

Peppers And Pasta

Peppers And Pasta

This Peppers and pasta is a perfect definition of a comforting family meal everyone will love. It's a beautiful, vegetarian delicious pasta bowl with a trilogy of beautiful garden peppers, and onions tossed in a delicious creamy sauce full of Italian flavors.

It's a easy recipe that comes together in less than 30 minutes and the best part you can customize it to fit your tastes.

In case you haven't notice I love pasta. It's my favorite go to ingredient, when am stuck for dinner ideas it's pasta to the rescue. Italians truly love pasta so much so that it ranks first in pasta consumption, with Americans close behind. Really what's not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love recipes that come together quick, like this one. While the pasta is cooking on the back burner the sauce is coming together on the front burner. Recipes like this are ones you'll fall back again and again, when you want Italian and easy too.

Customize Peppers and Pasta

This Peppers And Pasta recipe works well with chicken and shrimp too. If you use shrimp saute them 3 minutes per side them remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use steak and made it a true Philly

steak pasta meal. If you keep following along pretty soon you wouldn't be looking at recipes as often, you'll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one I use from Target, it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram, I love hearing from you !!!!!

Ingredients

- 1/2 Lbs. penne rigata
- 2 Tablespoons olive oil
- 1 yellow onion chopped
- 1 each red, yellow and green pepper cut in thin strips
- 2 cups spinach chopped
- 2 cups milk
- 1 Tablespoons flour
- 1 cup prepared marinara sauce
- 1 cup water or vegetable stock
- 1 cup grated parmesan cheese
- 1 Tbs. each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

Instructions

- Heat oil add onion and saute until tender
- Add peppers and saute until crisp tender about 15 minutes add garlic last 5 minutes

- Sprinkle 1 Tablespoon flour over peppers Salt and Pepper
Now
 - Add the milk, marinara sauce, water or vegetable shock
 - Simmer until sauce thickens about 15 minutes
 - Add spinach and parmesan Simmer 5 minutes more.....
Enjoy!!!!
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Flank Steak Skewers

Flank Steak Skewers

These Flank Steak Skewers are all about Summer and this 4th of July weekend. A whole meal right here on these metal skewers, the steak, the vegetables and the flavor. Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

The difference between the two is just a few ingredient and sugar!!! Because I added sugar, it also added an extra step, cooking it to melt the sugar.

Those little changes produced big results in terms of flavor. This recipe works well with chicken too, if you want something lighter.

Wood Verses Metal Skewers

In this Flank Steak Skewer recipe I used 12 inch long metal Skewers. Skewers come in a variety of lengths and materials. Wooden bamboo too are a great option for camping trips or when you don't want to have to wash metal ones. They're inexpensive and typically quite sharp.

But there are a few downsides that you might want to consider upgrading to reusable metal skewers. Bamboo is a naturally fibrous and tends to split easily, what this means is you have to be careful you don't end up with wood splinters in your meat.

They also burn, soaking wooden skewers in water for 30 minutes helps to prevent them from burning while cooking. I prefer metal skewers , which have a long life are reusable and thus easier on the environment. They won't catch on fire , but you do need to be careful as they get incredibly hot. We're in the grilling season and in my house meals on metal skewers and Summer go together.

Happy 4th of July my friends remember the reason for the celebration..... The Land of the Free because of the Brave!!!

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

Ingredient

- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup water
- 1/2 cup brown sugar
- 2 Tablespoons hot sauce
- 2 lbs Flank steak
- 1 Tablespoon each powdered garlic, onion, smokey paprika,

Worcestershire sauce

- Salt and pepper to taste
- 2 zucchini cut in thick rounds
- 1 red and 1 green bell pepper cut in seeded and cut in large squares
- 2 red onions cut in chunks
- 1 Tablespoon each powered garlic, onion, smokey paprika, Worcestershire sauce
- Salt and pepper to taste

Instructions

1. Mix first 7 ingredients
 2. Simmer covered for 15 minutes
 3. made a marinade for the meat and vegetables by whisking of 1 tablespoon each garlic, onion, and paprika powder, thyme, Worcestershire, 1/3 cup olive oil and juice from two lemons
 4. Cut steak into large cubes
 5. Put steak and marinade in a large plastic baggie and refrigerate for two hours or overnight reserving 1/4 cup to marinate the vegetables
 6. Preheat grill or indoor oven to 400
 7. Pour reserved marinade over cut vegetables
 8. Coat Flank steak in the balsamic BBQ sauce
 9. On medal skewers alternate layering the meat and vegetables
 10. Grill for 20 minutes or oven roast basting the skewers with the BBQ sauce and turning to brown evenly
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Chicken Piccata Pasta with Linguine

Chicken Piccata Pasta with Linguine

Happy July!!! For my first post of the month Am sharing one of the most ordered meal at the restaurant Chicken Piccata Pasta with Linguine

Looking for a restaurant quality meal you can make in your own kitchen in less than 30 minutes? Here it is this creamy, lemony chicken recipe starts off with chicken breast coated in flour then sauteed in a mixture of olive oil and butter to a golden brown.

Add in lemon, capers and artichokes toss in all together with linguine and you have a meal everyone will love.

When you need dinner quick on those busy weeknights or when you have last-minute guests coming: pasta to the rescue!

Pasta is delicious, plain and simple: think olive oil, garlic, Parmesan, and some herbs; add in chicken and a creamy, lemony sauce, and you have a guaranteed crowd pleaser!

That's all it takes: adding pasta to this Chicken piccata recipe makes for a meal that is cause for celebration. Plus it's a perfect way to show off what a great "home chef" you are. This recipe was inspired by my love of pasta, one of my top restaurant "luxury" meals, but I've made it easy for the home cook.

Things to know about this Chicken Piccata Pasta with Linguine

Chicken Piccata Pasta with Linguine is nothing more than chicken cutlets, dredged in flour, browned, cooked in a sauce of butter, lemon juice, cream and chicken stock, then tossed with linguine. It can be prepared in 30 minutes or less and it's so easy and delicious it should be part of every home cooks repertoire.

Traditionally it doesn't use cream in the recipe and because I don't drink I've replaced the customary white wine with chicken stock. I've talked here before, about the importance of saving some of the pasta water before draining, it really is the magic ingredient that thickens and adds flavor to your pasta sauces. It's a step that can be easily forgot, I save more than I need just in case i need it.

I served it with pasta for an easy weeknight family meal. If you want a special occasion dressed up dinner serve it with garlic mashed potatoes and snap fresh green beans.

Don't forget to leave me comment if you make this, and please don't forget to tag me on Instagram, hearing from you is my favorite part!!!!

Ingredients

- 1/2 lb. Linguine
- 4 6 oz chicken breast
- 1/4 cup flour
- Salt and pepper to taste
- 2 tablespoons each butter and olive oil
- juice and zest from two lemons
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup reserved pasta water

- 1/2 cup capers
 - 1 cup chopped artichokes
 - 2 Tbs. chopped garlic
 - 1/2 cup chopped onion
 - 1 Tbs. each chopped Italian parsley, and basil
 - **Instruction**
 - Salt and pepper chicken
 - Coat with flour
 - Heat oil and butter Add the chicken brown on both sides (3-4 minutes per side)remove from skillet and set aside
 - In the same pan add onion and garlic saute until tender and just beginning to brown
 - Add heavy whipping cream, chicken stock, reserved pasta water, lemon juice and rind
 - Simmer until thickens about 15 minutes
 - Return chicken to pan
 - Add capers and artichokes
 - Simmer 5 minutes more
 - Toss linguine with sauce top with chicken, sprinkle generously with Parmesan and Italian parsley..... Enjoy
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Chicken Philly Pasta

Chicken Philly Pasta

I can't believe it's almost July, and the temperatures are rising in California, where I live. So am always looking for easy, quick recipes that get me out of the kitchen fast.

Seriously, this Chicken Philly Pasta is what dreams are

made of. quick, easy, and delicious it's a meal the whole family loves. And it's ready in less than 30 minutes.

We need recipes like this, that don't take hours to prepare and the whole family loves. This creamy, cheesy meal has ingredients even picky eaters will like. Who doesn't like cream and cheese?

Another great thing about this recipe, it uses few ingredients you probably have in your kitchen, and the best part it's made in one pan. It's a quick and easy recipe that doesn't have to be saved for special occasions, it's a perfect meal any night of the night.

It comes together in 30 minutes, doesn't use ingredients you can't pronounce, let alone know what they are and my favorite way of cooking it's make all in one pan YIPEEEEE!!!!

Customize Chicken Philly Pasta

You can customize this Chicken Philly Pasta recipe to make it your own, by changing the protein and your choice of pasta. If possible try to use ingredients you have on hand in different recipes.

In my kitchen I use the same ingredients in many different recipes. It saves trips to the store and cuts down on waste. For instance, this pasta dish uses the same ingredients I would use to make a chicken Philly sandwich or a Philly style pizza, cooking this way makes meal easier.

If you keep following along pretty soon you wouldn't be looking at recipes as often. You'll easily be able to add, change or subtract ingredients to fit your lifestyle and taste.

This recipe works well with shrimp too. If you use shrimp saute them 3 minutes per side then remove them from pan to prevent overcooking, adding them back in at the end just to

heat through. And of course you can use steak and made it a true Philly steak pasta.

Whatever ingredients you use keep it simple and fresh, and remember in one pan cooking the saute pan needs to be deep enough to hold the pasta. one pan of this size is all you need. This is the one I use from Target, it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!!

Ingredients

- 1/2 lbs. gemille shaped pasta
- 2 skinless boneless chicken breast
- 2 tablespoons each butter and olive oil
- 1 red cubed bell pepper
- 2 cups sliced mushrooms
- 1/2 cup chopped onions
- 1 Tablespoon chopped garlic
- 1 cup heavy whipping cream
- 1 cup chicken stock
- 1 cup water
- 1 cup grated parmesan cheese
- 1 Tbs. each chopped Italian parsley, basil, and thyme

Instruction

- Heat oil and butter add onion and garlic saute until tender
- Add peppers and mushrooms saute until crisp tender about 5 minutes Push to one side of saute pan

- Add chicken brown on both sides remove from skillet
 - Add heavy whipping cream, chicken stock, water and pasta
 - Simmer until thickens about 10 minutes
 - Add spinach and parmesan Simmer 5 minutes more.....
Enjoy!!!!
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Baked Pasta Florentine

Baked Pasta Florentine

Nothing is better than this Gemille shaped baked pasta casserole, smothered in creamy, cheesy bechamel sauce.

It really is one of those pasta recipes that you'll want to make often. Not only is it easy and delicious it's a pasta dish perfect for busy weeknight dinners or makes a great make ahead meal when you want to feed a crowd.

I love casserole pasta bakes, there easy if you want a hands free dinner and they're freezer friendly for ready made meals.

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, bechamel smothered casserole, a little more than Mom's. Sometimes you have to put a new twist on an old classic, to fit your lifestyle and taste. I kick up a notch by using Bechamel sauce instead of Moms' classic marinara sauce.

How to make the Sauce for baked pasta Florentine

The cheesy sauce for this baked pasta florentine is basically a glorified Bechamel sauce, traditionally bechamel sauce is a mixture of milk, flour and butter.

This recipe started like that with butter, flour and milk than I added the cheeses. Bechamel sauce 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 one pad of butter with flour and drop it in sauce while simmering. Add the cheeses after the sauce thickens a bit.

There never seems to be any left overs, but if there are you can freeze it for a ready made meal perfect for 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, I like to use this it's big enough for 6 portion,

and the white color looks pretty on almost any table and goes from oven to table to freezer, to dish washer.

13 x 9 covered white casserole dish Just be sure to use a casserole dish that goes from oven to table, to limit the pots and pans in the sink.

The extra bonus with casserole meals, your guest can serve themselves, set out these pretty dinner napkins to set a festive mood and serve this pasta bake with a simple salad and crusty bread for a special dinner everyone will love.

If you make this baked pasta Florentine, please be sure to leave me a comment, and don't forget to tag me on Instagram,

Above all I love hearing from you guys, and do my best to respond.

Ingredients

- 1/2 lbs Gemille shaped pasta
- 3 cups chopped spinach
- 1 cup chopped sun dried tomatoes
- 2 tablespoons each butter and olive oil
- 1/2 chopped onion
- 1 tablespoon chopped garlic
- 1/4 cup flour
- 2 cups milk
- 1 cup grated parmesan
- 1 cup shredded mozzarella
- 1 cup shredded sharp cheddar
- 2 slices chopped prosciutto
- 1 cup chicken stock
- 2 tablespoons chopped Italian parsley
- 1 teaspoon nutmeg
- Salt and pepper to taste

Instructions

- Heat oven to 375
- Cook pasta al dente
- Heat the olive oil in a deep saute pan
- Add onion and garlic saute until tender and just beginning to brown
- Add 2 tablespoons of butter to the pan sprinkle the flour over the onions and garlic
- Slowly whisk in milk, chicken stock, salt, pepper and nutmeg
- Add in all the cheeses saving 1/4 cup of each for topping
- Add sun dried tomatoes and Simmer on low heat 10 minutes

- stir to prevent browning
- Add chopped spinach pour into a 9 x 13 casserole dish
Top with the reserved cheeses and chopped prosciutto
 - Bake in a 375 degree oven until golden and bubbly about
30 minutes.....ENJOY
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One Pan Spaghetti Primavera

One Pan Spaghetti Primavera

This One Pan Spaghetti Primavera is a perfect definition of a comforting family meal everyone will love. It's a beautiful, vegetarian delicious pasta bowl of mushroom, asparagus, broccoli, and tomatoes tossed in a delicious creamy sauce full of Italian flavors, It's a easy recipe that comes together in less than 30 minutes and the best part you only need one pan.

In case you haven't notice I love pasta. It's my favorite go to ingredient, when am stuck for dinner ideas it's pasta to the rescue. Italians truly love pasta so much so that it ranks first pasta consumption, with Americans close behind. Really what's not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love one pan meals just about as much as pasta, put those two things together and it's a Win-Win. Add to that that it's a vegetarian meal, perfect any night of the week, even Saturday night dinner with friends.

Three Tips when making One pan Spaghetti Primavera

Number one...if the sauce is too liquid coat a pat of butter with flour and throw it into the sauce to thicken it more. if it's too dry add more liquid. another tip if you want crisper vegetables you can add them in stages depending on your taste. Also important is the size saute pan you use when cooking pasta in one pan meals.

This is where size matters, you can find my favorite large saute pan here. A well functioning kitchen should at the very least have three different size saute pans large, medium and small.

One more thing add salt and pepper to the vegetables in the saute pan, salt brings out the flavor in food, but use it sparsely you can add more to adjust flavors according to your taste.

This is a great satisfying vegetarian pasta recipe if you make it please leave me a comment and don't forget to tag me on Instagram, I love hearing from you, that's my favorite part!!

Ingredients

- 1/2 lb. spaghetti
- 1/2 lb. broccoli florets
- 2 cups trimmed asparagus
- 2 cups sliced mushrooms
- 2 cups cherry tomatoes
- 2 cups water or vegetable stock
- 1 cup heavy cream
- 1 cup parmesan cheese
- 1/2 cup chopped onion
- 2 tablespoons chopped garlic

- 2 Tablespoons each Italian Parsley, basil and thyme
- 2 tablespoons olive oil
- Salt and pepper to taste

Instructions

1. In a large deep saute pan heat the oil to medium
 2. Add the onion and garlic saute until tender and just beginning to brown
 3. Add The water or vegetable stock and cream
 4. Break the spaghetti in half and add to the pan
 5. Add the broccoli, mushrooms, tomatoes and asparagus salt and pepper to taste
 6. Simmer covered 10 minutes
 7. Add the parmesan cheese and herbs simmer 5 minutes longer
 8. Mix well top with more parmesan cheese and herbs
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Turkey Meatball Garlic Toast

Turkey Meatball Garlic Toast

I love Meatballs as much as I love Pasta and for the same reasons. They're just so easy, delicious, versatile and everyone loves them. This meatball garlic toast uses my Mama's traditional meatball recipe reconstruct to fit my lifestyle and taste, using ground Turkey breast. While ground turkey isn't my favorite I use it when I want a healthier option, plus you can never go wrong with Meatballs.

Plenty of Parmesan with a few simple ingredients and plenty of

fresh herbs, turned that flavorless ground turkey into something totally drool worthy.

Three Tips When Making This turkey meatball garlic toast

First when mixing the meat into the other ingredients don't over mix or overcook, both lead to tough hard meatballs.

A case in point to the last sentence, a new prep cook was mixing the mixture in the dough mixer, and that explained why the meatballs were rock hard. There is no nice way to put it, they were not good.

The other thing to remember is that the meatballs are cooked twice first roasted, then in the sauce, so it's easy to overcook them. Roasting the meatballs adds another depth of flavor and beautiful color.

I try to use my handy- dandy toaster oven whenever I can. I don't like turning on my oven every time I need to toast something, my toaster oven is one of my most used small kitchen appliances, if you don't have one they're well worth the cost.

Third this is another custom-able recipe, if you like the traditional use a high grade ground beef, or a mixture of chicken, beef, or veal.

Experiment, food and cooking is meant to be fun and enjoyable, I have simplified and gave you made ahead tips to make cooking a journey, not a destination always learning, always finding new ingredients to satisfy our changing life style and diet....Have Fun!!! If you love Meatballs you may want to try these meatball recipes Mama's best Italian meatballs or for a vegetarian option try my Melanzane polpetta Italian eggplant meatballs.

Ingredients

- 1 Lbs. ground turkey breast
- 6 slices crusty Italian Bread cut medium thick on a diagonal
- 1 cup shredded mozzarella
- 1 cup bread crumbs
- 1/2 cup chopped Italian parsley
- 1/2 cup grated Parmesan
- 1 egg
- 2 Tbs. each chopped garlic and onion
- Salt and pepper
- 4 cups my easy marinara sauce
- 1 stick butter softened
- 1/2 cup each mozzarella, parmesan and sharp cheddar
- 3 tablespoons each chopped Italian parsley, garlic and onion

Instructions

- Preheat oven to 350
- In a bowl make the cheesy garlic butter by mixing the last 4 ingredients
- Spread the garlic mixture on the bread slices
- toast for 10 – 15 minutes.
- Mix egg, bread crumbs, parsley, garlic, onion, parmesan salt and pepper ending with the meat
- Shape into golf size balls
- Roast in a preheated 350 oven until light golden brown about 10 minutes
- Cook an additional 20 minutes in simmering homemade marinara sauce
- Top garlic toast with 2 meatballs top with additional mozzarella
- Return to oven just to melt the cheese

Shrimp and Broccoli Penne Pasta

Shrimp and Broccoli Penne Pasta

This Shrimp and Broccoli Penne pasta can be on your table in less than thirty minutes, and it's perfect for last minute dinner or when unexpected company is coming.

I have made a lot of pasta dishes in my life, in the restaurants and in my home kitchen, this is definitely up there in my favorites list, it's healthy and easy to make.

This recipe takes as long to cook as it takes to boil the pasta, The cheesy sauce is a restaurant quality Mac N Cheese. The key to making this not your average cheesy pasta is using three different kinds of cheese and adding broccoli, spinach and jumbo shrimp.

Things to know about this Shrimp and Broccoli Penne Pasta recipe

Like most of my recipes this Shrimp Broccoli Penne is customizable to fit your lifestyle and taste. If you don't like shrimp you can use chicken, if using chicken leave the chicken in the pan to simmer along with the sauce. I used whole milk for a creamer sauce, you don't have to, low fat works. I don't recommend using nonfat. You can also change up the broccoli and spinach or leave it out and add something

else, like mushrooms.

My family likes penne rigata pasta so that's what I used in this recipe. plus I like the way the cheesy sauce hangs on to lines in the pasta. (Penne rigata is penne shaped pasta with lines).

Use whatever short shape you like. It's also a good idea to get in the habit of reserving a cup or two of pasta water. Pasta water is the magic ingredient to change the consistency of your pasta sauce, without adding more milk or cream.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram, I love hearing for you!!!!

Ingredients

- 1 lb. Penne pasta
- 1 cup each shredded sharp cheddar, Parmesan, and mozzarella
- 1/3 cup flour
- 2 cups milk
- 1/3 stick of butter
- 2 Tablespoons olive oil
- 1 lb. large shrimp
- 2 cups chopped broccoli florets
- 2 cups chopped spinach
- 1 cup each shredded mozzarella, parmesan, and sharp cheddar
- 1/2 cup chopped onion
- 2 Tb's. chopped garlic
- 1 Tablespoon each Italian parsley and thyme
- 1 tsp nutmeg
- salt and pepper to taste

Instructions

1. Cook pasta according to package directions
2. In a saute pan heat the oil and butter
3. Salt and Saute the shrimp just until cooked through 3 to 5 minutes remove
4. Add chopped onions and garlic saute until tender and just beginning to brown
5. Whisk flour, milk, nutmeg salt and pepper together until smooth
6. Add to saute pan
7. Add cheese simmer for 10 minutes
8. Add broccoli and spinach
9. Simmer 10 more minutes or until sauce is thicken
10. Return shrimp to sauce heat through
11. Add drained pasta toss to blend

Ingredients

- 1 lb. Penne pasta
- 1 cup each shredded sharp cheddar, Parmesan, and mozzarella
- 1/3 cup flour
- 2 cups milk
- 1/3 stick of butter
- 2 Tablespoons olive oil
- 1 lbs large shrimp
- 2 cups chopped broccoli florets
- 2 cups chopped spinach
- 1 cup each shredded mozzarella, parmesan, and sharp cheddar
- 1/2 cup chopped onion
- 2 Tb's. chopped garlic
- 1 Tablespoon each Italian parsley and thyme
- 1 tsp nutmeg
- salt and pepper to taste

Instructions

1. Cook pasta according to package directions
 2. In a saute pan heat the oil and butter
 3. Salt and Saute the shrimp just until cooked through 3 to 5 minutes remove
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 5. Whisk flour, milk, nutmeg salt and pepper together until smooth
 6. Add to saute pan
 7. Add cheese simmer for 10 minutes
 8. Add broccoli and spinach
 9. Simmer 10 more minutes or until sauce is thicken
 10. Return shrimp to sauce heat through
 11. Add drained pasta toss to blend
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Creamy Seared Scallop Fettuccine Pasta

Creamy Seared Scallop Fettuccine Pasta

If you love scallops your going to love this creamy Seared Scallop Fettuccine pasta. This decant meal is for sea food lovers but even non lovers like it.

The scallops are tender, sweet and packed with delicate flavor, and easy to prepare. Scallops are a highly prized shell fish for their delicate texture and taste. when cooked

properly they are sweet and tender and turn a weeknight meal into a celebration.

Whether using large sea scallops or the small bay scallops, just a few on a plate, turns a meal into a special occasion.

This is a perfect dinner when your craving Italian but want easy too. Scallops, bacon and pasta tossed in a light creamy sauce full of Italian flavors. It's a restaurant quality recipe made easy for the home cook.

Things to know about this Creamy Seared Scallop Fettuccine Pasta

In this Seared Scallop Fettuccine the scallops are perfectly seared for my taste. Here's how to get perfectly seared scallops. Start by patting the scallops dry with paper towels.

Next salt and pepper the scallops, meanwhile in a large saute pan bring the olive oil and butter to medium high heat. Saute the scallops being sure they are not crowded in the pan three minutes on each side turning once.

The combination of butter and olive oil produce a seared crust without burning the delicate scallops. Not crowding the pan also helps the scallops to sear and not be colorless.

In this recipe I used large 16 – 20 scallops sea scallops you can use the smaller bay scallops and your also not tried down to using fettuccine, use any long shape pasta you like. If you like scallops as much as I do try my personal favorite Seared Scallops with Creamy Orzo

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

Ingredients

- 1/2 lb. Fettuccine
- 1 Lb. large scallops
- 2 Tbs. each olive oil and butter
- 2 Tbs. chopped garlic
- 1/2 cup chopped onion
- 2 cups spinach chopped
- 1 cup diced pancetta
- 1 cup parmesan cheese
- 1 cup heavy whipping cream
- 1 cup reserved pasta water
- 1 cup chicken stock
- 1 Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste

Instruction

1. Cook Fettuccine according to package directions reserve 1 cup of the water before draining
2. Remove the tough side mussel from the scallops . then pat them dry. Salt and pepper to taste
3. Heat oil and butter over medium high heat add the scallops turning once to brown both sides, (3-4 minutes per side)remove and set aside.
4. In the same pan add the onion and garlic cook until soft and translucent. Then add the pancetta and cook until brown
5. Add heavy whipping cream, chicken stock, reserved pasta water and parmesan cheese
6. Simmer until thickens about 10 minutes
7. Add spinach simmer 5 minutes longer
8. Return scallops to pan just to heat through
9. Toss cooked fettuccine in sauce adjust salt and pepper to your taste
10. Top with additional parmesan..... Enjoy!!!!!!

Sweet and Tangy Balsamic BBQ Sauce Recipe

Sweet and Tangy Balsamic BBQ Sauce Recipe

This sweet and tangy Balsamic BBQ Sauce is the best barbecue sauce that is both sweet and tangy is ready in 15 minutes and made from scratch.

BBQ sauce is one of those foods that differ from state to state you have Kansas City style, Memphis style, Texas style and many between. Everyone has their personal favorite. I like them all.

Growing up in an Italian household our BBQ sauce consisted of a basic olive oil, garlic, lemon juice and herbs, still one of my favorites.

But today I wanted to share this quick and easy BBQ sauce that uses few ingredients you probably have on hand, is ready in 15 minutes. and comes out perfect every time.

Things to know about this Sweet and Tangy Balsamic BBQ Sauce Recipe

When you make this Balsamic BBQ sauce as a made-ahead meal prep allow it to cool, then pour it onto mason jars. Seal it tight with a tight fitting lid and store it in the refrigerator to use for quick and easy meals throughout the

week.

It's the perfect sauce to use for pulled pork or chicken and keeps fresh in your fridge up to 2 weeks.

If you make this BBQ sauce please leave me a comment, let me know in what recipe you used it, and don't forget to tag me on Instagram with your creations I love hearing from you!!!

Ingredients

- 2 cups ketchup
- 1 cup water
- 1 cup balsamic vinegar
- 1/4 cup red wine vinegar
- 1/2 cup brown sugar
- 2 tablespoons hot sauce
- 1 tablespoon garlic powder
- 1 tablespoon onion powder
- 1 tablespoon smoked paprika
- 1 tablespoon Worcestershire sauce
- Salt and black pepper to taste

Instructions

1. In a medium saucepan, combine all ingredients.
2. Stir well and bring the mixture to a gentle simmer over low heat.
3. Cover and let the sauce simmer for 15–20 minutes, stirring occasionally, until thickened to your

liking.

4. Taste and adjust seasoning with additional salt, pepper, or hot sauce if needed.

Let the sauce cool before using. Store leftovers in an airtight container in the fridge for up to 1 week.