

Red sauce Vegetarian Pasta

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

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

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

Variations For this Red Sauce Vegetarian Pasta recipe

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

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

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

Ingredients

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

Instructions

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

Lemon pesto spaghetti with beans

Lemon Pesto Spaghetti with beans

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

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

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

3 variations for this lemon pesto spaghetti with beans recipe

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

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

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

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

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

Ingredients

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

Instructions

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

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

Meatless Rigatoni Pasta Recipe

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

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

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

Customize this Meatless Rigatoni Pasta Recipe

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

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

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

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

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

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

Ingredients

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

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

Instructions

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

Pesto Parmesan Sauce **Tortellini Recipe**

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

A saucy pasta dinner recipe can be hard to find in one dish,

but this creamy tortellini with spinach and sundried tomatoes is full of creamy Italian flavors.

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

What Tortellini to use in this recipe

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

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

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

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

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

Ingredients

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

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

Instructions

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

**Spicy Red Pepper Shrimp
Spaghetti**

Spicy Red Pepper Shrimp

Spaghetti

This spicy red pepper shrimp spaghetti is an elevated weeknight dinner. With it's large shrimp in a spicy tomato sauce it's also prefect for Saturday night dinner with friends.

I know I post a lot of pasta recipes, but it's not always easy to be creative in the kitchen, especially if you have picky eaters. Pasta is the one ingredient most can agree on. Whenever am stuck for a meal idea It's pasta to the rescue. Pasta is so versatile you make a a lot of recipes using pasta and not repeat the same meal for a while.

3 variations for this Spicy Red pepper shrimp spaghetti

The first variation to this spicy red pepper shrimp spaghetti is if you don't like shrimp this pasta recipe works well with scallops or chicken too.

Second in this spicy dish you can adjust the spice level according to how hot you like it. I personal am not a spicy person if you are add extra red pepper.

Lastly I love spinach in pasta recipes especially in a red sauce if you hate spinach and still want some veggie goodness use broccoli or leave the greens out completely.

Just one more thing if you make this recipe please leave me a comment and don't forget to tag me on Instagram with your creations. I love hearing from you!!!

Ingredients

- 1 lb. spaghetti
- 1 Lb. large shrimp

- 2 Tbs. olive oil
- 1 Tbs. butter
- 1/2 chopped yellow onion
- 1 Tbs. chopped garlic
- 4 anchovy fillets
- 2 Tbs. hot red pepper flakes
- 1 cup Kalamata olives
- 2 cups chopped spinach
- 1 cup chicken stock
- 2 cups prepared marinara
- 1 cup reserved pasta water
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Cook Pasta according to package directions resevering 1 cup before draining
2. Meanwhile in a large saute pan over medium heat bring the butter and oil to medium heat
3. Salt, pepper and sprinkle the shrimp with 1 Tbs. of the hot pepper flakes saute until almost cooked through 4 to 5 minutes
4. Remove shrimp and set aside in the same saute pan add the onion, garlic, anchovies and remaining 1 Tbs. of pepper flakes saute until onion and garlic is tender and just beginning to brown
5. Deglaze the pan with the chicken stock scraping up the brown bits
6. Add the prepared marinara and reserved pasta water simmer covered 10 minutes
7. Add the olives and spinach simmer 10 minutes longer
8. Return shrimp to spicy sauce cook through 1 minute add the Italian parsley
9. Toss spaghetti with sauce... ENJOY!!!!

Florentine Macaroni and Cheese

Florentine Macaroni and Cheese

Who doesn't love a good mac and cheese? Cheesy and gooey this Florentine macaroni and cheese has all the flavors to qualify for comfort food.

To make it healthy I added broccoli and spinach, you can make adjustments here, as far as how much green you want in this recipe. Personally the next time I make this macaroni and cheese am going to double up on the broccoli.

This cheesy macaroni recipe is easy to make and comes together in less than 30 minutes, the best part it's make in one pan and has the most amazing flavors!!

Why I love this Florentine Macaroni and Cheese

The first reason I love this Florentine Macaroni and cheese recipe it's make in one pan. Nothing beats the ease of one pan meals. In this mac and cheese recipe every thing cooks in one pan for maximum flavor with minimum cleanup!!

Second, I love recipes that are made with just a handful of ingredients, and this is one of them. The ingredients for this recipe are simple and readily available.

And third, sometimes it's hard to find a recipe everyone loves. Well this Florentine Macaroni and Cheese is one of those meals everyone agrees is delicious!!! WIN_WIN!!

Lastly please leave me a comment with questions, answers or anything in between. I love hearing from you!!! It's the best part!!!

Ingredients

- 1/2 lb. corkscrew shaped pasta
- 8 oz. broccoli flowerets
- 2 cups chopped spinach
- 8 oz. sharp cheddar cheese
- 1/2 cup grated parmesan
- 2 Tbls. butter
- 1 Tbls. flour
- 4 cups milk
- Pinch of nutmeg
- 1 Tbls. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. In a large saute pan over medium heat bring melt the butter
2. Add the flour stirring continuously cook for 1 minute
3. Slowly pour in the milk while whisking
4. Put the block of cheese in the milk
5. Add the nutmeg
6. Add the pasta simmer covered for 7 minutes
7. Add the broccoli, spinach and parmesan cheese and simmer 3 to 5 minutes or until the broccoli is crisp tender
8. Sprinkle with parsley and additional parmesan....ENJOY

Leftover Rotisserie chicken White lasagna

Leftover Rotisserie Chicken White Lasagna

Making a delicious Italian lasagna doesn't have to be a struggle, in fact it's pretty easy with some store bought ingredients.

It's perfectly acceptable and sometimes necessary to go Semi-homemade. Semi-homemade is the way I went in this Italian inspired leftover rotisserie chicken white lasagna.

I used store bought no boil lasagna noodles, leftover rotisserie chicken and off the shelf chicken stock to make this chicken lasagna dinner easy, delicious and uncomplicated.

If going the semi-homemade route gives you the inspiration to make a recipe you otherwise won't make by all means go with some store bought ingredients, it's okay!!!

3 Tips for Success when making leftover Rotisserie chicken white lasagna

The first tip when you make this leftover Rotisserie chicken white lasagna is it doesn't matter if you use the white or dark meat of the chicken. What matters is that you shred the

chicken so there is chicken in every bite.

Second, it's a good idea to dip the lasagna noodles into the chicken stock before layering. This method ensures the noodles have the moisture needed to cook properly.

Third, this whole leftover rotisserie chicken white lasagna can be make ahead time and baked when you plan on serving it. This lasagna recipe is freezer friendly too. To make it even easier freeze this lasagna meal in a casserole dish that goes from freezer to oven to table.

And lastly please leave me a comment I love hearing from you, It's my favorite part!!!

Ingredients

- 1 Lb. no boil lasagna noodles
- 3 cups shredded rotisserie chicken
- 3 cups shredded mozzarella cheese
- 2 cups grated parmesan
- 2 cups finely chopped spinach
- 2 Tbs. chopped Italian parsley
- 1 quart chicken stock

Instructions

1. Preheat oven to 375
2. Heat chicken stock to simmer then remove from fire
3. Mix the shredded rotisserie chicken with spinach and parsley
4. In a 9 X 12 covered casserole line the bottom with 1 cup heated chicken stock
5. Then line with the lasagna noodles, the chicken mixture, the mozzarella and parmesan cheese
6. Repeat layering ending with the lasagna noodles and chicken stock

7. Sprinkle with additional grated parmesan bake for 45 minutes or until golden brown and bubbly all the way through

Chicken Bell pepper Italian Sauté

Chicken Bell Pepper Italian Sauté

This chicken bell pepper saute is the Italian version of a traditional stir fry.

In stir fries the heat is higher and the process quicker with continuous movement of ingredients. In classic Italian sautés the heat is lower with less movement of food and usually longer cooking times.

Tender chicken breast, red and green bell peppers and cremini mushrooms in a light tomato sauce full of Italian flavors, everyone loves. Serve it over herby parmesan rice for an easy complete weeknight dinner the is ready in 30 minutes.

3 Variations to this Chicken bell pepper Italian Sauté

This chicken bell pepper Italian saute is easy to customize to your lifestyle and taste.

The first way is the vegetables are completely changeable. If

you don't like bell peppers, leave them out or if you prefer one color pepper over another use that one, or whatever one you have on hand.

Second the rice is totally replaceable with any kind of starch you like, pasta or mash potatoes work well with this chicken saute and it's delicious on it's own for a healthy lunch or light dinner.

And Third you can replace the water with white wine, if that's what fits your taste, I have made it both using white wine and water with not much difference in taste.

Lastly please leave me a comment if you make this Chicken bell Pepper Italian Sauté and don't forget to tag me on Instagram with your creations. I love hearing from you, It's my favorite part!!

Ingredients

- 2 cups dry rice
- 3 skinless, boneless chicken breast cut in large cubes
- 1 red and 1 green bell pepper chopped
- 8 oz. cremini mushrooms
- 2 cups chopped spinach
- 1 chopped onion
- 1 Tbls. chopped garlic
- 1 cup chicken broth
- 1 cup prepared marinara
- 1 cup water
- 2 Tbls. each chopped Italian parsley and basil plus 1/4 cup chopped Parsley for the rice

Instructions

1. Cook rice according to package directions
2. In a large saute pan bring the oil and butter to medium

heat

3. Salt and pepper the chicken and saute until lightly brown add the onions, peppers, mushrooms and garlic saute until tender and just beginning to brown
 4. Add the water and scrape up the brown bits simmer a few minutes then add the chicken broth and marinara sauce simmer on low 15 minutes
 5. Add the spinach and herbs last 5 minutes
 6. Add 1/2 cup grated parmesan and 1/4 cup chopped Italian parsley to the rice mix well
 7. Pour the chicken and bell pepper over the rice ...ENJOY
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Broken Lasagna Beef Stroganoff

Broken Lasagna Beef Stroganoff

This broken lasagna beef stroganoff is satisfying comfort food. It is easy to make and can be on your table in 30 minutes.

Broken lasagna noodles, melt in your mouth beef sirloin steak strips, in a yogurt, cremini mushroom sauce full of delicious flavors everyone will love.

This beef stroganoff is easy enough for busy weeknight family meals and fancy enough for Saturday date night or dinner with friends.

How This beef Stroganoff recipe was inspired

I can't tell you how many times dinner presents itself in pasta being the inspiration.

This broken lasagna beef Stroganoff recipe was inspired by me peeking into my pasta pantry and fridge to see what's inside.....

In the pasta pantry I found a half full box of lasagna noodles, in the fridge sirloin tip steak and cremini mushrooms, I was planning on using for a different recipe. What I have on hand usually determines what shows up in a recipe.

So if you don't have a half box of curly lasagna noodles use traditional egg noodles or what you find in your pantry. I normally use plain Greek yogurt when a recipe calls for sour cream, you can use whatever fits your lifestyle and taste or have on hand.

I don't like waste or having to run to the store for a certain shape pasta or specific cuts of similar beef. This stroganoff recipe is truly easy to make, using ingredients many of use have on hand.

For the beef in this recipe I used top sirloin tips or you can use beef tenderloin. The mushrooms are variable too, if you don't have cremini use white button mushrooms.

The important thing about cooking is to remember, quality ingredients produces delicious results.

Please leave me a comment if you make this Broken Lasagna Beef stroganoff. I love hearing from you, it's my favorite part!!!!

Ingredients

- 1/2 Lb. broken lasagna noodles
- 1 Lb. Sirloin steak tips
- 1/4 cup flour
- 8 oz. sliced cremini mushrooms
- 1 cup plain Greek yogurt
- 1/2 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 Tbs. chopped Italian parsley
- Salt and pepper to taste
- 2 Tbs. each olive oil and butter
- 2 cups beef broth
- 1 Tbsp. Worcestershire sauce
- 1 can reserved pasta water

Instructions

1. Randomly break the lasagna noodles cook according to package directions reserving 1 cup
2. Salt and pepper the sirloin tips and dust lightly with the flour
3. In a Dutch oven bring the oil and butter to medium high heat
4. Add the steak saute until brown push to one side
5. Add the onion and garlic saute until tender and just beginning to brown
6. Add the celery mushrooms saute until golden about 5 minutes
7. Add the beef broth, reserved pasta water and Worcestershire sauce scraping up the brown bits
8. Simmer covered 25 minutes add the yogurt the last 10 minutes
9. Toss pasta with sauce heat through sprinkle with Italian parsley.....ENJOY!

Burrata Marinara Sauce Gnocchi Recipe

Burrata Marinara Sauce Gnocchi Recipe

This burrata marinara sauce gnocchi recipe has an irresistible creamy consistency made from adding the crème de la crème of fresh mozzarella Burrata, to the marinara sauce.

Add to the richness of the sauce with some gnocchi and you have a match made in heaven. Not to mention the this whole gnocchi recipe is made in one pan in less than 15 minutes!!!

That's right a complete restaurant quality recipe on your table in 15 minutes, made in 1 pan and a guaranteed winner. All you need is a large covered saute pan and a perp plan, that's it!!!!

What Is The Prep Plan? For This Burrata Marinara Sauce Gnocchi recipe

This Burrata Marinara sauce gnocchi recipe comes together really quick because the marinara sauce is ready and so are the gnocchi.

Whether you use homemade or store-bought marinara sauce marinara sauce is one of those Italian kitchen staples I was

have on hand.

In this sauce recipe I used my real easy homemade marinara sauce. If you want to use store bought marinara be sure to use one of good quality.

The same applies to gnocchi in this creamy burrata sauce recipe. You can use my easy ricotta gnocchi recipe or opt for a good quality store bought gnocchi.

And the last tip use what fit's your lifestyle and taste and please leave me a comment with questions, concerns and successes. I love hearing for you!!!!

Ingredients

- 1 lb. gnocchi
- 4 cups prepared marinara sauce
- 1 cup water
- 1 medium size Burrata cheese ball about 6 oz.
- 2 cups chopped spinach
- 2 Tbs. each chopped Italian parsley and basil
- 1/2 cup grated parmesan cheese
- Salt and pepper to taste

Instructions

1. In a large Sauté pan bring 4 cups of homemade or store-bought marinara to low simmer
2. Add the burrata cheese add the homemade or store-bought simmer covered 5 minutes
3. Add the spinach and herbs last 2minutes
4. Sprinkle with the parmesan and ENJOY!!!