

Italian Eggplant Parmesan

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This is a classic Italian baked eggplant parmesan, bursting with robust Italian flavors. It's a lightened up version with air fried breadcrumb crusted eggplant and layered with marinara, cheeses and herbs.

It starts with unpeeled eggplant, sliced into 1/2 inch rounds, dipped in egg, coated with Italian flavored breadcrumbs, layered with marinara and oozing cheeses. Am telling you this is the best eggplant recipe ever.

My family who doesn't have the same fondness for eggplant as I do, loves IT, that makes it a WIN-WIN because it's one of me very favorites.

Italian Eggplant Parmesan Tips

Start by choosing shiny, firm small eggplant. When choosing eggplant small is better, larger ones tend to have more seeds and less flavor.

Then there's the debate about breading the eggplant or not, I have made it both ways, if you want a lighter version omit the breadcrumb crust and follow the rest of the recipe.

In this recipe I didn't peel the eggplant, if using larger eggplant I recommend peeling them, the skin on larger eggplants tends to be tough and more bitter than smaller ones.

I used the air fryer option on my toaster oven to fry the eggplant, using no oil, the finished Italian eggplant parmesan was so delicious with no oil taste.

If you don't have an air fryer you can fry the eggplant slices in 4 Tablespoons for 2 minutes on each side in hot vegetable oil, drain on paper towels before layer.

Homemade marinara is a staple in my kitchen, I use it in so many recipes, when I make it I always make more and freeze it. That's what I used in this recipe,

you can use your favorite one. It's also good to let the baked eggplant cool a bit before serving for easier slicing.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram, that's my favorite part.

Italian Eggplant Parmesan



Crispy breaded eggplant is layered with creamy ricotta, rich marinara, melted mozzarella, and Parmesan, then baked until hot, bubbly, and irresistibly cheesy.

- 2 medium eggplants
- 2 eggs slightly beaten + 1 for the ricotta
- 2 cups Italian seasoned bread crumbs
- 2 cups shredded mozzarella
- 2 cups grated parmesan
- 2 cups ricotta cheese
- 1 cup chopped spinach
- 4 cups prepared marinara
- 2 tbsp chopped Italian parsley
- Salt and pepper to taste

1. Cut unpeeled eggplant into 1/2 inch slices
2. Salt eggplant slices
3. Put salted eggplant slices in a colander placed over a bowl
4. Place paper towels over eggplant and place a few heavy cans on top of it leave for a few hours over overnight
5. If air fryer turn temperature to 375
6. Mix ricotta with the spinach, one egg and 1/2 cup of the parmesan salt and pepper to taste
7. Mix 1/2 cup of the parmesan and 1 tablespoon Italian parsley to the bread crumbs
8. Dip eggplant in egg mixture, then in bread crumb mixture
9. Air fry or conventionally fry eggplant until golden 10 minutes in air fryer
10. Begin layering eggplant casserole beginning with

marinara sauce then eggplant then ricotta, mozzarella and parmesan , repeating ending with mozzarella

11. Bake in a 375 degree oven for 45 minutes or until brown and bubbly
12. Cool slightly before serving

Zucchini Chickpea Stew

Zucchini Chickpea Stew

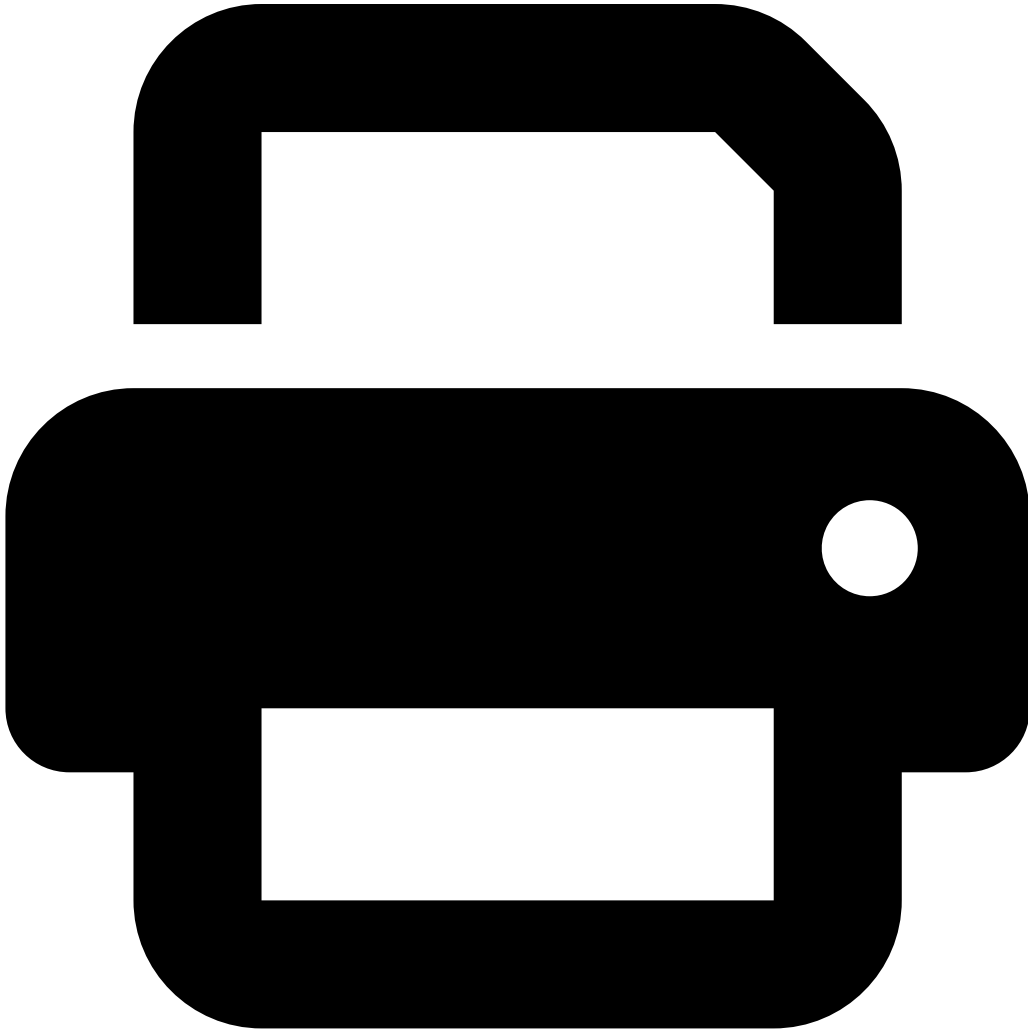
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This colorful zucchini and chickpea stew is a classic Italian side dish, with a saucy melody of fork tender vegetables.

Beware zucchini season is fast approaching where I live. You know that time of year when you have more zucchini then you know what to do with, then your neighbor brings you some they didn't know what to do with either. Yikes now what?

Enter this vegetarian stew, typically a side dish but if you add a salad and some crusty Italian bread this vegetarian stew is hardy enough for a delicious dinner.

How To Make Zucchini Chickpea Stew

Start by picking the the freshest zucchini, keep in mind that bigger isn't necessarily better when choosing zucchini. The bigger ones tend to have more seeds and less flavor

Cut the zucchini in same size pieces to insure even cooking.

Zucchini is bland in flavor salt the zucchini directly verses salting the the sauce.

I used chickpeas, but this recipe works well with great northern beans. If you have prepared marinara, which I recommend you always have you can use it in place of the canned tomatoes. Or you can use fresh tomatoes.

I didn't included Parmesan cheese in this recipe but you should, and don't forget about the vinegar it adds a another depth of flavor, YUM!

If you make this recipe please don't forget to leave me a comment and tag me on Instagram... That's my favorite part.

Zucchini Chickpea Stew



Tender zucchini, chickpeas, tomatoes, and spinach simmer together with fresh herbs for a wholesome Italian-inspired stew that's light, hearty, and full of vibrant flavor.

- 3 zucchini cut in large dice
- 1 medium onion chopped
- 1 15 oz. can un drained chick peas
- 1 chopped red bell pepper
- 2 cups chopped spinach
- 1 15 oz. can chopped tomatoes
- 3 tbsp chopped garlic
- 2 tbsp red wine vinegar

- 2 tbsp each chopped Italian parsley, basil and thyme
- salt and pepper to taste
- 3 tbsp virgin olive oil for sauteing

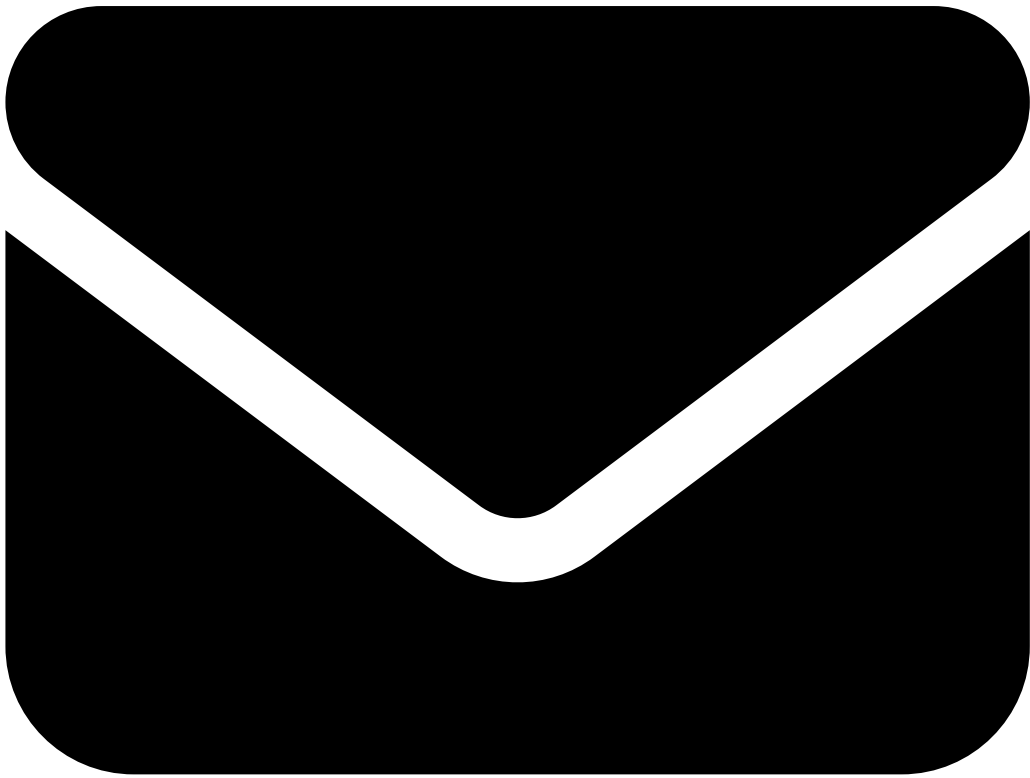
1. Saute the onion and garlic in the hot olive oil until limp and fragrant
2. Add the tomatoes
3. Simmer covered for 15 minutes
4. Add the zucchini, red bell peppers and chickpeas.... salt and pepper now
5. Simmer 10 minutes longer
6. Add spinach, herbs, and vinegar simmer 5 minutes more

Tuscan Bucatini

Tuscan Bucatini

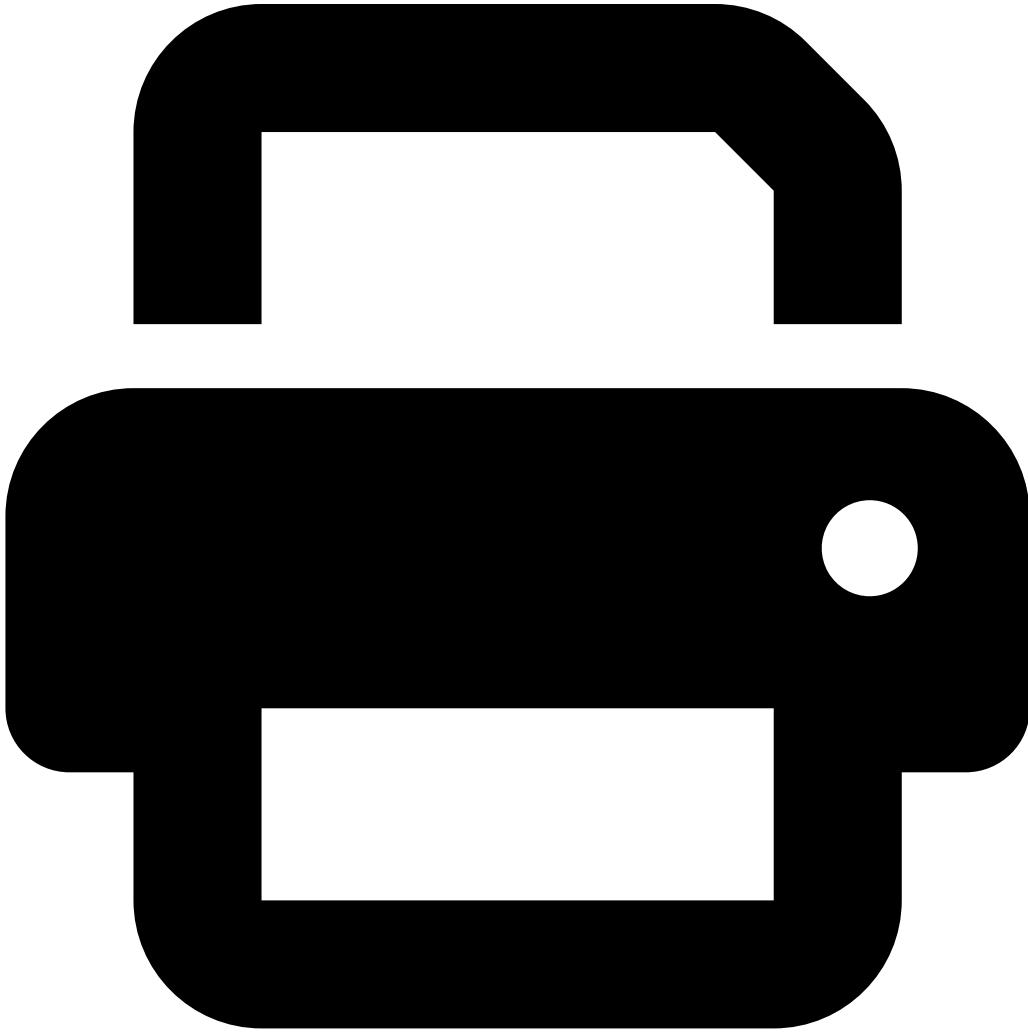
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This Tuscan bucatini is such a great recipe that uses few ingredients and comes together in less than 30 minutes, easy enough for weeknight family meals, and fancy enough for Saturday night dinners with friends.

It's fast and full of rich Italian flavors, sun dried tomatoes, spinach and garlic make this vegetarian pasta dinner mouth watering good.

Simple in nature, this recipe is made with ingredients you probably have on hand, but if you don't my recipes are always customizable, to fit your lifestyle and taste.

You can change this Tuscan pasta recipe by adding, subtracting or changing the pasta shape to make it your own creation.

Bucatini Pasta

It's no secret I love pasta!! When I am stuck for dinner ideas it's pasta to the rescue, and one of my favorite is bucatine.

Bucatini pasta is like a hollow thick spaghetti. Growing up my bother and I used the long hollow noodles like straws, it drove my mother crazy.

This dry pasta needs to simply be stirred in boiling water for 10 minutes, and dressed up with your favorite sauce. It taste ,

delicious in this vegetarian Tuscan Bucatini recipe but you can use any shape pasta you like.

Be sure the stock pot s big enough for the long noodles to move freely. The right size pots and pans are important in any well equipped kitchen,

I use a 6 quart stock pot it's the prefect size for all around kitchen use. You don't need a lot of different pots and pans, start with a basic set and build as needed .

If you make this recipe pleas leave me a comment and don't forget to tag me on Instagram that's my favorite part!

Tuscan Bucatini



Three kinds of mushrooms simmer with tomatoes, garlic, and fresh herbs to create a rich, savory marinara that's perfect for pasta, lasagna, or your favorite Italian dishes.

- 1 lb bucatini pasta
- 4 cups chopped spinach
- 1 cup chopped sun dried tomatoes
- 2 tbsp chopped garlic
- 1 small chopped onion
- 2 tbsp each butter and olive oil
- 2 cups reserved pasta water
- 1 cup parmesan cheese
- 2 tbsp each Italian parsley, basil, and thyme

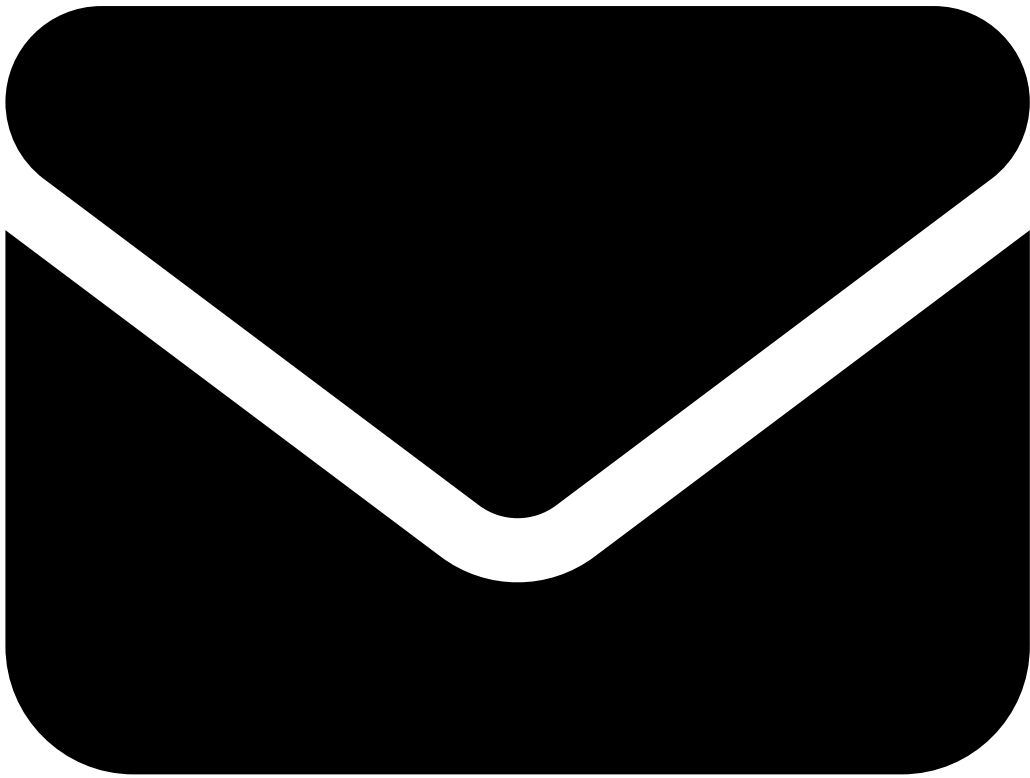
1. Cook pasta according to package direction reserve two cups of pasta water
 2. In a saute pan saute the garlic and onion until limp in 2 tablespoons of butter and 2 tablespoons of olive oil
 3. Add the sun dried tomatoes and reserved pasta water
 4. Simmer covered for 10 minutes
 5. Add the spinach and parmesan cheese last 5 minutes
 6. Toss the pasta in the sauce
 7. Add herbs
 8. Sprinkle with Additional parmesan and Italian parsley
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Air Fried Chicken Parmesan

Air Fried Chicken Parmesan

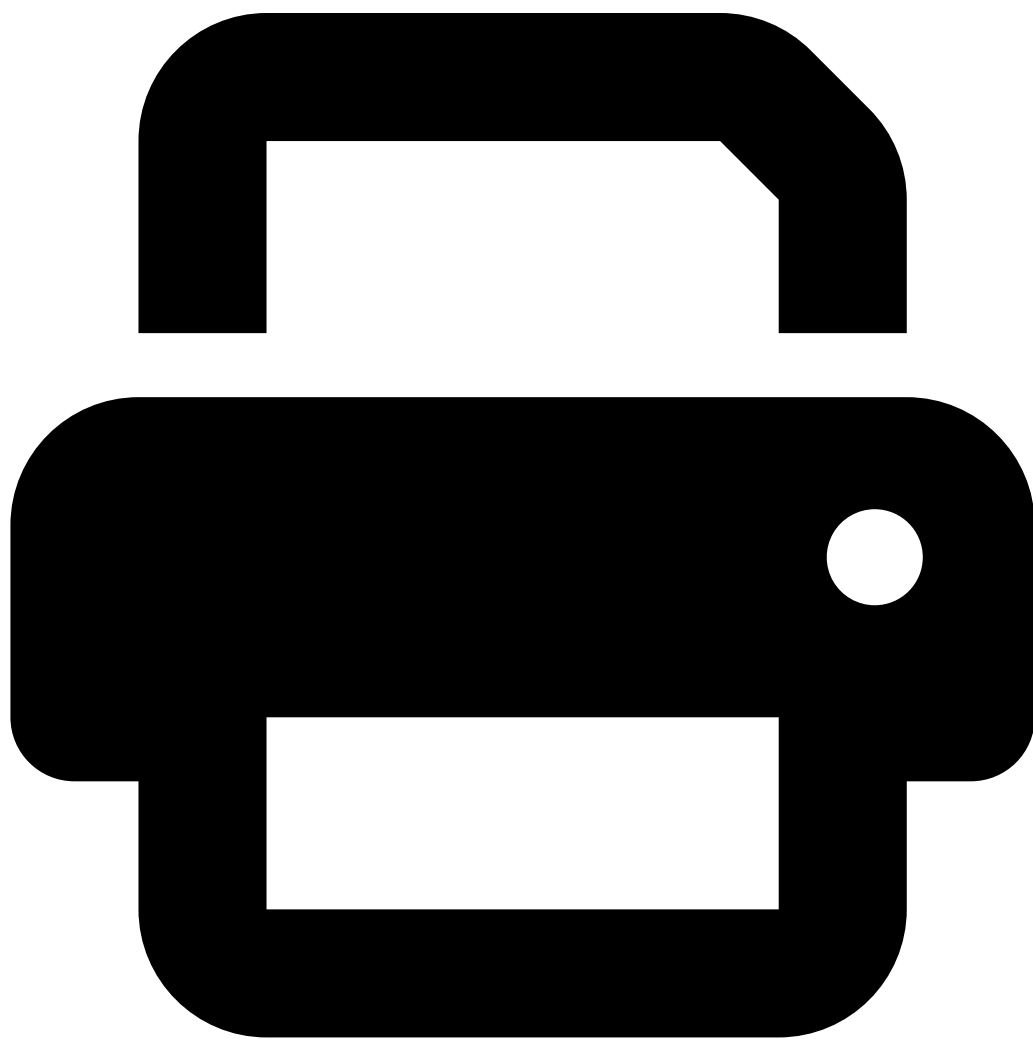
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This air fryer chicken parmesan dinner can be on your table in 30 minutes, if your using prepared marinara sauce.

What do I mean prepared??? Here is Italian restaurant cooking 101. Marinara sauce is used in many Italian recipes, so when I make it, I make more than I need, and freeze it in different size containers for ready made meals.

If you don't want to make your own marinara you can use store bought. Making your own marinara is so easy you'll want to make it often.

Here's how easy it is: Marinara Sauce recipe.....In a stock pot in 4 tablespoons of olive oil saute one bunch of chopped Italian parsley, with one chopped onion and 4 tablespoons of chopped garlic saute until limp add in 3 15 oz cans chopped tomatoes and 3 15 oz cans of tomato sauce, and 2 cans of water simmer covered for 2 hours, that's it restaurant quality marinara sauce made in your kitchen!

What Is An Air fryer

An air fryer is a counter top kitchen appliance that uses convection to circulate hot air around food to cook it. It produces a fried look and taste without the oil.

Hot air rushes down and around food placed in a fryer style basket. This rapid circulation makes the food crisp, much like deep frying. with a lot less guilt.

Let me tell you I was skeptical, until I tried it this Air fry chicken parmesan recipe. Guess what, this recipe made me a believer in air frying. The chicken was crispy and tender

Here's a few tips:

- Refrigerate the chicken after coating with the bread crumbs it helps the bread crumbs stick to the chicken
- It helps if the chicken is cut in uniform pieces to insure even heating
- Pre heat the air fryer
- Bring chicken to room temperature before frying

You can also make your own Italian flavored bread crumbs. You know that stale bread that's about to turn a different color? Don't toss it, put it your food processor add in 1 cup parmesan cheese to every 3 cups of bread crumbs,

add 1 tablespoon each garlic, onion powder, fresh chopped Italian parsley, thyme and oregano.

There you have it, homemade Italian bread crumbs that you can freeze for ready use. the chicken parmesan can be frozen too, for weeknight family meals or

unexpected company is coming, and I need easy, quick and delicious right now!

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

Air Fried Chicken Parmesan



Crispy Parmesan-crusted chicken is topped with melted mozzarella and served over linguine tossed in rich marinara for a comforting Italian favorite that's easy enough for any night of the week.

- ½ lb linguine
- 4 skinless boneless chicken breast
- 2 cups Italian seasoned bread crumbs
- 1 cup grated Parmesan cheese
- 1 egg
- salt and pepper to taste
- 4 cups prepared marinara sauce
- 2 cups shredded mozzarella cheese

1. Turn air fryer to 400 degrees
2. Cook pasta according to package directions reserving 1 cup of the pasta water
3. Mean while salt and pepper chicken
4. Mix the Parmesan cheese with the bread crumbs
5. Dip the chicken breast in the slightly beaten egg then the breadcrumbs
6. Air fry the chicken breast for 10 minutes
7. Add shredded mozzarella on top of the chicken breast

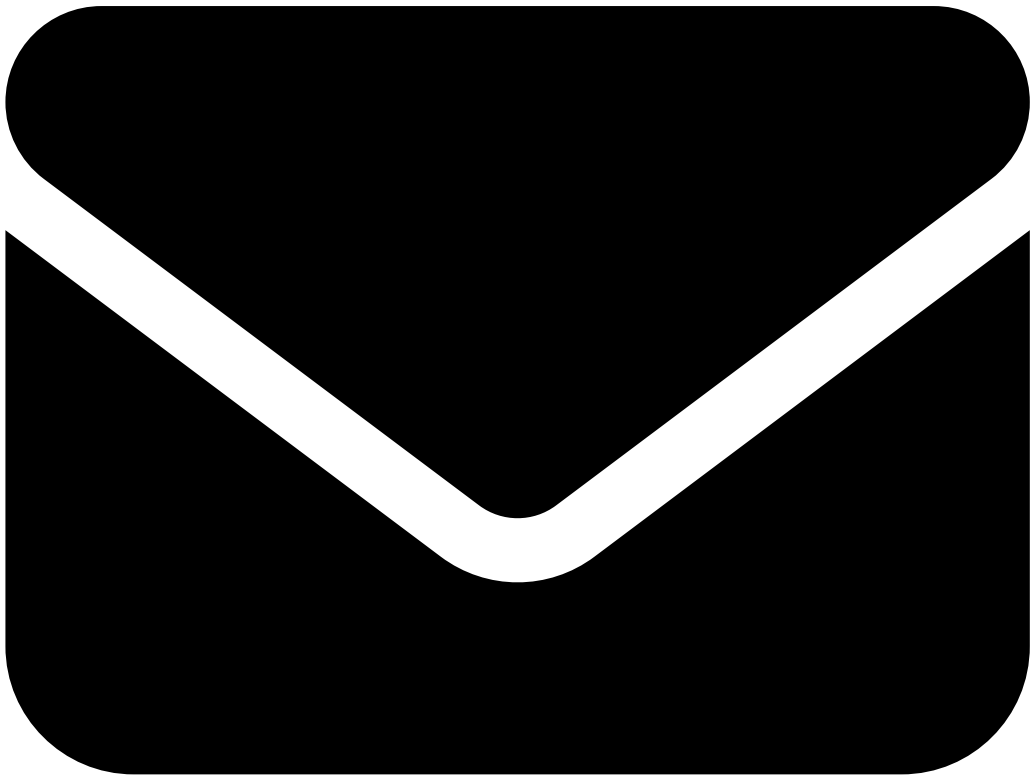
8. Air fry 5 minutes longer or until cheese is melted
 9. Heat the prepared marinara if sauce is too thick add reserved pasta water
 10. Toss pasta with marinara
 11. Top each chicken breast with the marinara and additional parmesan.
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Pesto Broccoli Gnocchi

Pesto Broccoli Gnocchi

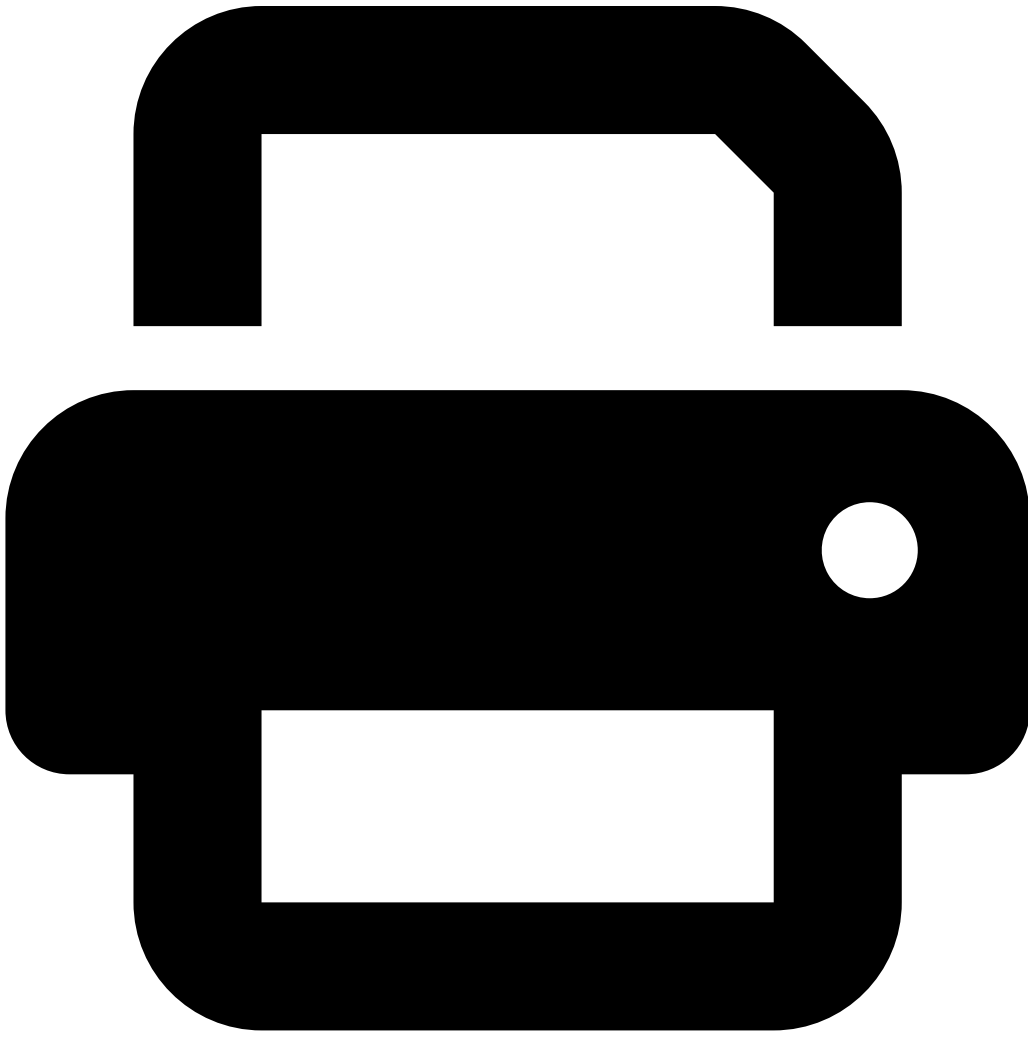
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This Pesto, Broccoli , gnocchi, dinner , is as Irish as am going to get on this Saint Patrick's Day.

I am 100% Italian my husband is Irish, so I do cook corn beef and cabbage once a year, even though he could take it, or leave it.

Well this year, we are going to leave it, since I can't get to the store with the Corona virus, and if I could the shelves are bare. That's all am going to say about the times were living in.

This Pesto, broccoli, gnocchi recipe was inspired by me wanting to celebrate Saint Patrick's Day even if it wasn't traditional, with ingredients I had on hand

So here it is pesto, broccoli, gnocchi recipe that is easy and so quick it can be on your table in 30 minutes, made in one pan and your family and friends will love it.

It's so easy it makes a great week night meal with family. Make it in a stove to table skillet and you have an easy gnocchi dinner, just fancy enough for Saturday night dinner with friends.

What Are Gnocchi

Gnocchi is an Italian pasta, think small Italian dumplings. The most common is classic potato, the flavor I used in this Pesto broccoli gnocchi recipe,

Homemade are made of cooked mashed potatoes, flour and eggs. Some gnocchi recipes add ricotta to the dough. You can find these same flavors in store bought gnocchi.

Growing up, and in later years at the restaurants I watched my Mama make gnocchi, on a floured board using both hands, her skills never ceased to amaze me.

I was never as masterful as my Mama, but in the restaurants before the prep cooks and after my Mama passed, I make thousands of gnocchi, although I never learned how to use two hands.

Lucky for the home cook, in this pesto, broccoli, gnocchi recipe you don't have to make homemade gnocchi. You can use store bought shelf or refrigerated gnocchi.

There are some good brands out there, experiment with different brands and flavors to find what fits your lifestyle and taste. I like, wait NO, I love one pan cooking, homemade

gnocchi don't work as well for one pan cooking, you could up with mashed potatoes instead of little dumplings. In this pesto broccoli recipe I used classic refrigerated potato gnocchi.

Gnocchi cook quickly add them to the sauce the last 5 minutes of cooking, if at this point the sauce is too thick add a

little chicken stock, if to liquid add 1 tablespoon of butter coated with butter.

When you make this recipe please leave me a comment and don't forget to tag me on Instagram, that's my favorite part!

Pesto Broccoli Gnocchi



Soft potato gnocchi, tender broccoli, and crispy pancetta are tossed with pesto and Parmesan for a quick, comforting meal that's rich, savory, and full of fresh Italian flavor.

- 8 oz store bought potato gnocchi
- 1 lb broccoli florets
- 1 cup chopped pancetta
- 1 cup prepared pesto sauce store bought or homemade
- 1 chopped onion
- 3 tbsp chopped garlic
- 2 cups chicken stock
- 1 cup parmesan cheese
- 2 tbsp each chopped Italian parsley, basil and thyme
- 3 tbsp butter
- salt and pepper to taste

1. In a large saute pan with the butter render the pancetta until crisp
2. Don't drain the pancetta fat

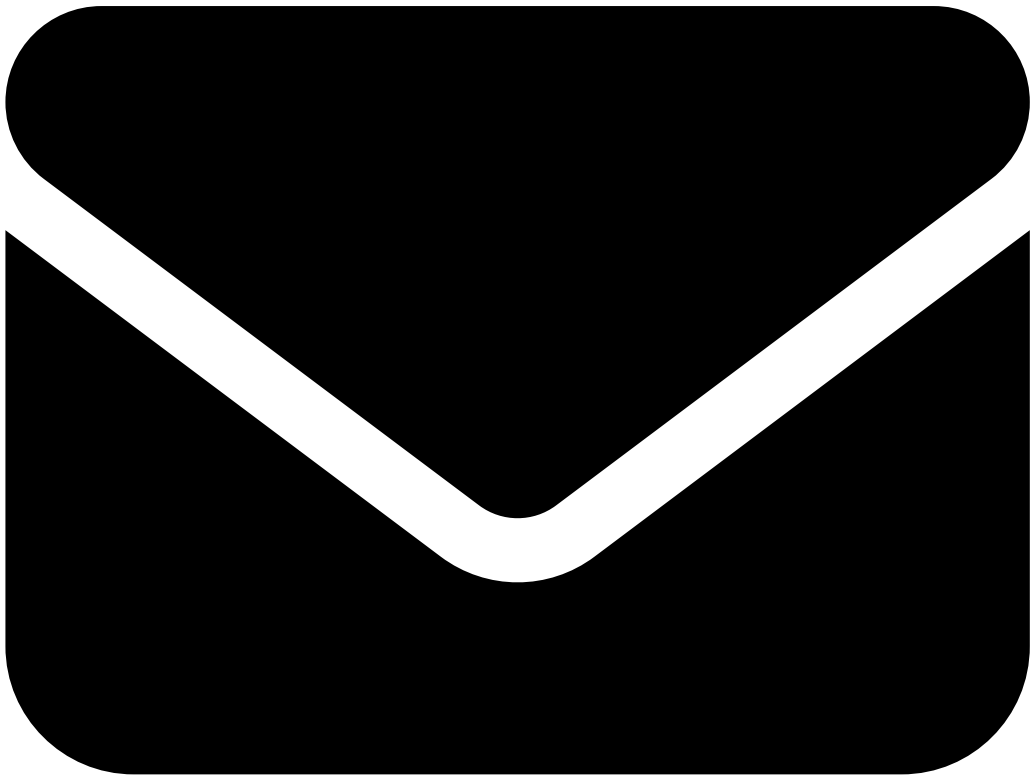
3. Add the chopped onion and garlic saute until limp
 4. Add the broccoli and chicken stock simmer covered 5 minutes
 5. Add the gnocchi simmer 5 minutes longer
 6. Add the parmesan cheese and herbs
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Steak Pappardelle Pasta

Steak Pappardelle Pasta

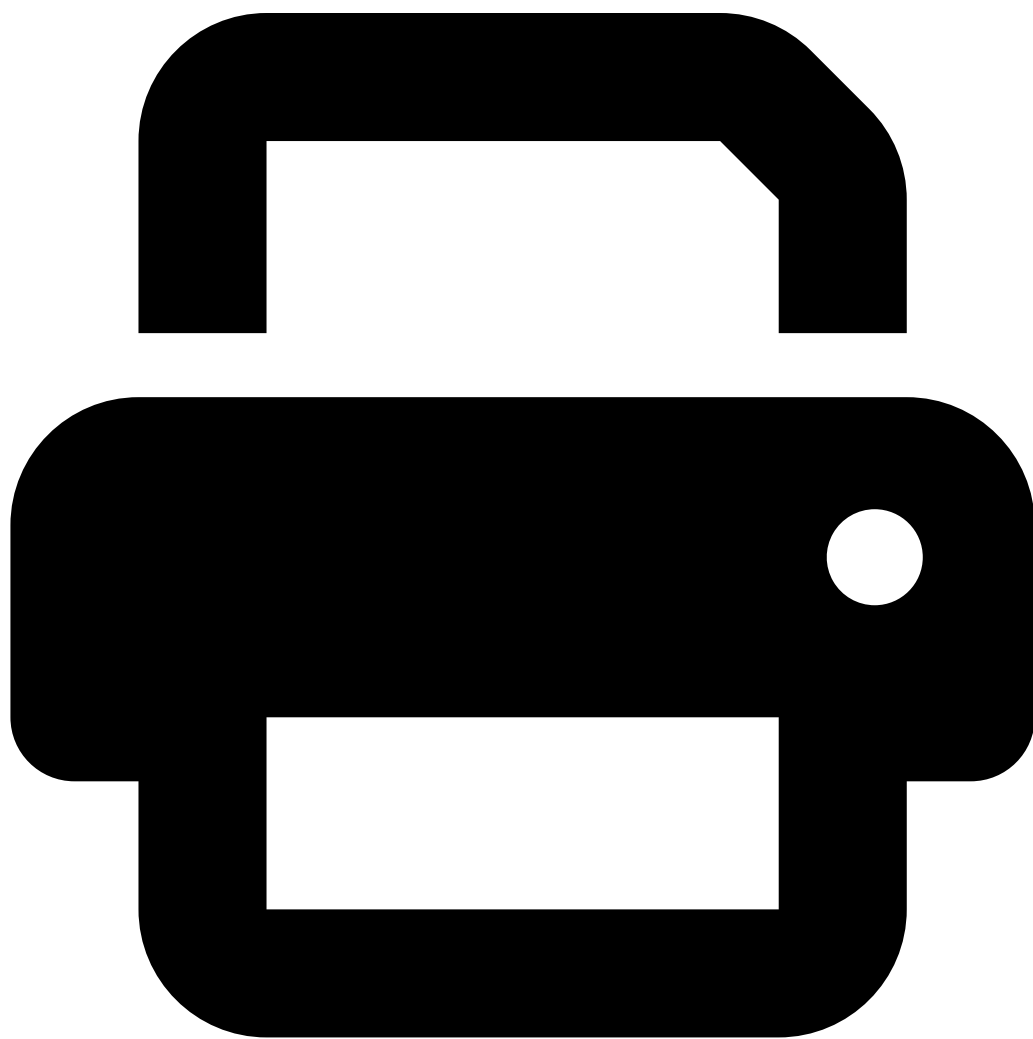
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This lightened up steak and pappardella pasta recipe can be on your table in less than 30 minutes. That's right a restaurant quality meal without leaving home.

I lightened this recipe, by not using cream. Instead I added starchy pasta water, chicken stock and one pad of butter coated with flour to produce a rich, creamy sauce without the cream or the guilt.

Not only is this meal delicious, it's quick, easy, uses few ingredients, and your family and friends will love it.

When am stuck for dinner ideas it's pasta to the rescue.

What Is Papparedelle

Papperadelle are large, broad flat pasta noodles, originating from the region of Tuscany, where I was born. Is that why I have a fondness for this shape pasta?

The name papperedelle also originates from the Tuscan dialect the verb “pappare” means eating with childish joy and pleasure. I can still see my mother standing at the counter, rolling out the pasta dough by hand, on a board my father made for her.

I was joyous standing knee high next to my Mama as she rolled the pasta dough paper thin, then cut it into large long noodles.

Yes it was childish joy and the pleasure was, I knew that dinner was near and it was going to be delicious.

This recipe is inspired from one of my Mama’s recipe, except you don’t have to make homemade pasta!!! No, you can use store bought papperedelle.

In the restaurant this pasta is made by hand, by prep cooks using a commercial pasta machine. If you don’t have prep cooks or a commercial pasta machine store bought papperedelle works just fine.

I make homemade pasta when I have time using a pasta machine for the home kitchen. Making homemade pasta is not difficult, but it does require time, that we don’t always have.

The other thing is you can customize this recipe to fit your lifestyle and taste, by changing up the pasta. Whole wheat or gluten free pasta works in this recipe, if you want to go that route.

Let me know how this recipe works for you. Please leave me a comment and don’t forget to tag me on Instagram that’s my favorite part!

Steak Pappardelle Pasta



Tender strips of sirloin, colorful peppers, and pappardelle are tossed in a savory Parmesan sauce for a hearty pasta that's rich, comforting, and packed with Italian flavor.

- 8 oz dried pappardella pasta
- 16 oz sirloin steak cut into strips
- 2 tbsp butter
- 2 tbsp olive oil
- 1 red and green bell pepper cut into strips
- 2 cups chopped spinach
- 1 medium onion chopped
- 3 tbsp chopped garlic
- 2 cups reserved pasta water
- 2 cups chicken stock
- 1 cup parmesan cheese
- 2 tbsp each: chopped Italian parsley. thyme and basil
- salt and pepper to taste

1. Cook pasta according to package directions reserving 2 cups of the pasta water
2. In a large skillet saute the onions and peppers until brown
3. Add garlic saute until limp
4. Add the steak salt and pepper NOW

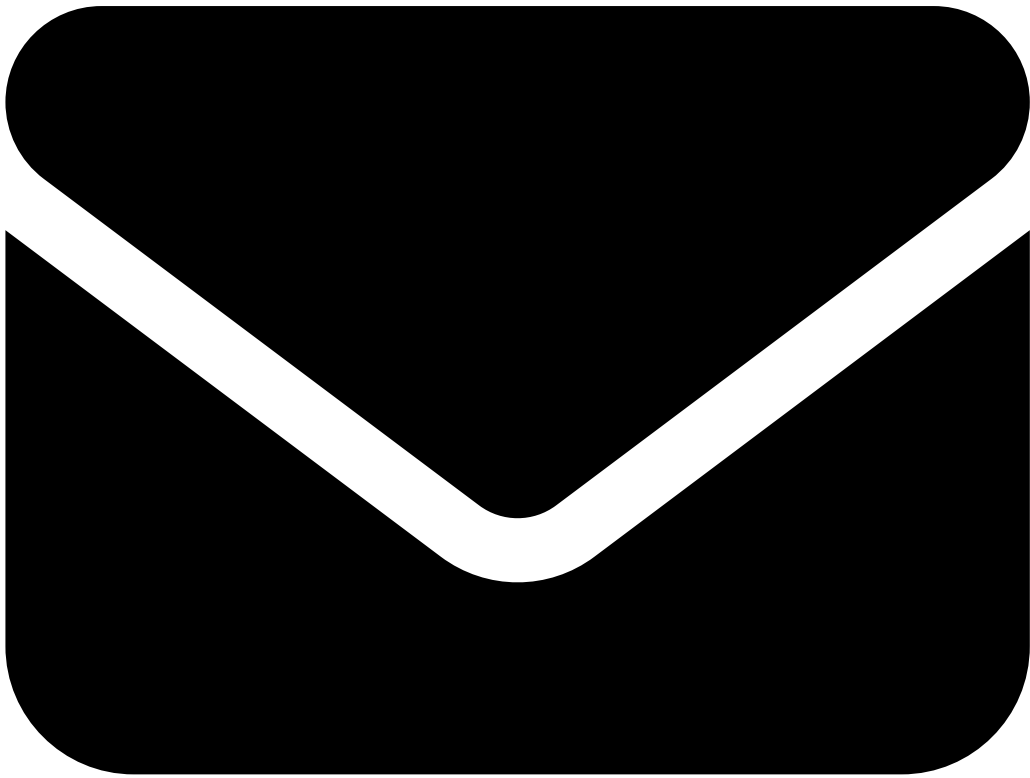
5. Saute steak until brown being sure not to overcook the meat
 6. Add reserved pasta water and chicken broth
 7. Coat one 1 tablespoon of butter with flour add it to the pan
 8. Simmer covered 10 minutes
 9. Add spinach and herbs last 5 minutes
 10. Toss Pappardelle with steak sauce
 11. Add in parmesan cheese.
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Cheesesteak Pasta Casserole

Cheesesteak Pasta Casserole

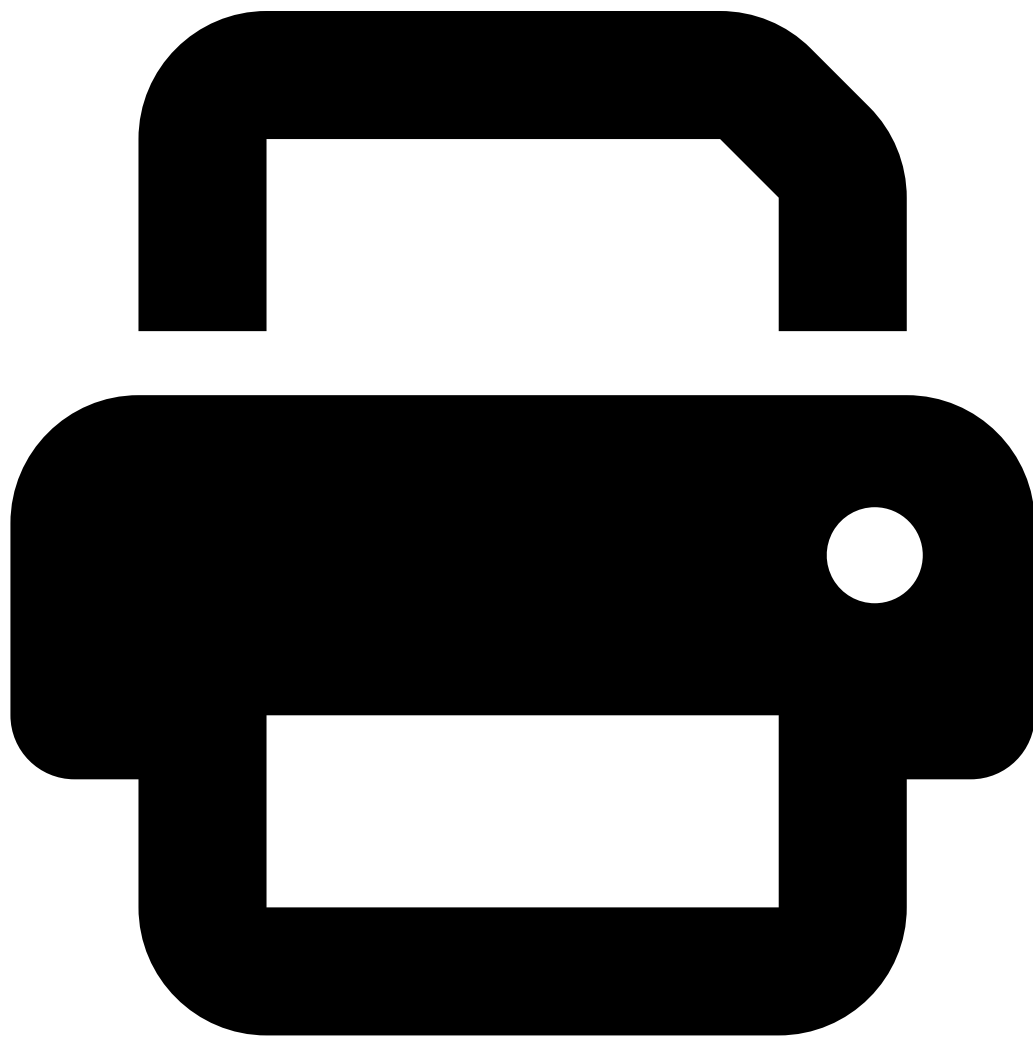
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Transform Your Weeknight Blah Pasta into a Cheesesteak Pasta Casserole. Pasta is one of my favorite winter comfort foods, not to mention one of my top restaurant “luxury” meals. When I find it difficult to come up with a meal everyone at home will like, I turn to pasta. It’s delicious, plain and simple: think olive oil, garlic, Parmesan, and some herbs. When you add sirloin steak, and a medley of bell peppers, you have a guaranteed crowd pleaser! Steak can be expensive, but if you add it to pasta, it becomes an affordable meal that you can easily include on your weekly menu. Transform your ordinary weeknight pasta into a restaurant-quality meal with this cheesesteak pasta casserole recipe that’s quick, easy, inexpensive, and full of robust flavors.

How to save time and still make a filling meal

This cheesesteak pasta casserole can be on your table in less

than an hour, but your family and friends will think it took much longer. How? This recipe calls for ingredients you probably already have on hand: butter, garlic, peppers, and marinara sauce, which together create a creamy, saucy, Italian dinner. It's a perfect way to show off what a great home chef you are.

You can roast the steak along with the peppers, instead of sautéing 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 of 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, but if you're not, use stock.

In this cheesesteak pasta casserole, I used my homemade marinara sauce.

Here's the recipe for my homemade marinara sauce:

In a 5 quart dutch oven sauté 1 chopped onion, 2 tablespoons chopped garlic, and 1 bunch of Italian parsley until limp.

Add 2 cans (15 oz. ea) crushed tomatoes, 2 cans tomato sauce and 15 oz. of water. Simmer covered for 1 hour, then add 1 bunch basil.

That's how easy making marinara sauce is: just a few ingredients and a little time. That's right! You don't need hours to make homemade marinara sauce.

About cooking pasta:

- When cooking pasta, salt the water *before* bringing it to a boil. The water should be boiling rapidly before dropping in the pasta.
- I used rigatoni, but you can use any shape 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 sauté pan on the front one. I like this 8 quart stock pot for pasta and soups.
- Use a large enough sauté 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, and it tasted like it was just cooked. You can use the same process at home; if you cook too much, this method will help the pasta stay fresh for 1 to 2 days.

The whole idea behind food and creating recipes is to experiment and have fun doing it!

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

Cheesesteak Pasta Casserole



Tender steak, sweet bell peppers, and rigatoni are tossed in a rich marinara sauce, then topped with gooey mozzarella and Parmesan before baking until golden and bubbly.

- 1 lb rigatoni
- 1 lb Sirloin steak, cut in strips
- 2 red and green bell peppers, diced
- 1 onion, chopped
- 2 tbsp chopped garlic
- 4 cups homemade or store-bought marinara sauce
- 2 cups fresh mozzarella
- 1 cup grated Parmesan cheese
- 1 cup chicken stock or white wine
- 1 tbsp each chopped Italian parsley, basil, and thyme
- 2 tbsp each olive oil and butter

1. Preheat oven to 375° F
2. Par boil the pasta
3. Cut the steak into strips
4. Heat oil and butter, and sauté the onion and garlic until opaque
5. Add peppers and sauté until golden, about 5 minutes
6. Add steak and season with salt and pepper NOW; sauté steak until golden brown
7. Deglaze the pan with chicken stock or white wine
8. Add prepared marinara sauce
9. Simmer until sauce thickens, about 10 minutes total
10. Add herbs in the last 5 minutes
11. Drain pasta and then toss in sauce

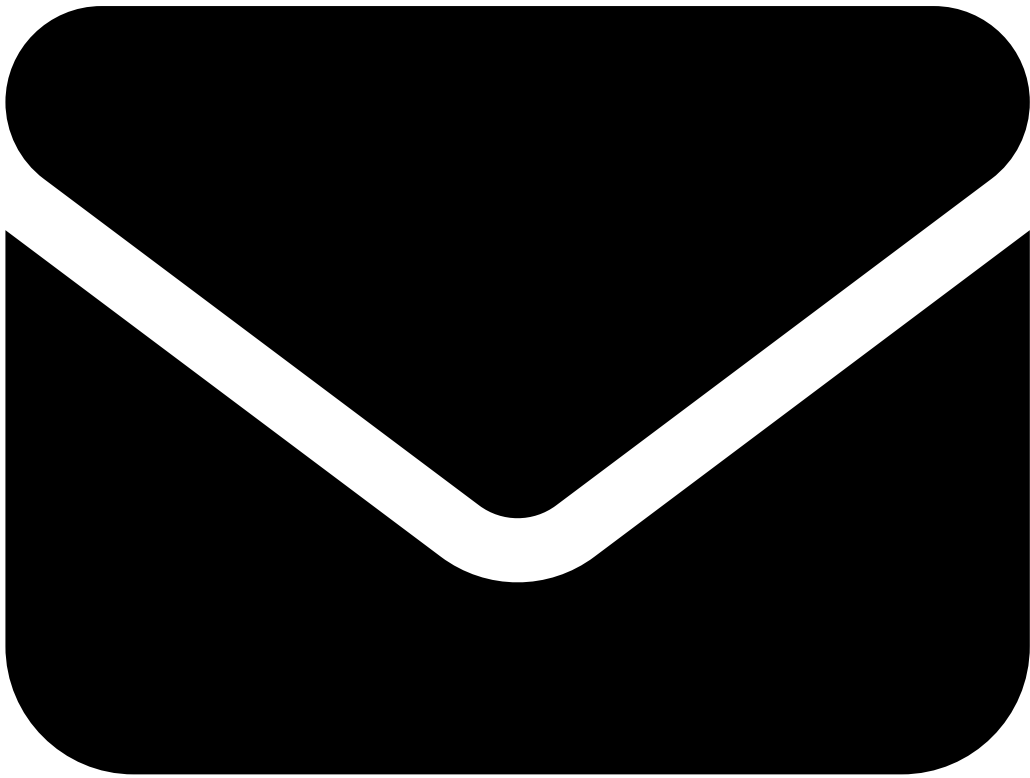
12. Transfer the pasta to an oven-proof covered casserole dish
 13. Top cheesesteak rigatoni casserole with the fresh mozzarella and Parmesan cheese
 14. Bake covered in a preheated 375° F oven for 20 minutes
 15. Uncover and bake 10 minutes longer, or until top is golden brown and cheese is bubbly
 16. Top with additional Italian parsley and Parmesan cheese, and salt and pepper to taste
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Creamy Mushroom Rigatoni

Creamy Mushroom Rigatoni

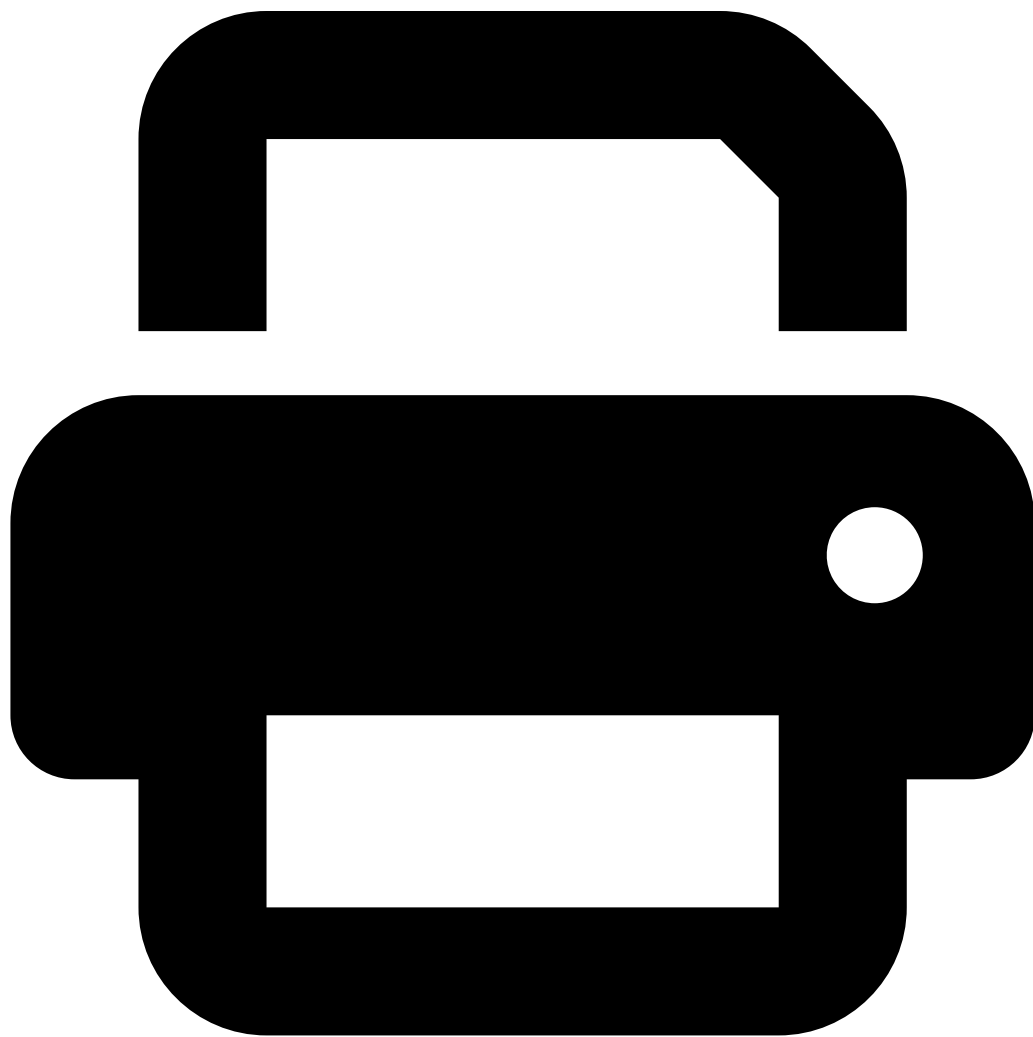
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Looking for healthy vegetarian Italian? Try this Creamy Mushroom Rigatoni!

This creamy mushroom rigatoni recipe starts off with a combination of cremini and shiitake mushrooms for a healthy, robust, Italian-inspired vegetarian meal your whole family 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 different mushrooms, and you have a guaranteed crowd pleaser!

That's all it takes: adding mushrooms to this pasta 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.

Pasta prep can be fast and easy!

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

This recipe calls for ingredients you probably already have on hand: butter, garlic, cream, spinach, and mushrooms. Together, they create a creamy, saucy Italian-style dinner.

I don't drink alcohol, so I give you options in all of 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, but if you're not, use stock.

When cooking pasta, salt the water before bringing the water to a boil. The water should be boiling rapidly before dropping in the pasta. I used rigatoni in this recipe, but you can use any shape or flavor pasta you like. You can even use gluten-free pasta, as well as any combination of mushrooms.

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

Use a large enough sauté pan when sautéing the mushrooms to insure they brown rather than boil...yuck! Mushrooms are like a sponge when it comes to soaking up water, so clean them by wiping them clean rather than washing them in water.

In the restaurant, we precooked our pasta halfway and ran it under cold water to stop the cooking process. When we had an order in, we put the pasta in a strainer, dropped it in boiling water, and it tasted like it was just cooked. You can use the same process at home; if you cook too much it stays fresh for one to two days.

The whole idea behind food and creating recipes is to experiment and have fun doing it. If you make this recipe, let me know your experience, comments, feedback; whatever you feel like talking about. That's my favorite part! Don't forget to tag me on Instagram.

Creamy Mushroom Rigatoni



Earthy mushrooms and fresh spinach are tossed with rigatoni in a rich, creamy Parmesan sauce for a comforting pasta that's simple enough for weeknights yet full of Italian flavor.

- 1 lb rigatoni
- 1 cup reserved pasta water
- $\frac{1}{2}$ lb each cremini and shiitake mushrooms
- 4 cup chopped spinach
- 1 cup heavy whipping cream
- 2 tbsp chopped garlic
- $\frac{1}{2}$ cup chopped onion
- 1 tbsp each chopped Italian parsley, basil, and thyme
- 1 cup vegetable stock or white wine
- 2 tbsp each butter and olive oil
- 1 cup Parmesan cheese

1. Cook pasta according to package directions
2. Heat the butter and olive oil and sauté the mushrooms until they're golden; season with salt and pepper

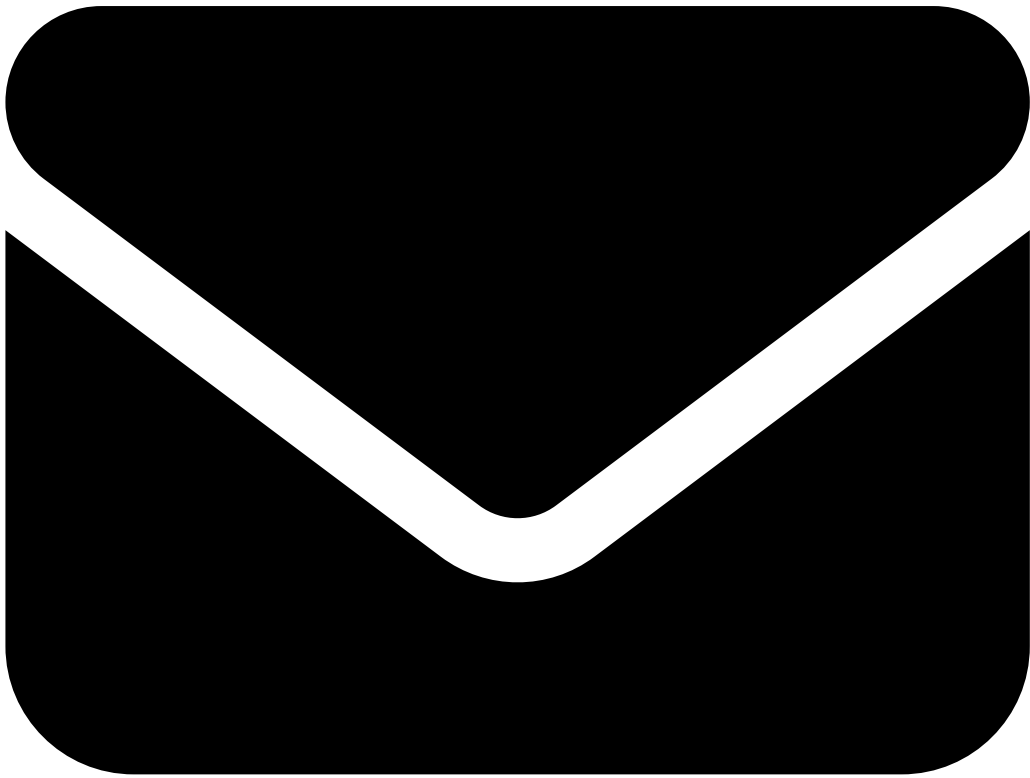
3. Add the onion and garlic, then sauté everything until opaque
 4. De-glaze the pan with vegetable stock or white wine
 5. Add heavy whipping cream and the reserved pasta water
 6. Simmer until the sauce thickens, about 10 minutes
 7. Add the spinach and herbs during the last five minutes
 8. Drain the pasta and toss it in sauce
 9. Finally, top with additional Italian parsley, then add salt and pepper to taste
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Vegetarian Topped Cauliflower Steaks

Vegetarian Topped Cauliflower Steaks

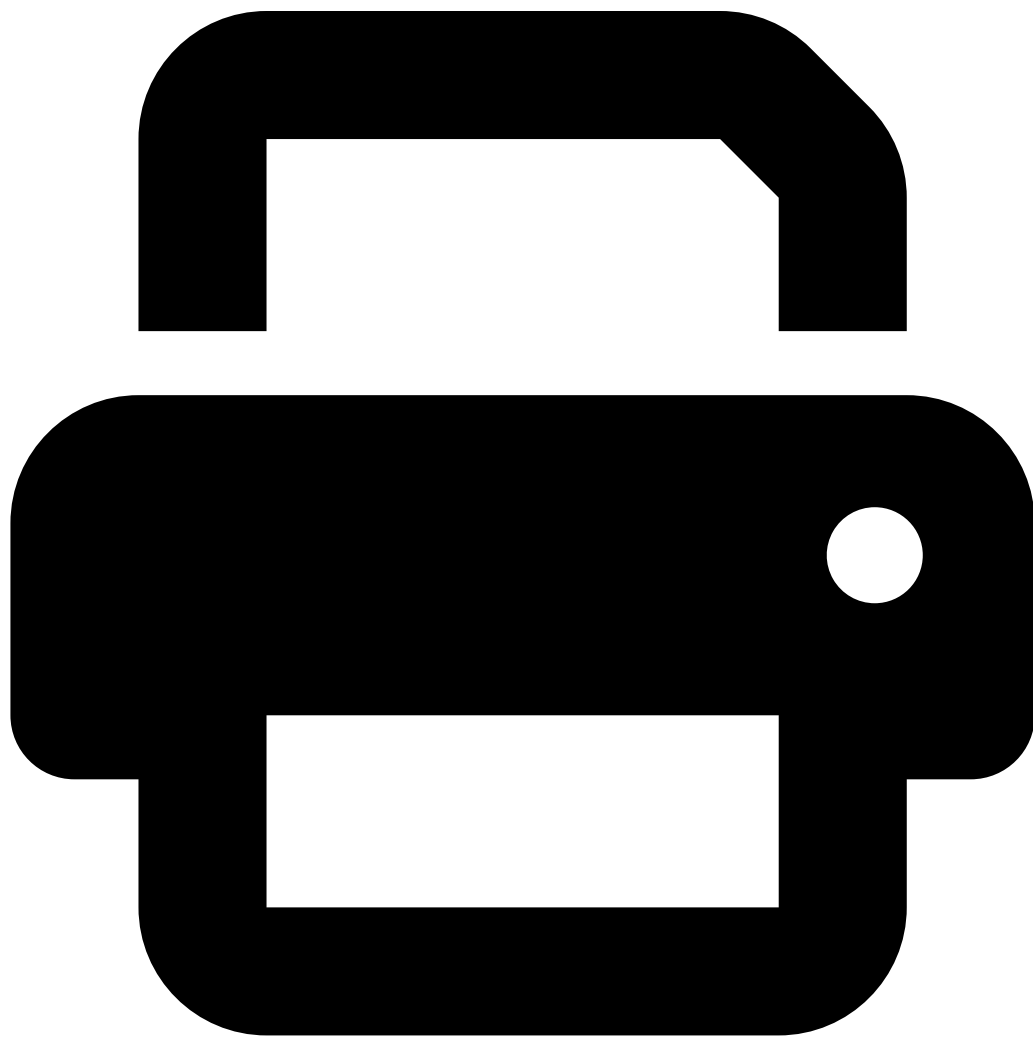
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Vegetarian dinner on the table in just less than an hour! These Greek-inspired cauliflower steaks pack all the flavor of classic spanakopita—without the fuss of layering pastry. It's a simple, satisfying vegetarian meal made with wholesome ingredients and ready in no time. Healthy, hearty, and no special ingredients needed! I like roasting the cauliflower it produces a rich flavorful meatless dinner, your whole family will love!

Like many of my recipes I use my Cuisinart air fryer, toaster oven, to roast the cauliflower, eliminating having to turn on the large wall oven.

This cauliflower-based vegetarian dinner is one you can truly feel good about. Cauliflower is a nutrient-rich superfood, packed with vitamins A and B, and known for its versatility in the kitchen.

In this recipe, I've given it a flavorful twist by pairing it with a tangy spanakopita-inspired filling. You can easily adapt the ingredients to suit your taste or dietary preferences.

It's not just a family favorite—it's also a budget-friendly, crowd-pleasing dish. Just add a fresh salad and some crusty bread, and you have a meal that's special enough for a weekend gathering, yet simple enough for a busy weeknight.

This is a go-to recipe when you want something easy, healthy, and full of flavor—the trifecta of dinner success.

You can double or triple this recipe. It keeps in your refrigerator up to 3 days, and is freezer friendly, for ready make meals.

If you make this Cauliflower Steak dinner, please leave me a comment and don't forget to tag me on Instagram

Vegetarian Topped Cauliflower Steaks



Roasted cauliflower steaks are topped with a creamy spinach and cheese filling, then baked until golden and bubbly for a hearty vegetarian dish that's rich, comforting, and full of flavor.

- 1 head of cauliflower, cut into 4 thick “steak” slices
- 8 oz bag of fresh spinach
- 1 cup ricotta cheese
- 1 cup feta cheese
- 1 cup parmesan cheese
- 1 cup sharp cheddar cheese (for topping)
- 1 small onion, chopped
- 2 tbsp chopped garlic
- 1 tbsp chopped Italian parsley
- 1 tbsp chopped fresh dill
- 2 tbsp olive oil
- 2 tbsp butter
- Salt and pepper to taste

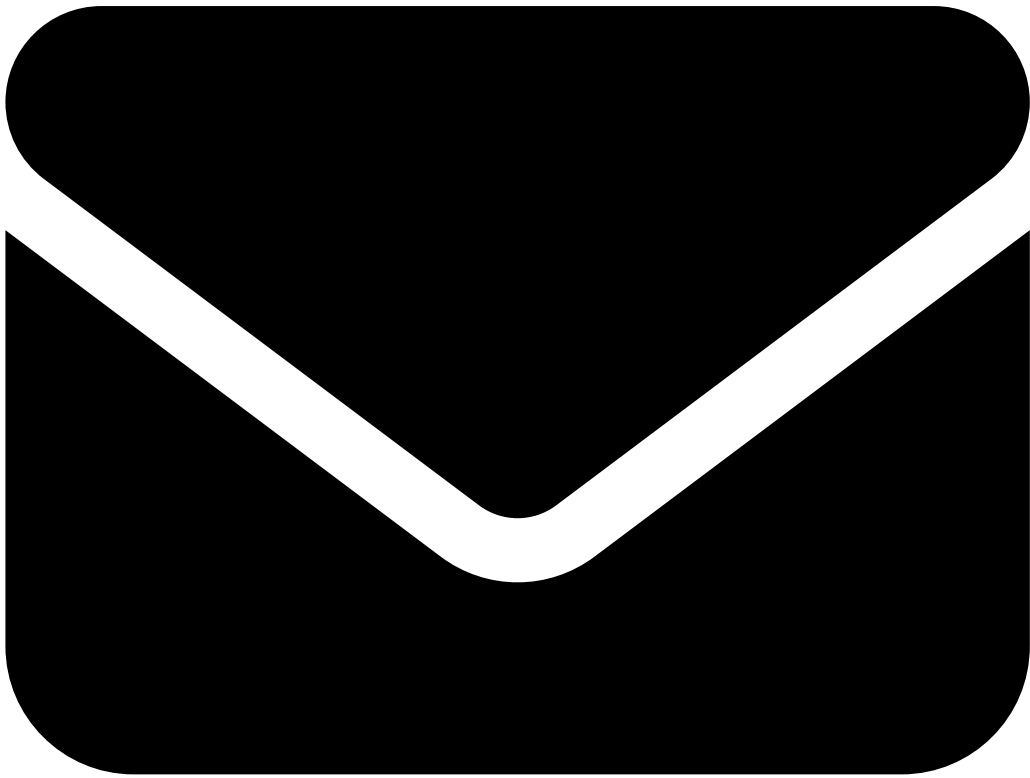
1. Preheat your toaster oven to 375°F.
2. Cut the cauliflower into four thick steaks. Rub each slice with olive oil, garlic, salt, and pepper.
3. Place the cauliflower steaks on a baking sheet and roast for about 20 minutes, or until golden brown and tender.
4. In a deep sauté pan, heat the olive oil and butter. Add the chopped onion and garlic and cook until soft and translucent.
5. Add the spinach in batches, stirring until wilted. Season with salt and pepper. Remove the pan from heat. Stir in the ricotta, feta, and parmesan cheeses, along with the parsley and dill.
6. Spoon the cheesy spinach mixture over each roasted cauliflower steak. Sprinkle the sharp cheddar on top.
7. Return the stuffed steaks to the oven and bake for about 10 more minutes, or until the cheese is melted and bubbly. Serve warm.

Vegetarian Eggplant Penne Puttanesca

Vegetarian Eggplant Penne Puttanesca

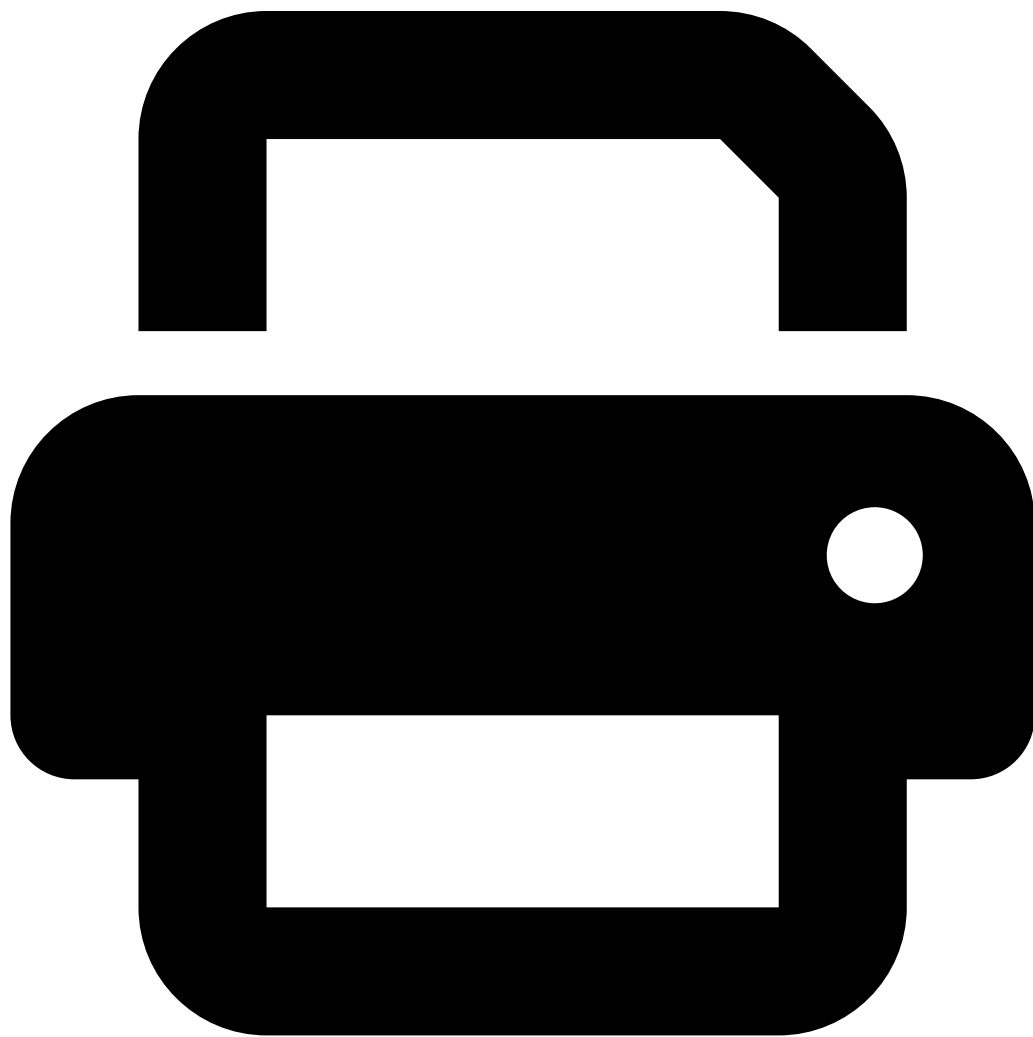
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Puttanesca sauce might have a scandalous past, history has it was made by prostitutes, for it's powerful aroma, used to drawn customers. I don't know how much is fact and how much is fiction, but I love the history behind the recipe. I know growing up we referred to it as the sauce of the prostitutes. The combination of anchovies, olives and capers, gives this Puttanesca sauce a robust rich flavor, with aroma that still draws people to a different room,... The kitchen. The sauce cooks quickly in this deep covered saute pan, and it's a deep enough pan you can toss the pasta in the same pan.

I like simple recipes, that come together in less than an hour, but from the looks of the meal we can tell our friends it took hours. Make it special serve it on these pretty white dinner plates add some festive napkins and you have beautiful table and meal, that comes together in 30 minutes, is quick and easy for family weekday dinners. just fancy enough for Saturday date night. I used Penne rigatta , a short ridged

pasta, you can use any type pasta that's fits your life style and taste, gluten free works with this recipe

If the sauce is too dry use a cup of the pasta water, it's starchy from the pasta, and great to add substance to the sauce, and because of it's starchy it's a thicken agent. I also used kalamata olives, I love their pungent taste. Traditionally the olives used were picked by my mother on our family farm in Tuscany, she would cure them in a salt and water solution she changed every few days, for weeks, until the bitterness was drawn out. They went from a shiny purple to a shriveled up olive, she then marinated in olive oil, garlic, orange rind, and red pepper flakes, they were delicious and time consuming. It is important in this recipe to use flavorful olives. It's a simple sauce with bold flavors, created by strong flavored ingredients.

I hope you try this and the part I like best....Let me know how you liked it!!!! Enjoy restaurant style cooking at home. If you love eggplant pasta recipes here is another one to try Sicilian eggplant caponata rigatoni or my personal favorite zucchini pasta all Norma

Vegetarian Eggplant Penne Puttanesca



Tender eggplant, briny olives, capers, and anchovies simmer in a rich tomato sauce before being tossed with penne for a bold,

rustic pasta that's bursting with classic Mediterranean flavor.

- $\frac{1}{2}$ lb penne pasta, cooked according to package directions ((reserve 2 cups of pasta water before draining))
- 1 medium eggplant, peeled and cut into large cubes
- 1 small onion, finely chopped
- 1 tbsp minced garlic
- 4 anchovy fillets
- $\frac{1}{2}$ cup capers
- 1 cup pitted and chopped Kalamata olives
- 1 (15 oz) can chopped tomatoes
- 1 (15 oz) can tomato sauce
- 1 tbsp each: chopped Italian parsley, basil, thyme, and red pepper flakes
- $\frac{1}{4}$ cup grated Parmesan cheese
- 2 tbsp olive oil
- 2 tbsp butter

1. Cook the penne according to package instructions. Before draining, reserve 2 cups of the starchy pasta water. Set aside.
2. In a large deep sauté pan, heat the olive oil and butter over medium heat. Add the cubed eggplant and cook until golden brown and softened. Remove the eggplant and set aside.
3. In the same pan, add the chopped onion and garlic. Sauté gently until the onions are translucent and fragrant. Stir in the anchovy fillets and cook until they melt into the onions, about 2 minutes.
4. Simmer the Tomatoes. Add both the chopped tomatoes and tomato sauce (do not drain). Stir to combine, cover, and simmer for 20 minutes, stirring occasionally.
5. Return the eggplant to the pan. Add 1 cup of the

reserved pasta water. Stir in the olives, capers, red pepper flakes, parsley, basil, and thyme. Simmer uncovered for an additional 10 minutes. Season with salt and pepper to taste.

6. Add the drained pasta to the sauce, tossing gently to coat. Use reserved pasta water as needed to loosen the sauce and help it cling to the pasta.
7. Sprinkle with grated Parmesan cheese and serve hot.