

Chickpea Zucchini Soup

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This Chickpea Zucchini soup is so easy it will easily become one of your favorite soup recipes. If your craving the comfort a bowl of soup gives, but still need easy and quick give this recipe a try.

All good for you ingredients, chickpeas, zucchini and spinach in a tomato broth. It's one of those vegetarian soups that always has my family going for a second helping and me feeling good about it, because it's so healthy. When I make it I make it in this stock pot it holds enough for next day reheats or this recipe freezer friendly for a quick ready made lunch.

Serve this Chickpea Zucchini Soup with a salad and some crusty bread for a delicious midweek light dinner or as a starter for Saturday night dinner with friends

Add ins For Chickpea Zucchini Soup

This vegetarian Chickpea Zucchini Soup is delicious on it's own. But if you want a heartier soup you can saute some ground beef along with the onions and garlic.

Another ingredient you can add in is 1 15 oz. drained can of white beans for even more nutritional value. And one more delicious 1 cup chopped kale along with the spinach.

This is one of my favorite soups for so many reasons easy to make, delicious uses few ingredients, and the best part it can be on your table in less than 30 minutes!!!

If you make this recipe please leave me a comment. And Please don't forget to tag me on Instagram with your creations. I

love hearing from you!!

Ingredients

- 2 cans 15 Oz. drained and rinsed chickpeas
- 1 large zucchini cut in large dice
- 1/2 cup frozen corn
- 1/2 cup frozen peas
- 2 cups chopped spinach
- 1 chopped yellow onion
- 1 tablespoon chopped garlic
- 1/2 bunch Italian parsley
- 2 Tablespoons each butter and olive oil
- 3 cups water or vegetable stock
- 1 cup tomato sauce
- 1 cup small shaped pasta
- 1 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. In a large stock pot bring butter and olive oil to medium heat
2. Chop the parsley, garlic and onion together saute until tender and just beginning to brown
3. Add the zucchini and chickpeas mix with onion mixture salt and pepper now
4. Add the water or vegetable stock, and tomato sauce simmer covered for 15 minutes
5. Add the pasta, spinach, corn and peas simmer 5 minutes longer
6. Adjust seasoning Serve in soup bowls top generously with parmesan cheese

Creamy Chicken Broccoli and spinach pasta

Creamy Chicken Broccoli and spinach pasta

Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need

just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

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

Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining

2. Salt and pepper chicken chunks
 3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
 4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
 5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
 6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
 7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
 8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!
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Roasted Sausage and Peppers

Roasted Sausage and Peppers

It's the busiest time of the year. Even with a pandemic we are still cooking, baking, decorating and home schooling.

So now is the time to keep it easy, with this sheet pan Roasted Sausage and Peppers recipe. full of Italian flavors, it's one of those throw together meals you put in the toaster oven/ air fryer for hands free cooking.

This dinner for four recipe, fits perfectly in my

Cuisinart Toaster oven/ air fry .Making this recipe real easy and real quick in less than 30 minutes quick. that's how quick. Italian flavored chicken sausage, mini bell peppers, onions, whole cloves of garlic drizzled with olive oil and balsamic vinegar then roasted and finally topped with cheesy goodness will have everyone wanting more.

How To Customize Roasted Sausage And Pepper Recipe

In this Roasted Sausage And Peppers recipe, you don't have to use mini bell peppers, although they may or may not look prettier, you can use a combination of colored sliced regular bell peppers. If you like spice throw a couple of these hot peppers in the mix for an extra kick.

I used Italian flavored Italian sausage for a healthier option, you don't have too. This recipe works real good with chicken breasts, cut into large chunks.

It's such an easy recipe that uses few ingredients, with even fewer steps, I was hesitate to write this post. Then in re thinking about the busyness of our lives not only at this time of year but in general, there's no better time than now to share quick, easy recipes.

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

Ingredients

- 4 links Italian style chicken sausage each cut into 4 pieces
- 1 lb. mini peppers
- 1 sliced red onion
- 1 slice yellow onions

- 6 whole cloves garlic
- 1 Tablespoon olive oil
- 2 Tablespoons balsamic vinegar
- 6 sprigs thyme
- 1 cup shredded mozzarella

Instructions

1. Mix ever thing together except the cheese
 2. Bake in a 375 degree oven for 15 minutes
 3. Add the cheese and bake 5 minutes longer or until cheese melts
 4. If making sandwiches toast the bread before assembly the sandwiches
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Cheesy Mini Calzones with beef

Cheesy Mini Calzones with beef

Whether your looking for an holiday starter or complete meal this Cheesy Mini Calzones with beef recipe can be both. Store bought pizza dough filled with juicy ground beef, full of Italian flavors will leave family and friends wanting more. It's pizzeria style food from your own kitchen.

Sure homemade is better but at this time of year there's no shame in semi homemade. And your family and friends would know

the difference, unless you tell them!!!

You can also use store bought marinara sauce, but if you want to make your own here is the link to my Real Easy Marinara Sauce

Things to know about this Cheesy Mini Calzones with beef recipe

Although it's hard to believe you can't make these Cheesy Mini Calzones with beef, heavenly pillows of deliciousness any better, you can. Serve them along side marinara sauce and pesto for a flavor boost that takes this recipe over the top.

You can also make this recipe better by making it ahead of time and then reheating in the oven for a few minutes, my toaster oven/ air fryer is prefect for small reheats like this.

I've said it before and I'll keep saying it my toaster oven/ air fryer is my most used small kitchen appliance.

At this time of year it's good to keep food simple, good and if it can be made ahead of time, that's a triple win!!! Another better idea double the recipe it and freeze it, you can do that with this recipe.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram. I love hearing from you, and hope you are well. Blessings!!!

Ingredients

- 1 Lb. prepared pizza dough
- 1 cup prepared marinara
- 1/2 lb. ground beef
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach
- 1 cup each grated parmesan and shredded mozzarella
- 1 tablespoon chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Knead pizza dough to form a smooth ball let rest covered for 30 minutes
 2. Preheat oven to 400 degrees
 3. Meal while in a medium skillet saute the onions and garlic in 1 tablespoon of olive oil until tender and just beginning to brown
 4. Add the ground and saute until golden brown
 5. Add haft the marinara, spinach, herbs, and cheeses simmer for 5 minutes longer
 6. Form the dough into 8 balls, with a rolling pin on a lightly floured surface, roll the dough into 8 flat disks
 7. Fill each disk with filling
 8. Form into half moons pinching ends together to seal
 9. Brush tops with mixture of 1 tablespoon olive oil and 1 tablespoon melted butter, sprinkle with additional grated cheese
 10. Bake in preheated oven for 10 minutes at 400, lower the temperature to 350and bake 10 minutes longer
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Braised Short Rib Fettuccine Pasta

Braised Short Rib Fettuccine

Pasta

It's that time of year when I bring out my Dutch Oven for slow cooked braised recipes. You're going to love this hearty braised Short Rib Fettuccini pasta recipe. Succulent short ribs slow cooked in a wine and beef broth and served over a bed of fettuccini.

The combination of flavors is addicting and will have family and friends craving more!!! Even now days later am still craving the flavor bliss of this stick to your ribs meal!!!

Things to know about this braised short rib fettuccine pasta recipe

First and foremost use good quality Short ribs since the main ingredient in this Short Rib Fettuccini recipe is the short ribs, they should be the best.

Second and just as important be sure the heat is high enough, to sear the meat before adding the wine. And last but not least this recipe takes time to cook, so allow enough time for the three hours it takes to have the meat fork tender.

On a side note, you don't have to use Fettuccini or pasta. This recipe is delicious on its own or over creamy polenta.

You don't have to use pancetta either, you can use bacon. I had pancetta so that's what I used. If you love slow cooked comfort food that's easy to make try my Italian chicken and sausage scarpariello

If you make this braised short rib fettuccine pasta recipe please leave me comment here, and don't forget to tag me on Instagram with your creations.

I love hearing from you, it's my favorite part!!!

Ingredients

- 8 pieces boneless short ribs cut in large dice
- 1 lb. fettuccine
- 1/2 cup flour
- 6 pieces pancetta diced
- 1 onion chopped
- 2 stalks chopped celery
- 3 peeled sliced carrots
- 1 cup red wine
- 2 cups beef broth
- 8 sprigs of thyme and rosemary
- 1 cup peas
- Salt and pepper to taste
- 2 Tablespoons chopped Italian parsley

Instructions

1. Salt and pepper the meat coat with the flour
2. In a Dutch oven fry the pancetta in 2 tablespoons of olive oil until crispy
3. Add the short ribs and cook until browned
4. Deglaze the pan with the red wine scrapping up the browned bits at the bottom of the pan
5. Now add the beef broth, thyme and rosemary
6. Simmer covered for 2 1/2 hours
7. Add the carrots, peas and celery simmer 1/2 longer
8. Mean while cook the fettuccini according to package directions
9. Toss the fettuccini with the short rib sauce
10. Sprinkle with Italian Parsley and ENJOY!!!!

Creamy Baked Prosciutto Pappardelle Pasta

Creamy Baked Prosciutto Pappardelle Pasta

Happy December!!! It's the most wonderful time of the year and it can also be the most stressful time of the year.

Try this Creamy Baked Prosciutto Pappardelle Pasta recipe for a stress free meal, everyone will love. Pappardelle pasta, bacon and prosciutto in a creamy, cheesy sauce baked to a golden brown sure to impress family and friends.

I like simple recipes that come together quickly, don't use many ingredients, and if you can put it in the oven for a hands free dinner, that's what dreams are made of.

Things to know about this Creamy Baked Prosciutto Pappardelle Pasta recipe

Yes you can customize this Baked prosciutto Pappardella, recipe to fit your lifestyle and taste. Pappardelle, a wide flat noodle can be a show stopper, you can use any shape pasta you like. You can also use pancetta instead of the bacon or you can leave it out. The same is true for the prosciutto, if you don't like prosciutto, substitute ham for it.

I bake this Prosciutto Pappardelle recipe in a casserole dish that goes from oven to table in my toaster oven/ fryer. I said it before and I'll say it again my toaster oven/fryer is the most used appliance in my kitchen and for good reason it's quick, easy to use and it fries with no oil!!!!

If you make this delicious recipe please leave me a comment here and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!

Happy December my dear friends. I hope the spirit of the season fill your homes with gratitude and generosity.

Ingredients

- 1 lb. pappardelle
- 1/2 stick butter
- 4 slices bacon diced
- 1/2 cup prosciutto cut into strips
- 3 tablespoons flour
- 2 cups low fat milk
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 1 cup shredded mozzarella
- 2 cups chopped spinach
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook the Pappardelle according to package directions reserving 1 cup of the pasta water before draining
2. In a heavy saucepan cook the bacon in 2 tablespoons of butter until crispy

3. Add the onion and garlic saute until tender and just beginning to brown
 4. Sprinkle the flour over the bacon mixture stirring to coat everything in the saute pan cook for 2 minutes
 5. Slowly in the milk while stirring then add the reserved pasta water. Cook until sauce thickens about 10 minutes
 6. Add the nutmeg, spinach and parmesan cheese cook 5 minutes longer
 7. Pour Pappardelle into buttered casserole dish
 8. Top with the shredded mozzarella
 9. Place the dish under the broiler until the top is golden brown about 15 minutes
 10. Serve at Once
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Turkey Cranberry Sandwiches

Turkey Cranberry Sandwiches

These Turkey Cranberry Sandwiches are the last of my Thanksgiving left over meals. Tender juicy slices of turkey breast topped with my best ever cranberry sauce and melted brie cheese.

It's like eating Thanksgiving dinner in a sandwich.

Don't save this sandwich just for leftover Thanksgiving Turkey, if you craving Thanksgiving in December store bough turkey works in this sandwich too.

What you need to make Turkey Cranberry Sandwiches

Besides the ingredients in this Turkey Cranberry Sandwiches you need a flat griddle pan to grill the sandwiches to a beautiful golden brown while melting the cheese. I have two flat griddle pans one cast iron with ridges and one flat.

I used the flat one to make these sandwiches, but I think next time I will use the cast iron ridge griddle for a pannini style sandwich.

Ingredients

- 1/2 lb. leftover cooked Thanksgiving turkey breast
- 4 slices good quality multigrain bread
- 1 cup my home made cranberry sauce
- 4 Oz. thinly sliced brie
- 2 tablespoons butter

Instructions

1. Melt butter in a flat skillet over medium heat
 2. Add the bread toast lightly on each side
 3. Layer the lightly toasted bread with the sliced turkey, brie cheese and cranberry sauce
 4. Continue cooking until cheese starts to melt
 5. Put the sandwiches you will have two, together and press down with the back of a spatula
 6. Cook just a few minutes longer on each side until a golden brown
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Chicken Apple Stuffing

Chicken Apple Stuffing

There's still time to make this Chicken Apple Stuffing for your thanksgiving turkey. This recipe is easy, quick, delicious and uses few ingredients.

The chicken sausage and apples together with the cornbread produce a gourmet flavor sure to impress your family and friends. Not's not even the best part, the best part it's ready in less than 30 minutes.

A few Tips about Chicken Apple Stuffing

If your going to bake this Chicken Apple Stuffing inside the turkey don't do so until just before your going to roast it.

Or if your going to bake it along aside the bird use a pretty covered casserole dish that goes from oven to table.

Be sure to use a large enough saute pan to get the browning you need to add extra flavor. Here is a link to my favorite saute pan.

This stuffing recipe can be make the day before and refrigerated. One more tip bring both the turkey and the stuffing to room temperature about 30 minutes, before baking.

Happy Thanksgiving my dear friends. Even in these uncertain times is always something to be grateful for ALWAYS!!!!

Ingredients

- 1 medium chopped onion
- 2 cups chopped celery
- 3 diced Gala apples
- 1 lb. chicken sausage casing removed
- 1 cup chicken stock
- 4 cups corn bread stuffing
- 2 Tablespoons chopped sage
- Salt and pepper to taste

Instructions

1. In a large saute pan saute the sausage breaking it up into small pieces saute until lightly browned
 2. Add the Celery, onions, apples and sage saute until tender and just beginning to brown
 3. Meanwhile pour the chicken stock over the corn bread
 4. Mix the corn bread with the sautéed ingredients
 5. Salt and pepper to taste
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Pesto Pizza Twists

Pesto Pizza Twists

These pesto pizza twists are a quick appetizer, perfect for your holiday table. Store bought pizza dough, spread with pesto sauce, and topped with cheesy goodness makes this a holiday favorite.

The hardest part is twisting the dough to resemble a flower

and that's not even too hard. Just be sure you don't cut all the way through to the center. That's what the shot glass is for.

And you don't have to use a shot glass, anything that's one inch round works. This recipe comes together so quick, but your family and friends will think it took much longer.

It's a great recipe to serve with marinara, pizza, or even extra pesto on the side. I have linked my favorite commercial brands of pesto and marinara the best alternative to homemade.

Why Your Going To love This Pesto Pizza Twists Recipe

One, this Pesto Pizza Twists recipe is so easy you'll wonder why you didn't make it sooner. Two, because your using store bought pizza dough it can be on your table in 30 minutes.

Three it doesn't use a lot of ingredients, you probably have most of the ingredients on hand. And last but not lest everyone loves it!!!! And that is most important!!!!

If you make this recipe please leave me a comment. I love hearing from you, that's my favorite part!!!!

Ingredients

- 1 lb. store bought pizza dough
- 1 cup prepared pesto
- 1 cup shredded mozzarella cheese
- 1 cup grated parmesan
- 1 tablespoon olive oil
- 1 tablespoon chopped garlic
- 1 Tablespoon chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Form the pizza dough into a ball cover and let rest for 30 minutes at room temperature
 2. Preheat oven to 425
 3. On a lightly floured broad roll the pizza dough into a 12 inch circle
 4. Spread with the pesto sauce leaving a 1/2 border
 5. Mix the cheeses, garlic and Italian parsley spread over the pesto
 6. Gather the ends of the dough to form a ball enclosing the filling
 7. Turn the stuffed dough ball upside down and flatten a bit to form a dish shape
 8. Place a shot glass in the center of the disk cut 8 to 10 thumb thick strips up to the shot glass leaving the center intact
 9. Twist the strips a quarter turn to form a pedal repeat with rest of strips
 10. Brush with the olive oil sprinkle with additional parmesan and garlic
 11. Bake at 425 for 10 minutes lower the heat to 350 and bake 20 minutes longer
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Easy Baked Butternut Squash

Easy Baked Butternut Squash

Do you need a side dish for your Holiday table? Try this Easy Baked Butternut squash recipe. Honey roasted butternut squash is glazed with a sweet cinnamon honey sauce and baked. The

edges get crispy and caramelized, the inside is soft and tender, and the flavor delicious.

This easy butternut squash recipe makes a prefect healthy side dish for your Thanksgiving Table. And because it's so easy you'll want to make it often

Why I love Easy Baked Butternut Squash

First and foremost this easy baked butternut squash recipe really is easy. Not only is it easy it's another one of my recipes that I use my toaster oven/air fryer to bake this in.

It's one of those recipes that comes together quick, doesn't need much prep time and most importantly everyone will like it.

Serve it in this pretty casserole dish to add a festive touch to your holiday table. Happy Holidays my dear friends. Even in this crazy uncertain times there is always something to be grateful for.

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram I love hearing from you, it's my favorite part!!!

Ingredients

- 1 butternut squash peeled and cut into slices
- 3 tablespoons melted butter
- Juice from 2 oranges and rind
- 2 Tablespoons honey
- 1 teaspoon each cinnamon, pumpkin spice and chopped sage
- salt and pepper to taste

Instructions

1. Preheat oven to 400
2. Add all the ingredients to the melted butter
3. Toss the sliced butternut squash in the melted butter mixture
4. Bake 30 minutes on a small cookie sheet or until squash is tender and caramelized
5. Optional add cranberries and goat cheese