

Creamy Chicken Mushroom Pasta

Creamy Chicken Mushroom Pasta

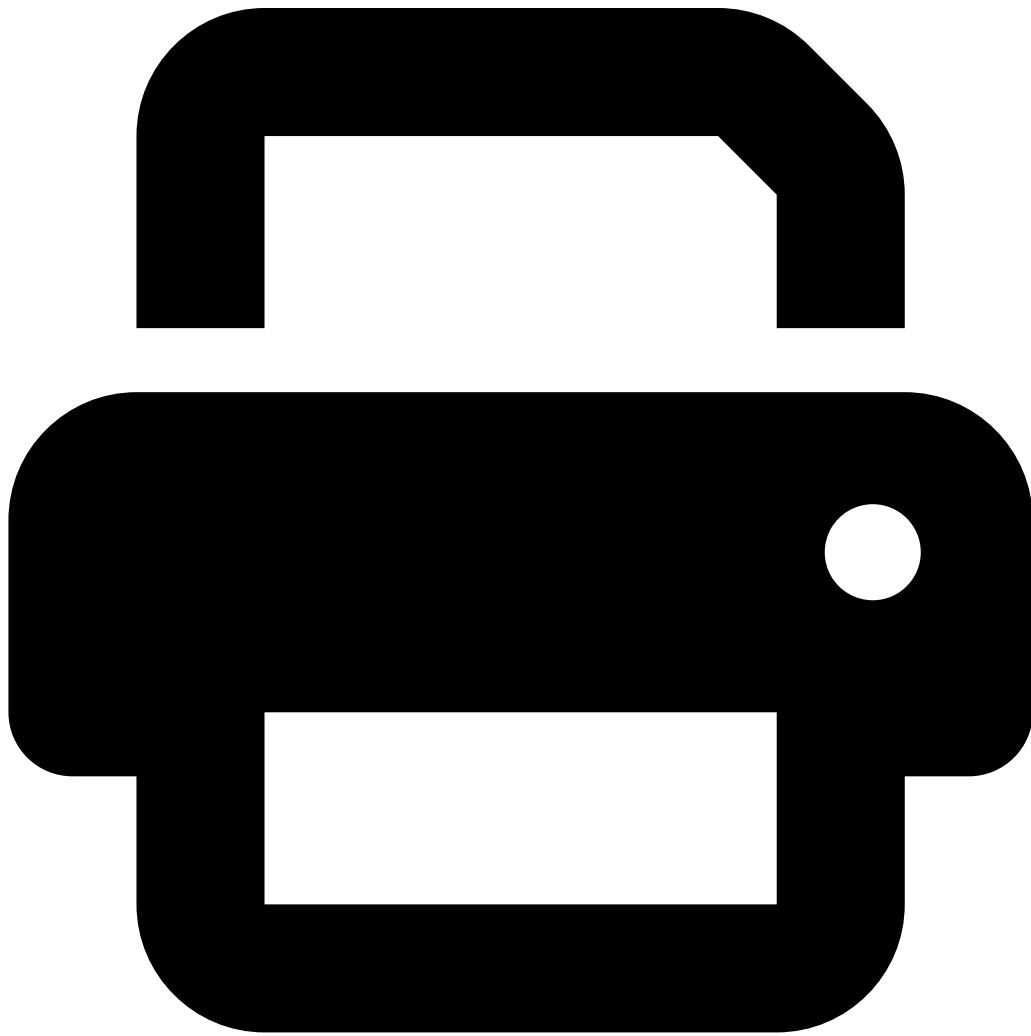
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This easy, quick, creamy chicken and mushroom pasta dinner can be on your table in 30 minutes. Bucatini pasta tossed in a creamy sauce, with chicken, mushrooms and spinach, make this a pasta dinner your whole family will love.

This pasta dinner is easy, quick and delicious, it's a perfect way to show off what a great "home chef" you are. Simple yet impressive, this is a perfect recipe for a quiet date night at home or louder time with family and friends.

This chicken dinner looks pretty on any table, served on pretty plates or serve it family style in one bowl it's perfect enough for a celebration dinner. This recipe was inspired by my love of pasta, one of my top restaurant 'luxury' meals, I simplified the recipe for the "home chef".

I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste. In some recipes I do use wine, Am okay with that, if

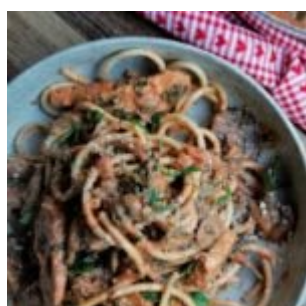
your not use stock, it doesn't change the flavor much whether you use wine or stock.

Here's a few things to keep in mind when cooking pasta, **salt the water**. The water should be boiling rapidly before dropping the pasta in it. I used Bucatini a long hollow noodle, you can use any shape pasta or flavor pasta you like.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one. I like this 8 quart stock pot for pasta and soups. The saute pan needs more tending to than the pasta water.

If you try this recipe don't forget to leave me a comment and tag me on Instagram, That's my favorite part!!!!

Creamy Chicken Mushroom Pasta



Tender chicken, savory mushrooms, and pasta are tossed in a rich, flavorful sauce for a comforting Italian dinner that's easy enough for weeknights yet satisfying enough for family gatherings.

- $\frac{1}{2}$ lb linguine
- 2 boneless, skinless chicken breasts (about 8 oz each), cut into strips
- $\frac{1}{2}$ lb white mushrooms, sliced
- 2 cups fresh spinach, chopped
- $\frac{1}{2}$ cup onion, finely chopped

- 1 tbsp garlic, minced
- 1 cup prepared marinara sauce
- 1 cup heavy whipping cream
- 1 cup chicken stock *or* dry white wine
- 1 cup reserved pasta water
- 2 tbsp olive oil
- 2 tbsp butter
- $\frac{1}{2}$ cup chopped onion (for sautéing)
- 1 tbsp garlic, minced (for sautéing)
- 2 tbsp fresh Italian parsley, chopped
- 2 tbsp fresh basil, chopped
- Salt and freshly ground black pepper, to taste

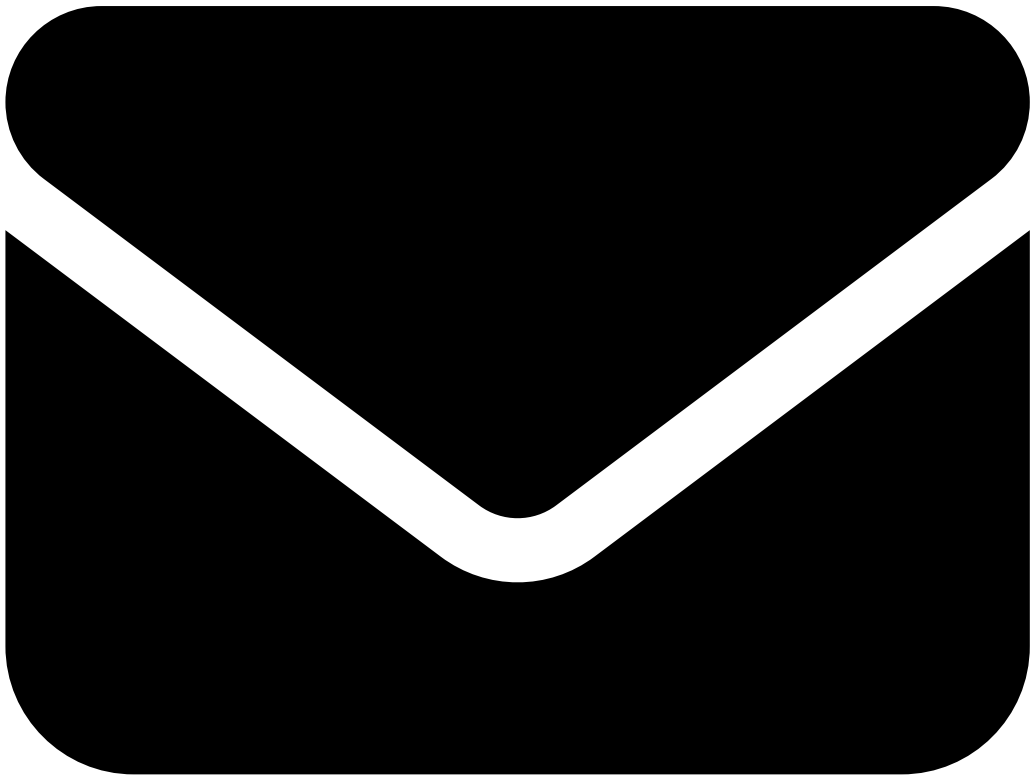
1. Cook pasta according to package directions reserve 1 cup pasta water before draining
 2. Mean while, Heat oil and butter in a deep saute pan over medium high heat add the onion and garlic cook until opaque. Salt and pepper the chicken. Add the chicken strips to the pan and cook until the chicken is golden (4-6 minutes)
 3. De glaze pan with chicken stock or white wine. Let it absorb before add the cream, reserved pasta water and marinara sauce.
 4. Simmer until sauce thickens about 10 minutes Add spinach, and herbs last 5 minutes
 5. Drain pasta toss in sauce
 6. Top with parmesan and chopped Italian parsley
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Vegetarian Mushroom Spaghetti Pasta

Vegetarian Mushroom Spaghetti Pasta

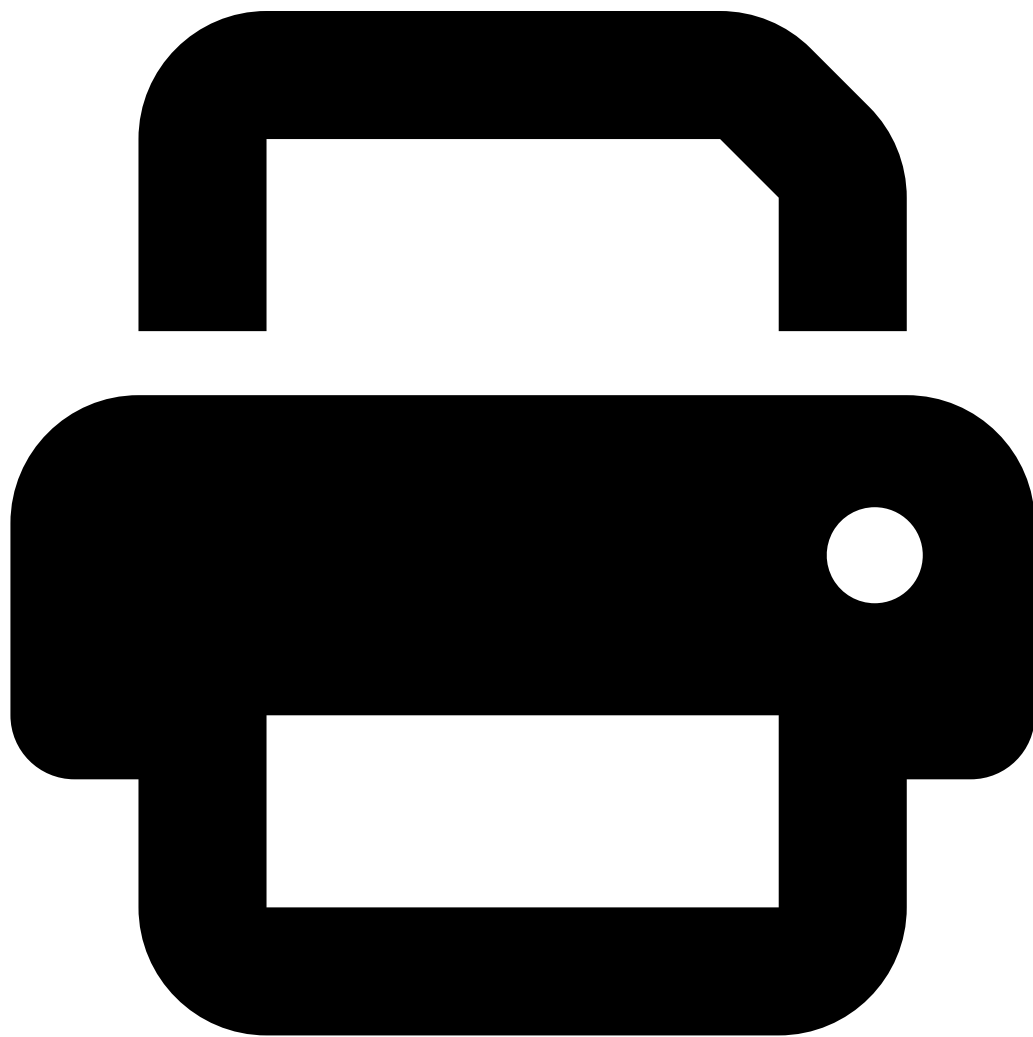
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It's no surprise that vegetarian mushroom spaghetti pasta is a favorite on dinner tables—it's easy to prepare, incredibly versatile, affordable, and full of rich, savory flavor.

This recipe calls for ingredients you probably already have on hand, butter, garlic, cream, mushrooms which together create a creamy, saucy Italian flavored dinner. You won't miss the meat, but if you do you can roast some chicken or fish and toss it in with the sauce just to heat through. The best part it can be on your table in less than 30 minutes.

Beyond its taste, this dish offers real nutritional value. Pasta is packed with complex carbohydrates that provide long-lasting energy, along with a solid amount of protein. It's also naturally low in fat.

Things to Know About This Vegetarian Mushroom spaghetti pasta Recipe

This vegetarian mushroom spaghetti pasta recipe is a favorite for many reasons—it's quick to prepare, incredibly versatile, budget-friendly, and full of rich, umami flavor thanks to the mushrooms.

Not only is it delicious, but it also offers great nutritional value. Pasta is a good source of complex carbohydrates for sustained energy, provides plant-based protein, and is naturally low in fat.

If you're watching your cholesterol or sodium intake, this recipe is a smart choice. Pasta is naturally cholesterol-free and low in sodium, while mushrooms add fiber, antioxidants, and important nutrients—all without adding extra fat or calories.

Whether you're vegetarian or simply looking for a satisfying meatless meal, this mushroom pasta delivers on flavor, nutrition, and simplicity.

This pasta recipe is quick enough for busy weeknight family meals, but feels special enough for Saturday night dinner with friends. 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, I simplified the recipe for the "home chef".

If am going to add chicken or fish I use my toaster oven, so I don't have to heat up my large oven

I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and

taste.

When cooking pasta salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping the pasta.

I used bucatini a long hollow noodle, you can use any shape pasta or flavor pasta you like.

If you love easy and delicious mushroom pasta recipes try my Mushroom pasta alla Norcina

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about. That's my favorite part and don't forget to tag me on Instagram.....

Vegetarian Mushroom Spaghetti Pasta



Fresh mushrooms, spinach, and juicy tomatoes are tossed with rigatoni in a light marinara sauce for a simple Italian pasta that's hearty, flavorful, and perfect for busy weeknights.

- ½ lb spaghetti pasta
- 8 oz sliced mushrooms
- 1 onion, chopped
- 1 tbsp minced garlic
- 1 cup heavy whipping cream

- 1 cup chicken stock or dry white wine
- 1 cup reserved pasta water
- 1 cup grated Parmesan cheese
- 2 tbsp butter
- 2 tbsp olive oil
- 1 tbsp each chopped fresh Italian parsley, and basil
- Salt and freshly ground black pepper, to taste
- Additional Parmesan and parsley for garnish

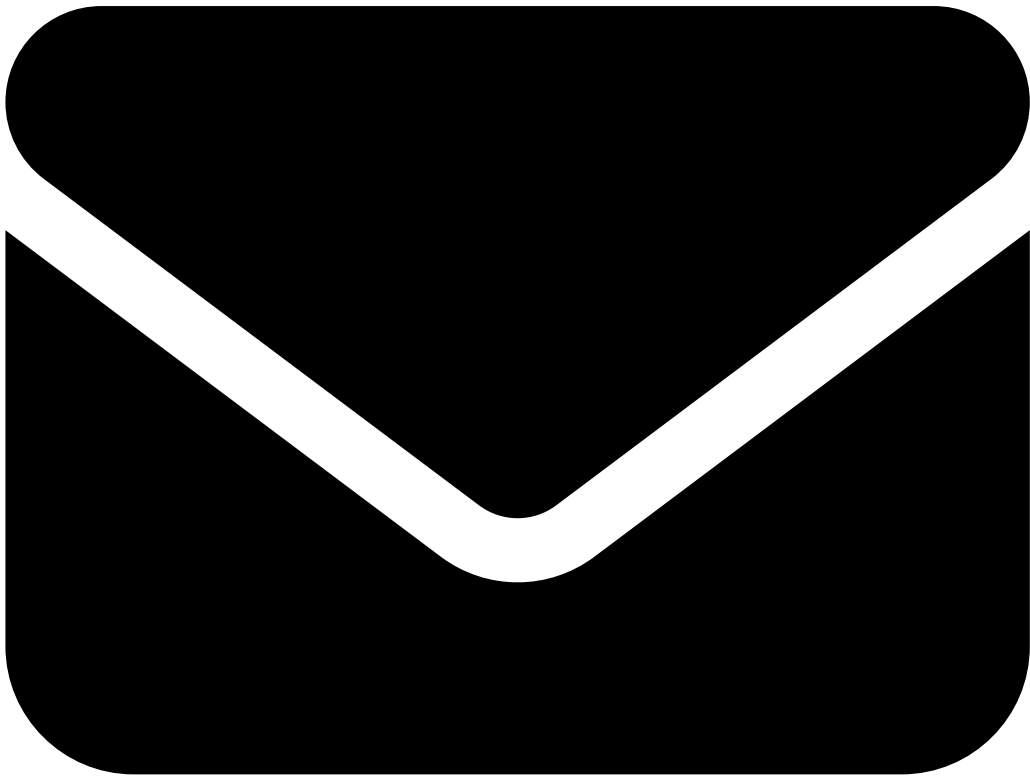
1. Bring a large pot of salted water to a boil. Cook the pasta according to package directions until al dente. Reserve 2 cups of pasta water before draining.
2. In a large sauté pan, heat the olive oil and butter over medium heat. Add the chopped onion and garlic, cooking until soft and translucent.
3. Add the sliced mushrooms to the pan. Sauté until golden brown and most of the moisture has evaporated, about 10 minutes. Season with salt and pepper.
4. Pour in the chicken stock or white wine to deglaze the pan, scraping up any browned bits. Let it simmer for 2 minutes.
5. Stir in the heavy cream and reserved pasta water. Simmer the sauce gently until it thickens, about 10 minutes.
6. Stir in the Parmesan cheese and fresh herbs. Simmer for 5 more minutes. Taste and adjust seasoning with salt and pepper.
7. Add the drained bucatini to the pan and toss well to coat in the creamy mushroom sauce.
8. Plate the pasta and top with extra Parmesan and chopped parsley. Serve immediately.

Crispy Chicken Tenders in the Air Fryer

Crispy Chicken Tenders in the Air Fryer

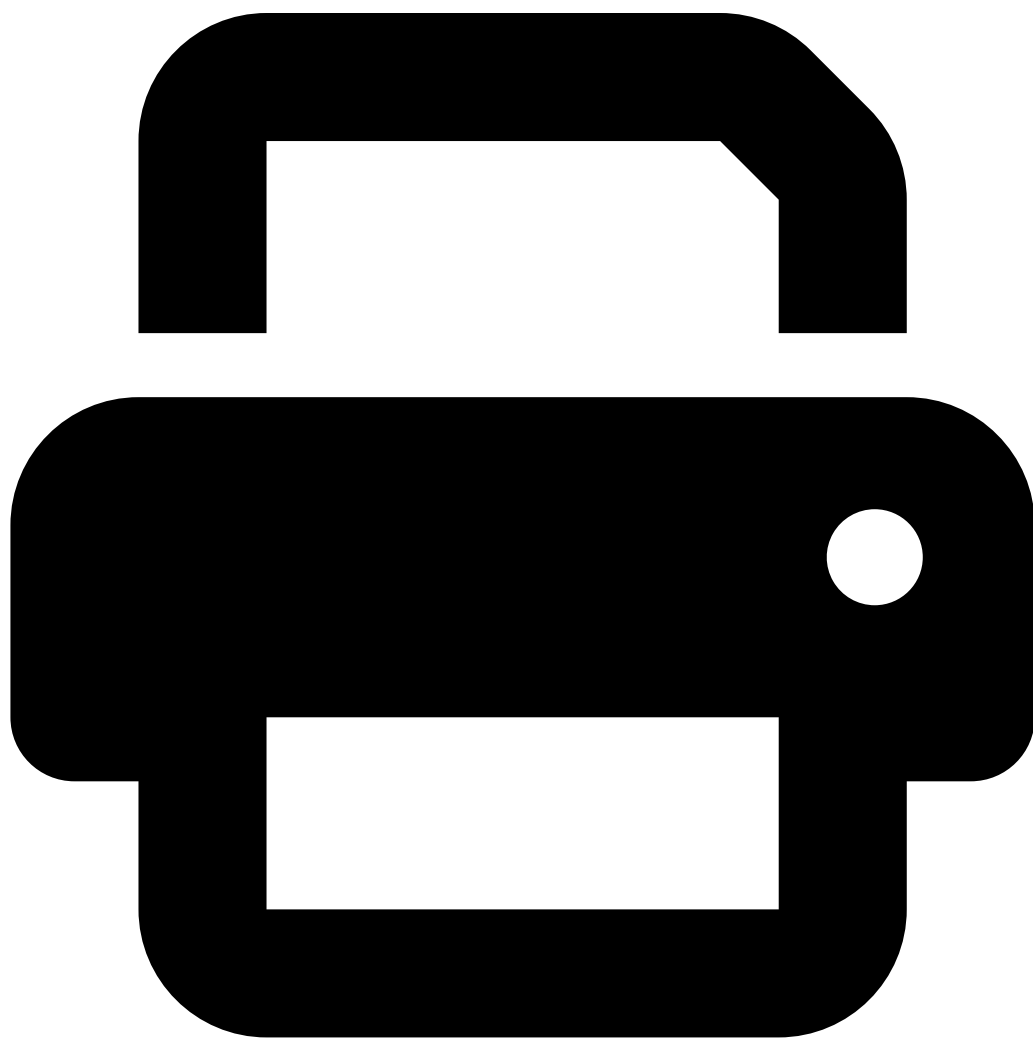
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My every first time using the air fry option on my Cuisinart toaster oven, and I have to say Am in love. There really is nothing better than fried chicken.

These parmesan and everything bagel seasoned, air fried chicken tenders are no exception. Delicious and guiltless these chicken tenders are baked to perfection using the air fry option on my Cuisinart toaster oven. If you don't have an air fryer NO problem use the oven fry method in the instructions.

Chicken tenders have always been one of my family's favorite food. It's one of those recipes I know I can make in no time and the whole family will love. They come together in less than 30 minutes, I serve them with crispy celery sticks, buffalo hot sauce, ranch dressing, and marinara sauce. They're prefect for Super Bowl Sundays, add a salad, some starch and you have an easy weeknight meal that's delicious enough for Saturday night dinner with friends.

Things to know about this Crispy Chicken Tenders in the Air Fryer

I used whole boneless, skinless, chicken breast and cut them, you can use chicken tenders or boneless chicken thighs if that fits your taste.

The everything bagel seasoning adds fantastic flavor when mixed with the breadcrumbs and Parmesan, but it can be quite salty, so use it sparingly. If you're air frying, spraying the chicken with cooking spray helps create an extra crispy crust—but it's optional.

These chicken tenders are just as delicious cold or at room temperature, making them perfect for next-day meals. Plus, they freeze well, so any leftovers can be stored for a quick, ready-made meal later.

They're air fried so you don't have to feel guilty about eating more than you planned, I don't.

In fact I eat one or two plain, right out of the oven, they can be addicting, and since I've discovered the awesomeness of air frying, for sure I'll be making them more often.

If you make this recipe please leave me a comment, and don't forget to tag me on Instagram..... that's my favorite part!!!!!! And if you love crispy chicken as much as i do try my crispy fried Buffalo chicken strips or crispy pan fried chicken cutlets

Crispy Chicken Tenders in the Air

Fryer



Crispy Parmesan-crusted chicken tenders are air fried until golden and served with a buttery hot sauce for a flavorful meal that's easy enough for busy weeknights.

- 3 boneless, skinless chicken breasts (about 6 oz each), cut into large strips or chunks
- Salt and pepper, to taste
- 2 cups Italian-seasoned breadcrumbs
- 1 cup grated Parmesan cheese
- 2 tbsp everything bagel seasoning
- 1 tbsp each: chili powder, garlic powder, and Italian seasoning
- 2 eggs, slightly beaten
- $\frac{1}{4}$ cup milk
- 1 tbsp hot sauce (plus more for dipping)
- Ranch dressing, for dipping

For the Hot Sauce:

- 1 stick butter ($\frac{1}{2}$ cup)
- 1 cup hot sauce (preferably Frank's RedHot)
- 1 tbsp each: garlic powder, onion powder, and Italian seasoning
- Parmesan cheese and chopped Italian parsley, for garnish

1. Season chicken strips with salt and pepper.

2. In a shallow bowl, whisk together eggs, milk, and 1

tablespoon hot sauce.

3. In another bowl, combine breadcrumbs, Parmesan cheese, everything bagel seasoning, chili powder, garlic powder, and Italian seasoning.
4. Dip each chicken strip into the egg mixture, then coat evenly with the breadcrumb mixture. Press lightly to adhere the coating.

5. Air Fryer Method:

Preheat air fryer to 400°F. Place chicken strips in the basket in a single layer (work in batches if needed). Air fry for about 15 minutes, turning halfway through, until golden brown and cooked through.

6. Oven Method (if you don't have an air fryer):

Preheat oven to 400°F. Pour $\frac{1}{2}$ cup olive oil onto a large baking sheet and place it in the oven until the oil is hot and slightly smoking. Carefully arrange the chicken strips on the hot sheet. Bake for about 20 minutes, flipping once, until golden brown and crispy on both sides.

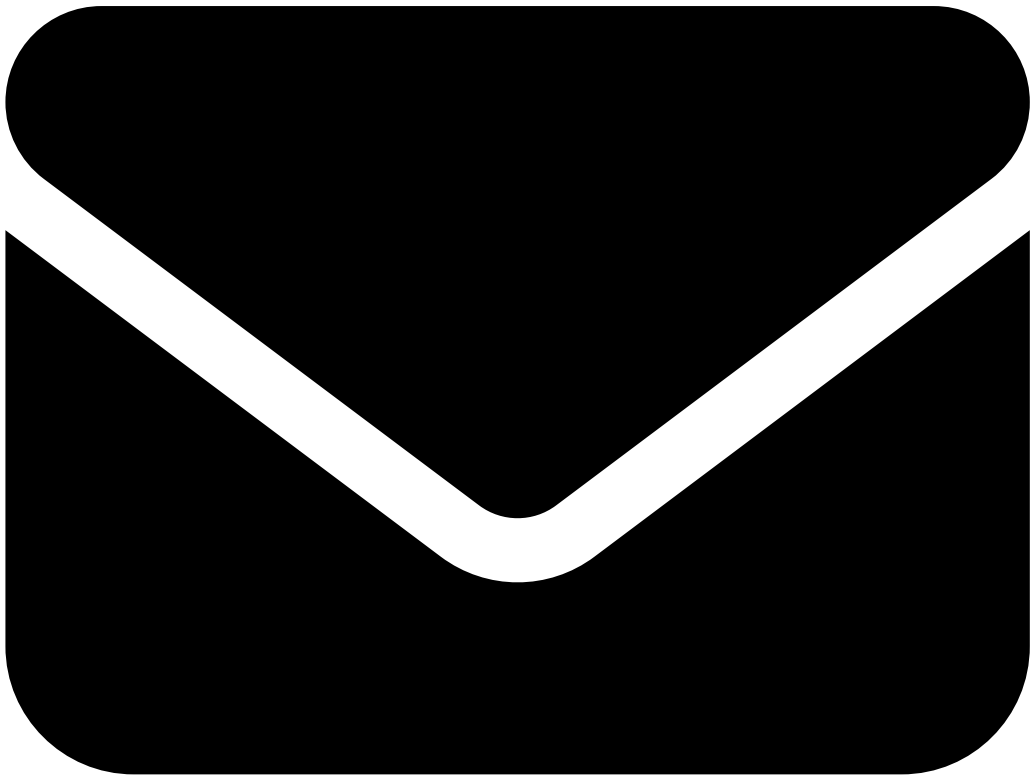
7. Make the Hot Sauce. In a small saucepan, melt the butter over low heat. Stir in hot sauce, garlic powder, onion powder, and Italian seasoning. Heat gently until warm and combined.
8. Drizzle or toss the chicken with the hot sauce, or serve it on the side for dipping. Garnish with grated Parmesan and chopped Italian parsley. Serve with ranch dressing for dipping.

Quick and Easy Seafood Pasta with Shrimp

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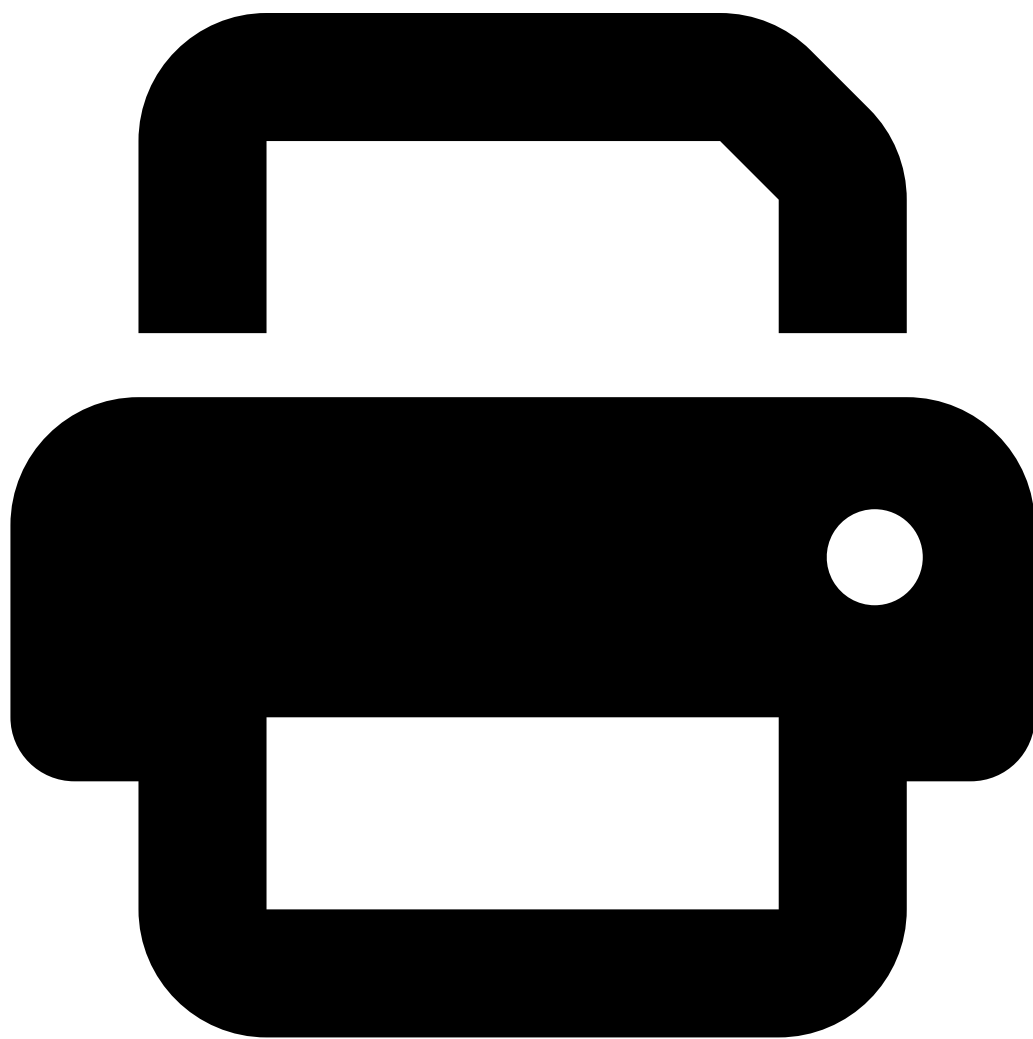
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If you love seafood pasta as much as I do, you're going to love this Quick and Easy Seafood Pasta with Shrimp, you can make right at home. Inspired by those indulgent restaurant meals, this dish comes together quickly with tender shrimp, your favorite pasta, and a light, flavorful sauce. I've included options to cook with wine or stock—so you can customize it to suit your preferences. It's an elegant, easy dinner perfect for any night of the week, that includes perfectly seared scallops! Don't worry, I'll show you exactly how to get that golden crust every time.

Perfectly seared scallops, how do you do that????

This is how, you saute them in a mixture of butter and olive oil and you don't over crowd the pan, or you end up with scallops that look boiled.....YIKES!!!!The butter is the browning agent, the oil keeps the butter from burning, this process produces beautifully seared golden scallops, cooked to perfection.

This linguine with seared scallops is easy and quick. It can be on your table in 30 minutes, it's a perfect way to show off what a great "home chef" you are.

Simple yet impressive, it's the perfect easy meal for weeknight family meals and fancy enough for Saturday night dinner with friends. It's a delicious dinner that looks pretty on your table, served on pretty plates or served family style in one bowl.

Scallops can be expensive, if you add them to pasta, it's an affordable meal you can have on your weekly menu. This easy seafood pasta was inspired by my love for elegant restaurant-style seafood dishes—something I always considered a luxury meal. I've simplified the recipe to make it approachable for the home cook, without sacrificing flavor or flair.

I don't drink alcohol, so I always include options in my recipes for either wine or stock—use whatever works best for your lifestyle and taste. In this recipe, either option works beautifully. If you prefer not to cook with wine, just use a good-quality stock. For the pasta, I used spinach linguine, but feel free to use any pasta shape or flavor you enjoy. Just be sure to cook it in well-salted, rapidly boiling water for the best flavor. If you love scallops try my personal favorite perfectly seared scallops with orzo.

If you try this recipe don't forget to leave me a comment and tag me on Instagram, That's my favorite part!!!!

Quick and Easy Seafood Pasta with Shrimp



Perfectly seared scallops are served over creamy tomato linguine for an elegant Italian seafood dinner that's rich, comforting, and surprisingly easy to make.

- $\frac{1}{2}$ lb linguine
 - 1 lb large scallops
 - 2 cups chopped spinach
 - $\frac{1}{2}$ cup chopped onion
 - 2 tbsp chopped garlic
 - 2 tbsp all-purpose flour
 - 1 cup marinara sauce (prepared)
 - 1 cup heavy whipping cream
 - 1 cup chicken stock or white wine
 - 1 tbsp each: chopped Italian parsley, basil, and thyme
 - 2 tbsp olive oil
 - 2 tbsp butter
 - Salt and pepper, to taste
 - Freshly grated Parmesan cheese, for serving
 - Extra chopped parsley, for garnish
1. Bring a large pot of salted water to a boil. Cook the linguine according to package directions until al dente. Reserve 2 cups of the pasta water before draining then and set aside.
 2. Pat scallops dry with paper towels. remove the membrane on the side. Season both sides with salt and pepper, then lightly coat with flour.
 3. In a large sauté pan, heat the olive oil and butter over

medium-high heat. Add scallops and sear for about 3 minutes per side until golden brown and cooked through. Remove and set aside.

4. In the same pan, add a little more oil if needed. Sauté the chopped onion and garlic until softened and translucent, about 3–4 minutes.
5. Pour in the chicken stock or white wine to deglaze the pan, scraping up any brown bits. Stir in the marinara sauce, reserved pasta water and heavy cream. Simmer for about 10 minutes, or until the sauce thickens.
6. Add the chopped spinach and fresh herbs during the last 5 minutes of simmering. Stir to combine and let the spinach wilt.
7. Toss the cooked linguine in the sauce until well coated. Plate the pasta, top with seared scallops, and garnish with grated Parmesan and a sprinkle of fresh

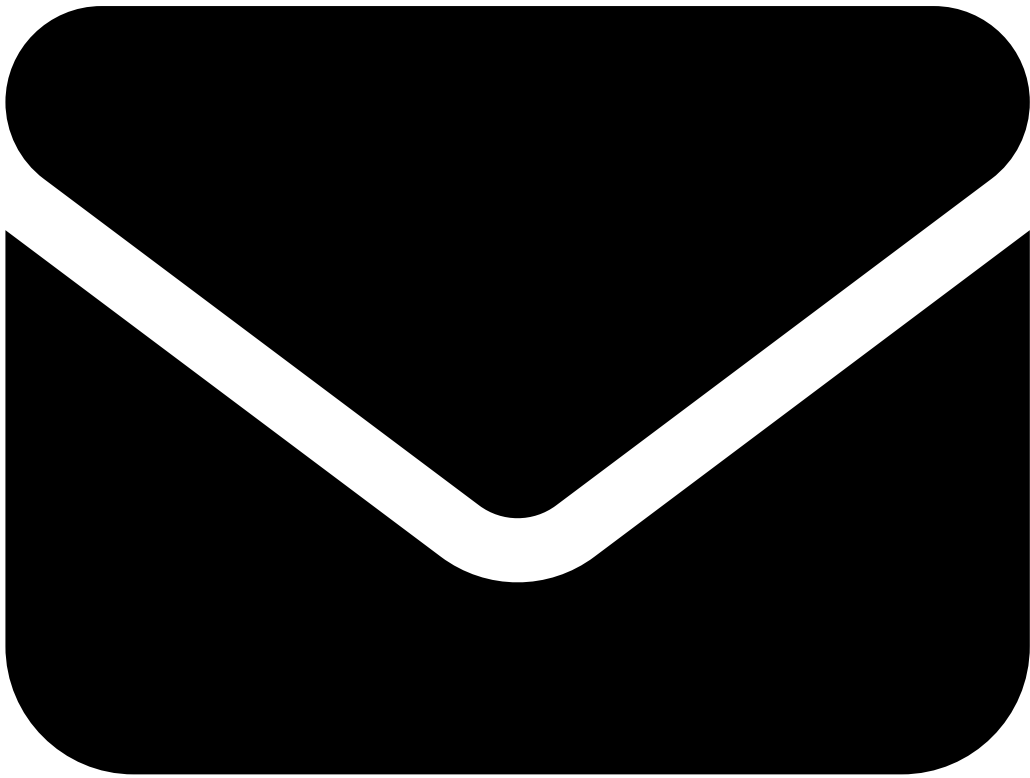
30 minute Steak and Mushroom Pasta

30 minute Steak and Mushroom Pasta

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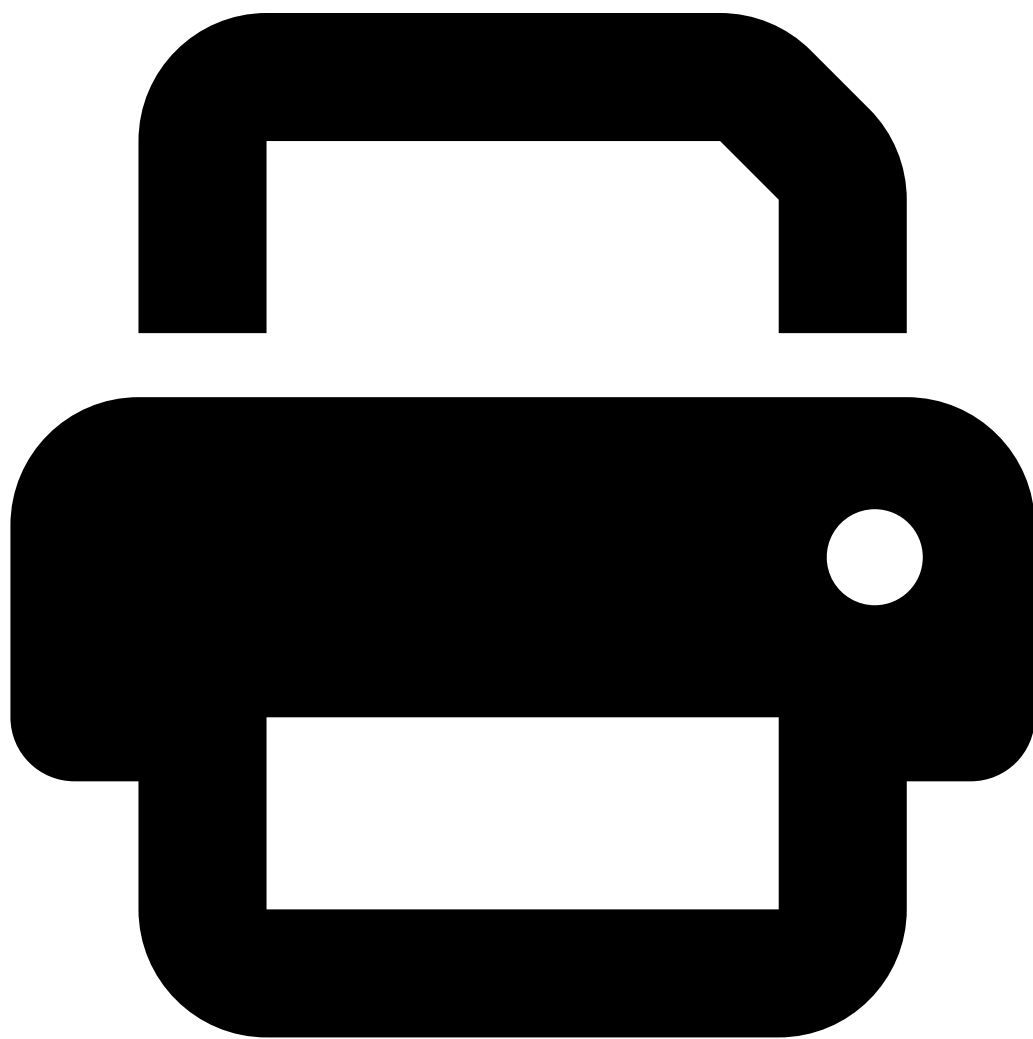
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One of my favorite winter comfort foods is pasta. When I find it difficult to come up with a meal everyone will like, I turn to pasta, it's easy, quick, delicious, inexpensive and WHO doesn't love pasta??? Pasta is delicious plain and simple, think olive oil, garlic, parmesan and some herbs, add sirloin steak , cremini mushrooms and you have a guaranteed crowd pleaser!!!!

That's all it takes, adding some add-ins to pasta to make a meal that is cause for celebration. If you don't have cremini mushrooms use white button mushrooms. Cremini, portabellas, and white button mushrooms are all the same variety the difference is age, white mushrooms the youngest, the granddaddy of mushrooms the portabella are the oldest.

Rich and creamy this steak pasta is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours. Pasta is a weeknight superhero, it cooks quickly and is extremely

versatile, yet can feel like a restaurant dinner, like this steak pasta meal.

This recipe calls for ingredients you probably already have on hand, butter, garlic, cream, spinach which together create a creamy, saucy Italian flavored dinner. The best part it can be on your table in less than 30 minutes. This steak pasta recipe is quick enough for busy weeknight family meals, but feels special enough for Saturday night dinner with friends. It's a prefect way to show off what a great "home chef" you are. Steak can be expensive, if you add it to pasta, it's an affordable meal you can have on your weekly menu.

This recipe was inspired by my love of pasta, one of my top restaurant' luxury' meals, I simplified the recipe for the "home chef". You can also roast the steak, instead of sauteing it, If I use this method and I often do for a hands-free option, I use my toaster oven, instead of heating up my large oven to roast small amounts of meats.

I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste.

In some recipes I do use wine, Am okay with that, if your not use stock.

When cooking pasta salt the water before bringing it to a boil. The water should be boiling rapidly before dropping the pasta.

I used linguine, you can use any shape pasta or flavor pasta you like. Reserve a few cups of pasta water to add to your sauce if it's too dry.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one. I like this 8 quart stock pot for pasta and soups.

Use a large enough saute pan so you don't crowd the ingredients.

In the restaurant we precooked our pasta halfway and ran it under cold water to stop the cooking process, when we had an order we put the pasta in a strainer, dropped in boiling water, it taste like it was just cooked . You can use the same process at home, if you cooked to much it stays fresh for one day. If you love easy and delicious pasta recipes that are easy to make , use few ingredients and taste delicious try my vegetarian greens and beans pasta or my personal favorite Spaghetti alla Nerano

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part , hearing from you, and please don't forget to tag me on Instagram.....

30-Minute Steak and Mushroom Pasta



- 1 pound long pasta (fettuccine, linguine, spaghetti, or pappardelle)
- 1 pound sirloin steak, cut into thin strips
- Salt and freshly ground black pepper, to taste
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- $\frac{1}{2}$ medium onion, finely chopped

- 2 tbsp garlic, minced
- 4 cups cremini mushrooms, sliced
- 1 cup chicken stock or dry white wine
- 1 cup heavy whipping cream
- 2 cup fresh spinach, roughly chopped
- 1 tbsp chopped fresh Italian parsley
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh thyme
- 2 cups reserved pasta water
- Freshly grated Parmesan cheese, for serving ((optional))

1. Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente. Before draining, reserve 2 cups of the pasta cooking water. Drain the pasta and set aside.
2. While the pasta cooks, season the steak strips generously with salt and freshly ground black pepper.
3. Heat the olive oil and butter in a large skillet over medium-high heat.
4. Add the onion and cook for 3–4 minutes, until softened. Stir in the garlic and cook for 30 seconds, until fragrant.
5. Add the sliced mushrooms and sauté for 5–6 minutes, stirring occasionally, until they are browned and have released most of their moisture.
6. Add the steak strips and cook for 2–3 minutes, stirring frequently, until browned on the outside but still tender.
7. Pour in the chicken stock or white wine, scraping up any browned bits from the bottom of the pan. Simmer for 2 minutes.
8. Stir in the heavy cream and bring the sauce to a gentle

simmer. Cook for 8–10 minutes, until the sauce begins to thicken.

9. Add the spinach, parsley, basil, and thyme. Cook for another 2–3 minutes, until the spinach has wilted.
10. If the sauce becomes too thick, gradually stir in the reserved pasta water until it reaches your desired consistency.
11. Add the cooked pasta to the skillet and toss until evenly coated in the creamy steak and mushroom sauce.
12. Serve immediately, topped with freshly grated Parmesan cheese, extra chopped parsley, and freshly cracked black pepper.
13. Slice the steak against the grain for the most tender bites.

Avoid overcrowding the pan when cooking the steak so it browns instead of steams.

Baby bella mushrooms can be substituted for cremini mushrooms.

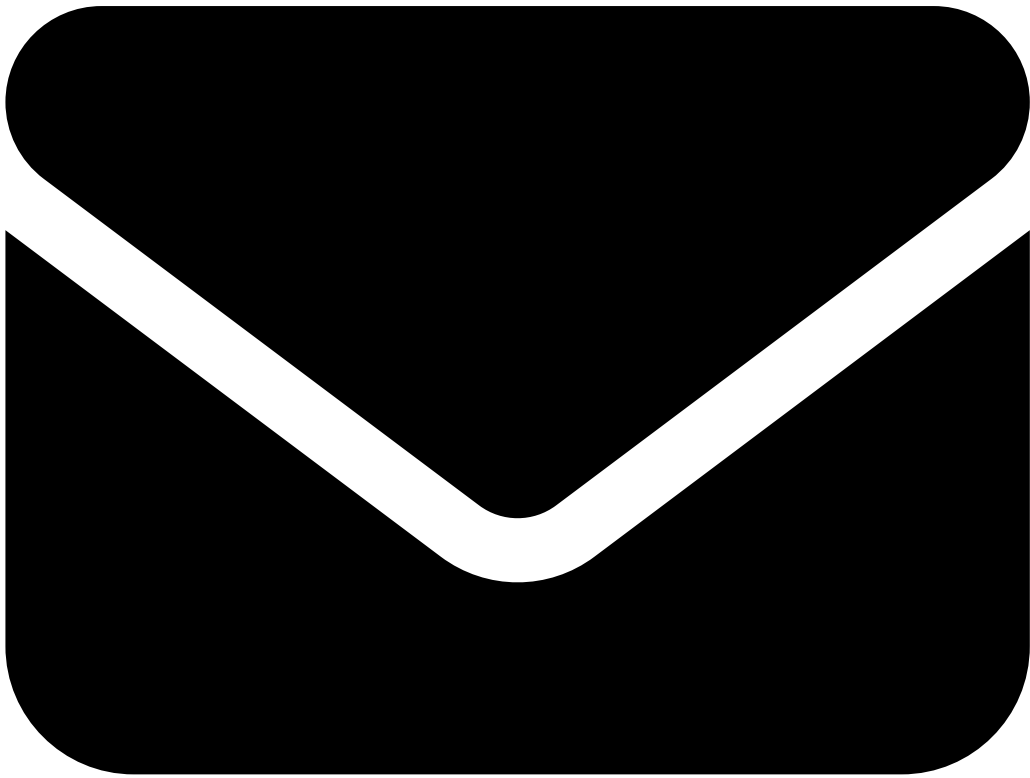
Pair with garlic bread and a simple green salad for a complete meal.

Creamy Bacon Rigatoni pasta

Creamy Bacon Rigatoni Pasta

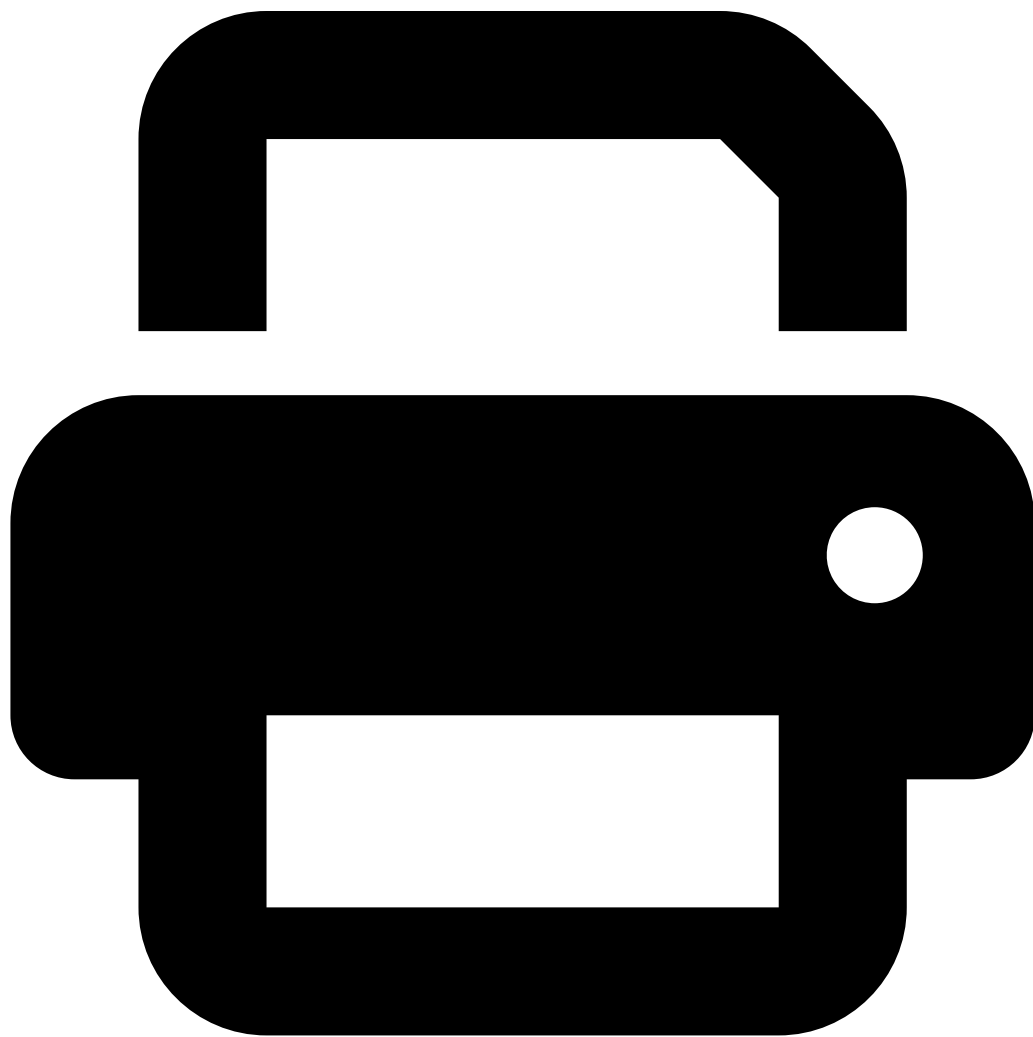
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Who doesn't love pasta???? Rich in complex carbohydrates and protein and low in fat pasta can be a highly nutritious food ,especially if it's made with whole wheat flour It's so versatile and easy there's a recipe for pasta to fit most lifestyles and taste. This creamy bacon rigatoni pasta recipe is so easy to make . With just a few pantry ingredients and minimal prep you can have a delicious restaurant quality meal, that's ready in 40 minutes.Italian food is about simplicity and letting the ingredients shine. This creamy bacon rigatoni is tossed with crispy bacon, cream, spinach and a to die for garlic, cheesy sauce, your whole family will love.

Italian cooking is usually simple to make, with many dishes having 4 to 8 ingredients. This rigatoni pasta meal has few ingredients, is easy and can be on your table in 40 minutes.

Here are some tips to remember when cooking pasta:

1....Be sure you have enough water to cover the pasta and the

pasta can move freely

I use this 5 quart stock pot

2....Salt the water generously before bringing it to a boil

3.....Through trial and error you don't need to add oil to the water it doesn't work just stir the pasta as soon as you immerse it into the water stirring a few times more while cooking.

4... Don't overcook the pasta, it should be el dente to the bite, if you cook pasta too long it gets unpleasantly gummy.

It's not too often you find a recipe that your whole family likes. when you do WIN- WIN.

Not only is pasta a family favorite it's a crowd pleasing meal on a budget add a salad, some crusty Italian bread and you have dinner special enough for weekend get togethers and easy enough for weeknight family meals.

If you set a pretty table using pretty white plates and cloth napkins it's a restaurant atmosphere in your own kitchen showing off what a great hostess you are.

This is a great go to pasta dish when you want, easy, healthy, flavorful Italian meals, the trifecta for dinner success. If you make this recipe please be sure to leave me a comment and don't forget to tag me on Instagram! I love hearing from you , it's my favorite part!!!

Creamy Bacon Rigatoni Pasta



- 1 pound rigatoni
 - 4 slices bacon, chopped
 - 2 tbsp unsalted butter
 - 1 medium onion, finely chopped
 - 2 tbsp garlic, minced
 - 2 cups fresh spinach, roughly chopped
 - 1 cup chicken broth
 - 1 cup heavy cream
 - 1 cup reserved pasta water
 - 1 cup grated Parmesan cheese
 - 1 tbsp chopped fresh Italian parsley
 - 1 tbsp chopped fresh basil
 - 1 tbsp fresh thyme leaves (or 1 teaspoon dried thyme)
 - 1 tsp crushed red pepper flakes (optional, or to taste)
 - Salt and freshly ground black pepper, to taste
1. Bring a large pot of salted water to a boil. Cook the rigatoni according to the package directions until al dente. Before draining, reserve 1 cup of the pasta cooking water, then drain and set aside.
 2. While the pasta cooks, melt the butter in a large, deep skillet or sauté pan over medium heat.
 3. Add the chopped bacon and cook for 6–8 minutes, stirring occasionally, until crispy. Do not drain the bacon grease.
 4. Add the onion and cook for 3–4 minutes, until softened. Stir in the garlic and cook for 30 seconds, until

fragrant.

5. Pour in the chicken broth, heavy cream, and reserved pasta water. Stir in the parsley, basil, thyme, and crushed red pepper flakes. Season with salt and black pepper to taste.
6. Bring the sauce to a gentle simmer and cook for 15–20 minutes, stirring occasionally, until it has slightly thickened.
7. Stir in the spinach and Parmesan cheese. Continue cooking for 2–3 minutes, until the spinach has wilted and the cheese has melted into the sauce.
8. Add the cooked rigatoni to the skillet and toss until the pasta is evenly coated in the creamy sauce. If needed, add a splash of additional pasta water to achieve your desired consistency.
9. Serve immediately, topped with extra Parmesan cheese, chopped Italian parsley, and freshly cracked black pepper.
10. Freshly grated Parmesan melts more smoothly than pre-shredded cheese.

For extra richness, reserve a few crispy bacon pieces to sprinkle over each serving.

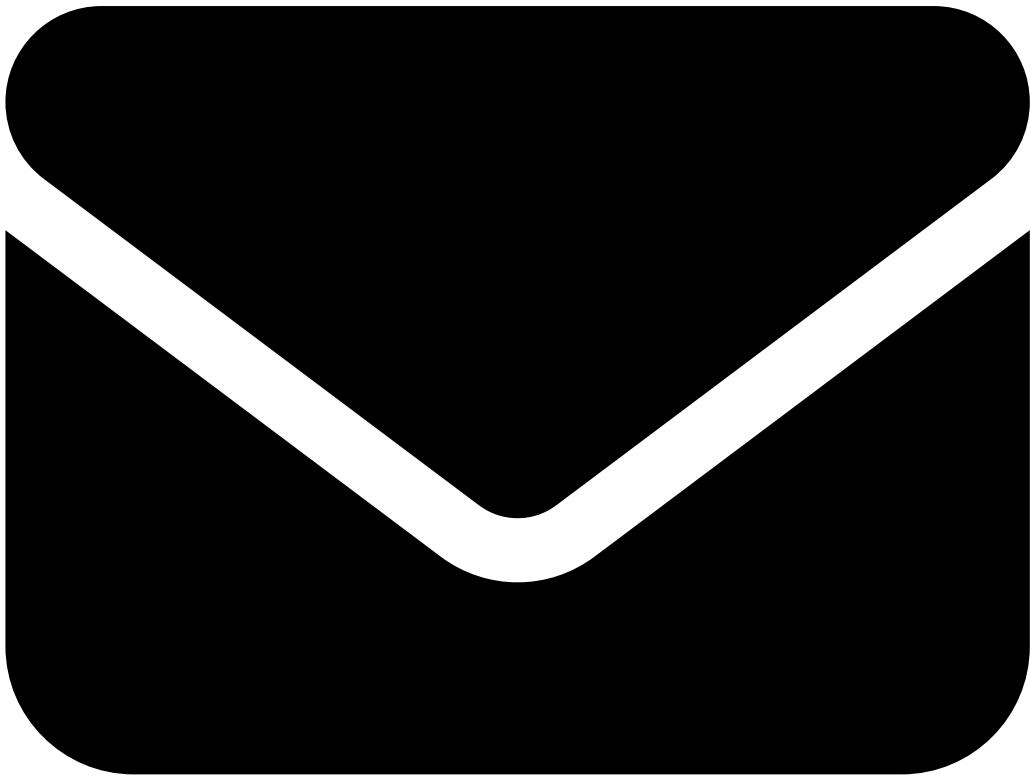
Serve with garlic bread and a crisp Caesar or garden salad for a complete meal.

Vegetarian Cauliflower Bolognese Rigatoni

Vegetarian Cauliflower Bolognese Rigatoni

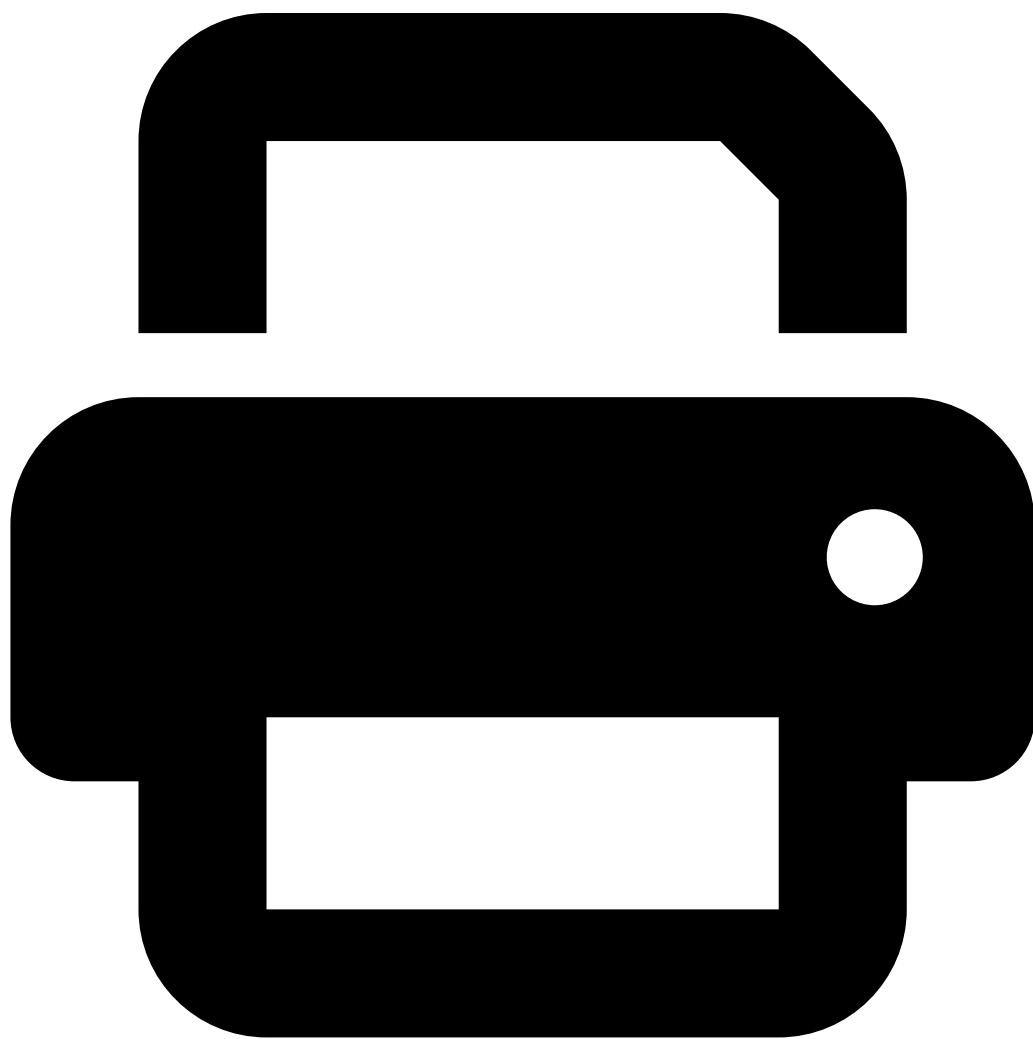
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This easy and delicious vegetarian Bolognese rigatoni features cauliflower as the star ingredient. Inspired by my love of cauliflower—and my dislike of food waste—I created this recipe when I had a head of cauliflower in the fridge that needed to be used. I wanted to incorporate it into a pasta sauce, so I took the classic meat-based Bolognese and replaced the beef with finely chopped cauliflower.

Traditional Bolognese is a hearty, chunky sauce made with ground beef, garlic, herbs, and just enough tomatoes to bring it all together. While my family adores pasta, they're not exactly cauliflower fans. But let me tell you—they absolutely loved this dish. Cooking cauliflower in Bolognese style creates a rich, flavorful meatless sauce that's hearty, satisfying, and sure to win over even the pickiest eaters.

It's not often you find a recipe the whole family loves—but when you do, it's a win-win. Not only is this dish a family

favorite, it's also a budget-friendly crowd-pleaser. Just add a fresh salad and some crusty Italian bread, and you've got a dinner that's special enough for weekend get-togethers and simple enough for busy weeknights.

This hearty vegetarian sauce is one of my go-to recipes when I want something easy, healthy, and full of flavor—the trifecta of Italian dinner success. I always make it in my cast iron Dutch oven, where the flavors simmer to perfection.

Sometimes, if I want hands free cooking, I start it on the stove top, and finish it off in a 375 degree oven for one hour. anyway you serve it it serves up delicious. You can double or triple the recipe, it keeps in your refrigerator up to 4 days, or you can freeze it up to 3 months for ready made meals.

If you like vegetarian recipes that are easy to make and taste delicious try my Italian vegetarian minestrone soup or my vegetarian orzo with asparagus and peas.



- 1 pound rigatoni
- 1 head cauliflower, cut into small florets
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- 1 medium onion, finely chopped
- 2 carrots, diced
- 1 cup diced celery

- 1 tbsp minced garlic
- 2 (15-ounce) cans crushed tomatoes
- 2 cups reserved pasta water
- 1 tbsp chopped fresh Italian parsley
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh thyme
- 1 cup grated Parmesan cheese
- Salt and freshly ground black pepper, to taste

1. Bring a large pot of salted water to a boil. Cook the rigatoni according to the package directions until al dente. Before draining, reserve **2 cups of the pasta cooking water**, then drain the pasta and set aside.
2. Meanwhile, heat the olive oil and butter in a large, deep skillet or Dutch oven over medium-high heat.
3. Add the onion, carrots, celery, and garlic. Sauté for **5–7 minutes**, stirring occasionally, until the vegetables are softened and the onion is translucent.
4. Stir in the cauliflower florets and cook for **8–10 minutes**, stirring frequently and breaking the florets into smaller pieces with a wooden spoon as they soften. Continue cooking until the cauliflower is lightly browned and resembles a hearty, meat-like texture.
5. Season with salt and black pepper. Add the crushed tomatoes, reserved pasta water, parsley, basil, and thyme. Stir to combine.
6. Reduce the heat to low, cover, and simmer for **30 minutes**, stirring occasionally, until the cauliflower is tender and the sauce has thickened.
7. Stir in the grated Parmesan cheese until melted and incorporated.
8. Add the cooked rigatoni to the sauce and toss until

evenly coated. If needed, add a splash of reserved pasta water to loosen the sauce.

9. Serve immediately, topped with additional Parmesan cheese, fresh parsley, and freshly cracked black pepper.
10. Cut the cauliflower into very small florets so they naturally break down into a rich, "meaty" texture as they cook.

For a vegan version, replace the butter with additional olive oil and substitute the Parmesan with your favorite dairy-free alternative.

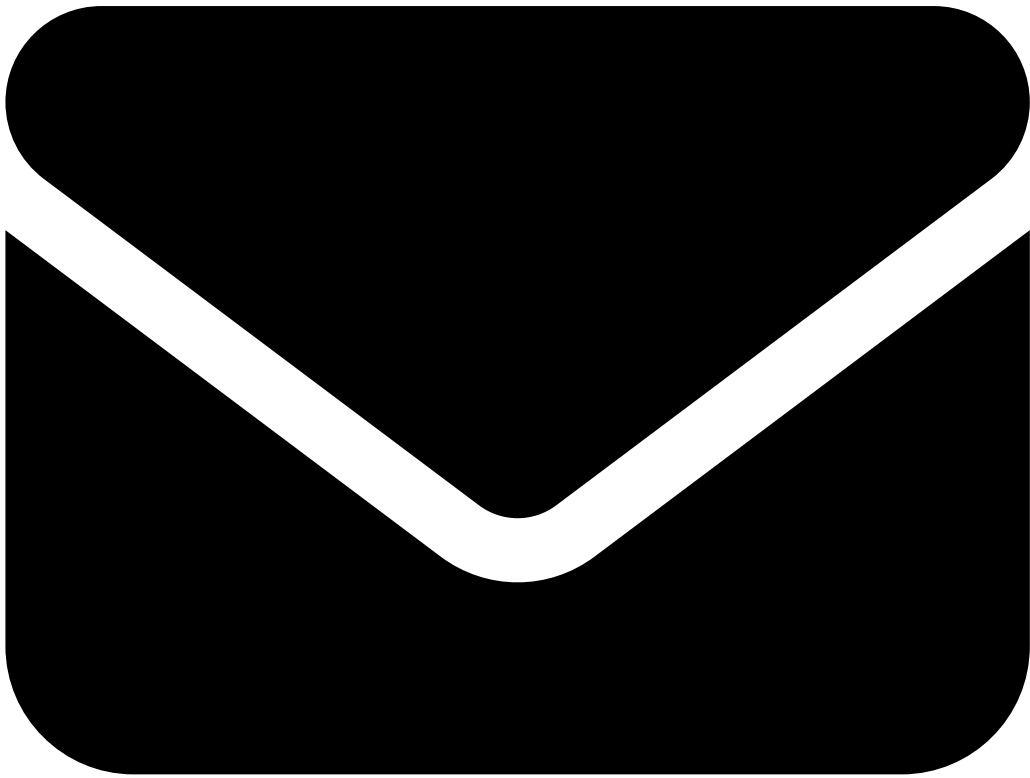
Leftovers keep well in the refrigerator for up to 4 days and taste even better the next day.

30 minute Tuscan Salmon Pasta

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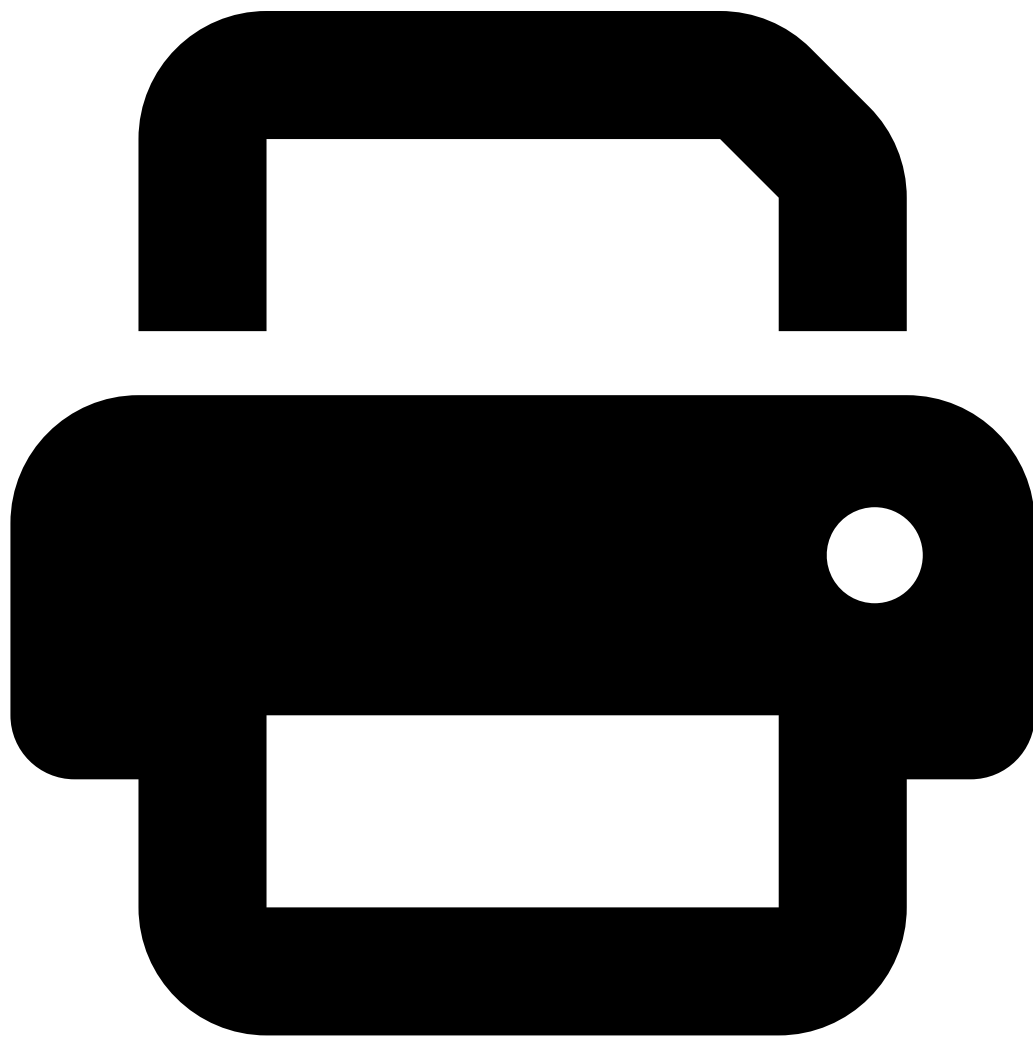
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Rich and creamy this Tuscan salmon pasta is full of robust flavors, that can be on your table in less than 30 minutes, but your family and friends will think it took hours.

When I find it difficult to come up with a meal everyone will like, I turn to pasta. It's easy, quick, delicious, inexpensive and WHO doesn't love pasta??? Pasta is delicious plain and simple, Think olive oil, garlic, parmesan and some herbs, add some fresh salmon and you have a guaranteed crowd pleaser!!!!That's all it takes, adding salmon to pasta to make a meal that is cause for celebration.

Pasta is a weeknight superhero, it cooks quickly ,and is extremely versatile, yet can feel like a celebration, in this Tuscan salmon pasta meal. This classic recipe calls for ingredients you probably already have on hand, butter, garlic, cream, spinach which together create a creamy, saucy Italian flavored dinner. The best part it can be on your table in less than 30 minutes. This Tuscan salmon pasta recipe is quick

enough for busy weeknight and family meals, but feels special enough for Saturday night dinner with friends. It's a perfect way to show off what a great "home chef" you are.

Salmon can be expensive, if you add it to pasta, it's an affordable meal you can have on your weekly menu. This recipe was inspired by my love of seafood pasta, one of my top restaurant 'luxury' meals, I simplified the recipe for the "home chef".

You can also roast the salmon instead of sauteing it, If I use this method and I often do for a hands-free option, I use my toaster oven, instead of heating up my large oven to roast small amounts of fish. I don't drink alcohol, so I give you options in all my recipes to use wine or stock, use whatever fits your lifestyle and taste. In some recipes I do use wine, I'm okay with that, if you don't use stock.

When cooking pasta salt the water. The water should be boiling rapidly before dropping in the pasta. I used linguine, you can use any shape pasta or flavor pasta you like.

It's also easier if the pasta water pan is on the back burner and the saute pan on the front one. I like this 8 quart stock pot for pasta and soups.

Use a large enough saute pan so you don't crowd the fish, if you're sauteing the salmon.

The whole idea behind food and creating recipes is to experiment and have fun doing it....!!!! If you like salmon recipes try my Quick and easy creamy salmon piccata or air fryer salmon skewer Italian spiedini.

If you make this recipe let me know your experience, comments, feedback whatever you feel like talking about.

That's my favorite part and don't forget to tag me on Instagram.....

30-Minute Tuscan Salmon Pasta



- 12 ounces pasta (penne, fettuccine, linguine, or your favorite shape)
- 1 pound salmon fillet, skin removed and cut into bite-sized cubes
- Salt and freshly ground black pepper, to taste
- 2 tbsp olive oil
- 2 tbsp unsalted butter
- $\frac{1}{2}$ cup yellow onion, finely diced
- 3 cloves garlic, minced
- 1 cup sun-dried tomatoes, chopped
- 1 cup heavy cream
- $\frac{1}{2}$ cup chicken broth (or dry white wine)
- 4 cups fresh baby spinach
- $\frac{1}{4}$ cup grated Parmesan cheese
- 1 tbsp chopped fresh basil
- 1 tbsp chopped fresh parsley
- 1 tsp fresh thyme leaves (or $\frac{1}{2}$ teaspoon dried thyme)
- Crushed red pepper flakes (optional)

1. Bring a large pot of salted water to a boil. Cook the pasta according to the package directions until al dente. Reserve $\frac{1}{2}$ cup of the pasta water, then drain.
2. While the pasta cooks, season the salmon with salt and pepper.
3. Heat the olive oil and butter in a large skillet over

medium-high heat. Add the salmon and cook for 2–3 minutes per side, until lightly golden but not fully cooked through. Transfer to a plate.

4. Reduce the heat to medium. Add the onion and cook for 3–4 minutes until softened. Stir in the garlic and cook for 30 seconds until fragrant.
5. Add the chicken broth (or white wine) and scrape up any browned bits from the bottom of the pan. Simmer for 2 minutes.
6. Stir in the heavy cream, Parmesan cheese, and sun-dried tomatoes. Simmer for 3–5 minutes, stirring occasionally, until the sauce begins to thicken.
7. Add the spinach, basil, parsley, and thyme. Cook until the spinach has wilted, about 2 minutes.
8. Return the salmon to the skillet and gently stir until heated through, about 2 minutes.
9. Add the cooked pasta and toss until evenly coated. If the sauce is too thick, stir in a little reserved pasta water until it reaches your desired consistency.
10. Taste and season with additional salt, pepper, or crushed red pepper flakes if desired. Serve immediately with extra Parmesan and fresh parsley.
11. Pair with warm garlic bread and a simple green salad for a quick, restaurant-style meal.