add the lemon juice simmer until sauce thickens about 10 minutes
 9. Add the capers simmer a few minutes longer
 10. Pour picatta sauce over pork medallions....Enjoy!!!
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Pesto Parmesan Sauce **Tortellini Recipe**

Pesto Parmesan Sauce **Tortellini Recipe**

Make this restaurant quality pesto parmesan sauce tortellini recipe in less than 30 minutes, with the help of some store-bought ingredients.

A saucy pasta dinner recipe can be hard to find in one dish, but this creamy tortellini with spinach and sundried tomatoes is full of creamy Italian flavors.

This delicious, saucy creamy tortellini is a great recipe when your craving Italian but want quick and easy too!!!

What Tortellini to use in this recipe

In this pesto parmesan sauce tortellini recipe you can use fresh, frozen or dried tortellini. I am not even going to lie, frozen tortellini is one of my favorite things to keep in the freezer.

It's so easy to grab a bag of tortellini from the freezer and make a restaurant quality meal, full of Italian flavors everyone loves.

As for the pesto sauce, this is another staple I like to keep on hand, either homemade or store bought. Pesto can transform a so-so recipe into a unforgettable meal.

This pesto tortellini with spinach and sundried tomatoes uses few ingredients, is easy to make and comes together quick which makes it a great go-to recipe for those busy weeknight family meals.

If you like this tortellini recipe please let me know. Leave me a comment, I love hearing from you!!!

Ingredients

- 2 packages 9 oz. store-bought tortellini
- 2 cups prepared pesto sauce
- 1 cup chopped sundried tomatoes
- 2 cups chopped spinach
- 1 cup grated parmesan

- 2 Tbs. butter
- 1 Tbs. chopped garlic
- 1 cup heavy cream
- 2 cups reserved pasta water
- Salt and pepper to taste

Instructions

1. Cook tortellini according to package directions reserving 2 cups of the water before draining
2. In a saute pan over medium heat melt butter
3. Add the garlic saute until tender and just beginning to brown
4. Add the chopped sundried tomatoes
5. Deglaze the pan with the reserved pasta water scraping up the brown bits
6. Then add the heavy cream, pesto and parmesan cheese simmer covered 15 minutes
7. Add the spinach and simmer 5 minutes longer
8. Then add the tortellini
9. Adjust salt and pepper to taste
10. ENJOY!!!!

**Italian Flavored Roast
Chicken Dinner**

Italian Flavored Roast

chicken Dinner

This easy Italian flavored chicken dinner recipe marinates the chicken in a simple Italian marinate then roasted to golden perfection in the oven.

I have fond memories of this simple Italian Chicken dinner it was the first meal I learned as a young girl, hanging on to my Mama's apron strings. Her are still clear as day, so many years later "Loriana, anyone can make chicken and potatoes all you need is buone volonta" .

My Mama was right!! All you need to make a delicious Italian inspired chicken dinner is Buone Volonta , the good will to make the meal , a few good ingredients and a casserole dish!

Why I love this Italian Flavored Roast chicken Dinner

It's no secret I like easy recipes that come together quick . This chicken recipe is so easy I was hesitate to write a blog post on it , then I thought it's the exact reason why I should.

Another reason chicken is another one of those ingredients like pasta very versatile and most everyone likes chicken.

Last and certainly not least this Italian flavored roast chicken dinner is just that, add some broccoli florets last 10 minutes of roasting for a complete chicken dinner on your table in less than an hour, make in one roasting pan, that everyone will love!!!

Ingredients

- 1 whole chicken quartered
- 1 lb. small potato medley

- 1/4 cup olive oil
- 1 sliced red onion
- 2 sliced lemons
- 1/4 cup lemon juice
- 2 Tbls. chopped garlic
- 2 Tbls. each chopped thyme. Italian parsley and rosemary
- Salt and pepper to taste

Instructions

1. Preheat oven to 375 degrees
2. Salt and pepper the chicken
3. Make marinade by mixing rest of ingredients up to the lemon slices
4. Pour marinade over chicken and potatoes
5. Randomly place the lemon slices over the chicken and potatoes
6. Bake for 45 minutes or until chicken is golden brown and cooked through....ENJOY!!!