

Bell Pepper Pasta Bake

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This creamy bell pepper pasta bake is the ultimate comfort food, when you want Italian and vegetarian too.

Red and green bell peppers, spinach, onions and garlic in a creamy, cheesy rose sauce full of Italian flavors.

This baked pasta meal is easy to make, if you have a prep plan. If you have the vegetables cut before hand and have marinara sauce on hand, this recipe seems effortless!!!

3 Ways to Customize This Bell Pepper Pasta Bake

The first and easiest way to customize this Bell Pepper Pasta Bake recipe is to use whatever pasta shape you like . I used a short rigatoni shape pasta, you can use any shape pasta you like.

I always have homemade marinara on hand, if you don't you can use your favorite store bought. One more thing if you prefer one color of pepper over an other use more of what you like.

Ingredients

- 1 lbs. dry pasta
- 1 red and 1 green bell pepper chopped
- 2 cups chopped spinach

- 1 chopped onion
- 2 Tbls. chopped garlic
- 2 Tbs. butter
- 1 Tb. olive oil
- 1 cup reserved pasta water
- 1 cup heavy cream
- 2 cups prepared marinara
- 1 cup shredded mozzarella
- 1 cup grated parmesan
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions undercooking the pasta al dente reserving 1 cup of the water before draining
2. In a large skillet bring the butter and oil to moderate heat
3. Add the onions and garlic saute until tender and just beginning to brown
4. Add the bell peppers saute until tender
5. Add the cream, marinara and reserved pasta water
6. Simmer covered for 15 minutes
7. Add the cheeses and spinach the last 5 minutes
8. Toss pasta in sauce
9. Transfer to a 375 degree oven top with additional mozzarella bake for 45 minutes
10. Enjoy

Cheesy broccoli Fusilli

Cheesy Broccoli Fusilli

This Cheesy Broccoli Fusilli is easy and delicious, and the best part it can be on your table in 30 minutes, making it a perfect weeknight family dinner.

Tender good for you broccoli, in a sauce full of cheesy goodness tossed with corkscrew shape pasta make this a family favorite, and makes me happy to serve them a delicious healthy meal.

I know I post a lot of pasta recipes, but when am stuck for dinner ideas, pasta is my go to ingredient. Pasta is easy, versatile and affordable, and almost everyone loves pasta in one form or another!!

Customize This Cheesy Broccoli Fusilli recipe in 3 ways

You can customize this Cheesy Broccoli Fusilli recipe in 3 easy ways. 1. I used fusilli I like the way the shape holds the sauce.

You can use any pasta shape you like or have on hand, in this recipe. 2. If you like one type of cheese more than other, use more of what you like.

And 3. If you love broccoli but hate spinach leave the spinach out, and extra broccoli. One more thing, be sure to use a large enough saute pan to hold all the ingredients.

Ingredients

- 1 lb. Fusilli
- 1 lb. broccoli flowerets
- 2 cups chopped spinach
- 2 cups heavy cream

- 2 cups reserved pasta water
- 1 cup each shredded sharp cheddar, mozzarella and parmesan
- 2 Tbs. each butter and olive oil
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 2 Tbs. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the water before draining
2. Meanwhile in a large saute pan bring the butter and oil to medium heat
3. Add the onion and garlic saute until tender and just beginning to brown
4. Add the broccoli salt and pepper the broccoli now mixing well with the onions and garlic mixture
5. Add the cream and reserved pasta water simmer covered for 10 minutes
6. Add the cheeses simmer 10 minutes longer until cheese is melted and sauce is thick
7. Toss the pasta in the cheesy broccoli sauce adjust seasonings Add the Italian parsley
8. Sprinkle with additional parmesan and ENJOY!!!!!!

Cheesy Baked Chicken
Spaghetti

Cheesy Baked Chicken Spaghetti

This cheesy Baked Chicken Spaghetti is the ultimate comfort food. Tender chicken breast, crispy bacon, and spinach in a creamy, cheese sauce will have your family wanting seconds.

We had this for dinner than and had the leftovers for lunch during the week. It is equally delicious reheated. This recipe makes a lot of food, it is great for potlucks or when you want to feed a crowd or you can freeze it for ready meals.

All you need is a prep plan and a casserole dish to make this delicious meal your family and friends will love.

3 Ways to Customize This Cheesy baked Chicken Spaghetti recipe

It's easy to customize this Cheesy Baked Chicken Spaghetti recipe. For instance if you don't like bacon you can leave it out.

Or if you really love the smoky goodness of bacon add more. And if you don't like spinach, no worries leave it out.

Although I like using spaghetti in this recipe, you don't have to, you can use whatever shape you like. I do recommend whenever using pasta in a baked dish under cook it a bit, because your going to cook it twice.

Ingredients

- 1 Lb. spaghetti
- 2 cubed skinless boneless chicken breast
- 4 slices diced bacon
- 1 cup each grated parmesan, cheddar and mozzarella

- 1 cup heavy cream
- 1 cup reserved pasta water
- 1 cup chicken broth
- 2 cups chopped spinach
- 1 Tbs. each butter and olive oil
- 2 Tbs. chopped garlic
- 1/2 cup chopped yellow onion
- Salt and Pepper to taste

Instructions

1. Cook Spaghetti according to package under cooking by 3 minutes and reserving 1 cup of the water before draining
 2. Preheat oven to 375
 3. Meanwhile in a large saute pan bring the butter and oil to medium heat add the diced bacon cook until almost crispy
 4. Salt and pepper the chicken add to the saute pan, cook until golden brown
 5. Deglaze the pan with the chicken broth scraping up the brown bits at the bottom of the pan
 6. Add the heavy cream, pasta water simmer until slightly thicken about 10 minutes
 7. Add the spinach and cheeses simmer until melted about 5 minutes
 8. Toss the spaghetti with the cheese sauce Add parsley
 9. Transfer the spaghetti into an oven proof casserole dish
 10. Bake in a preheated oven 45 minutes
 11. Sprinkle with additional parsley and parmesan
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Spicy Spaghetti Shrimp

Spicy Spaghetti Shrimp

Transform shrimp into a flavorful date- night worthy dinner with this Spicy Spaghetti Shrimp recipe, in less than 30 minutes!!

Chunky with capers, olives and tomatoes this quick tomato sauce taste much like the familiar puttanesca sauce that is usually served over pasta .

In this easy recipe I used this delicious sauce to coat the shrimp as well as the spaghetti to produce a meal that will have family and friends coming back for seconds.

Why I love this Spicy Shrimp Spaghetti recipe

There are more than a few reasons why I love This Spicy Shrimp Spaghetti recipe.

First and most importantly its easy peasy. It really is one of those recipes that comes together in less than 30 minutes but your friends and family will think it took much longer, who doesn't like that?

Not only is this recipe easy, this pretty pasta is one my family loves and I love that they eating a healthy meal. If that isn't enough this recipe is affordable when you serve the shrimp sauce over pasta.

If you make this easy recipe please leave me a comment and please don't forget to tag me on Instagram with your

creations. I love hearing from you!!!

Ingredients

- 1 Lb. large peeled and deveined shrimp
- 1/2 Lb. Spaghetti
- 1 Tbs. each olive oil and butter
- 2 Tbs. minced garlic
- 1 Tbs. dried hot pepper flakes
- 1 14.5 oz. can crushed tomatoes in thick puree
- 2 chopped fresh tomatoes
- 2 Tbs. drained capers
- 1/2 cup pitted chopped black olives
- 1 Tbs. each chopped rosemary, 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 nonstick saute pan heat the oil and butter to medium heat
3. Add the shrimp, garlic, red pepper flakes salt and pepper the shrimp now
4. Sautee stirring occasionally until the shrimp are just done about 5 minutes
5. Remove the shrimp with a slotted spoon and set aside
6. Add the fresh tomatoes, canned tomatoes, reserved pasta water, herbs, capers and olives to the saute pan
7. Simmer covered for 15 minutes
8. Return shrimp to saute pan just to heat through
9. Toss the shrimp with the pasta
10. Sprinkle with additional chopped Italian parsley ...
ENJOY

Sausage Cabbage Gnocchi

Sausage Cabbage Gnocchi

This Sausage cabbage gnocchi recipe is so easy when you use store bought potato gnocchi. Gnocchi, who doesn't like them? Anyone ?

These little dumpling of comfort and joy are a favorite in my house, pair them with a delicious sauce of healthier chicken sausage and cabbage in a light tomato sauce and you have a meal everyone will love and you'll feel good about serving it.

3 Tips when making Sausage Cabbage Gnocchi

First be sure to use good quality gnocchi, since that's the main ingredient in this Sausage Cabbage Gnocchi Recipe. Second, I used chicken Italian sausage for a healthier alternative, but you can use any flavor sausage you like, be sure to remove the casings before cooking.

And third be sure the saute pan is big enough to hold all the ingredients and the sauce is simmering and hot before adding the gnocchi, and keep the pan covered.

This Sausage Cabbage Gnocchi recipe is easy, delicious and it can be on your table in less than 30 minutes.

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

Ingredients

- 1 Lb. store bought potato
- 1/2 Lb. shredded red and green cabbage
- 1 lb. chicken Italian sausage
- 1 chopped red onion
- 2 Tbs. chopped garlic
- 2 cups prepared marinara sauce
- 1 cup water
- 1 cup grated parmesan cheese
- 1/4 cup chopped Italian parsley
- 2 Tbs. butter
- Salt and pepper to taste

Instructions

1. In a large saute pan bring the butter to medium heat
2. Add the onion and garlic saute until tender and just beginning to brown
3. Remove casings from sausage add to the saute pan saute until golden breaking up the pieces with a spoon
4. Add the cabbage saute until limp salt and pepper the cabbage
5. Add the prepared marinara and water bring to a simmer add the gnocchi
6. Simmer on low covered for 10 minutes add the Italian parsley and parmesan cheese the last 5 minutes
7. Sprinkle with parmesan ENJOY!!!

Cheesy Fajita Penne

Cheesy Fajita Penne

Hi friends,

Although am not vegetarian it seems like a lot of my pasta recipes are. This Cheesy Fajita Penne vegetarian recipe came about because I had the ingredients on hand and wanted to use them.

If you been following along you know I don't like waste, and often these throw together meals become family favorites, this one did.

Tender peppers, spinach and penne pasta in a creamy, cheesy, light tomato sauce makes this easy recipe one your family will love. If your looking for easy, quick and delicious the trifecta for dinner success make this.

How To Make This Cheesy Fajita Penne

Start making this Cheesy Fajita Penne recipe by cooking the pasta in a medium size stock pot , be sure to save 2 cups of the water before draining. Next while the pasta is cooking start making the sauce in a large enough saute pan to allow the peppers to fry and holds all the ingredients, has a lid and can be used in multiple saute recipes.

This is a delicious, easy recipe that can be on your table in 30 minutes. It's prefect when your craving a meatless meal with lots of cheesy goodness.

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

Ingredients

- 1 Lb. Penne Pasta
- 1 red and 1 green bell pepper cut into medium dice
- 2 cups chopped spinach
- 1 yellow onion
- 3 Tbs. chopped garlic
- 2 Tbs. each butter and olive oil
- 1 14.5 tomato sauce
- 2 cups reserved pasta water
- 1 cup heavy cream
- 1 cup shredded sharp American cheese
- 1 cup grated parmesan
- 3Tbs. each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions


1. Cook pasta according to package directions reserving 2 cups of the water before draining
 2. Meanwhile in a large saute pan bring the oil and butter to medium heat
 3. Add the onion and garlic saute until tender and just beginning to brown
 4. Turn the heat to medium high add the peppers and saute until crisp
 5. Add the tomato sauce, cream and reserved pasta water
 6. Lower the heat and simmer covered 15 minutes
 7. Add the spinach, herbs, cheddar and parmesan cheese simmer 5 minutes longer
 8. Toss the Penne in the sauce adjust seasonings ENJOY!!!!
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Chicken Breast Cacciatore Pappardelle

Chicken Breast Cacciatore Pappardelle

This Chicken Breast Cacciatore Pappardelle recipe is my lightened up version using skinless, boneless chicken breast. Easy to make and a family favorite, cacciatore means hunter in Italian.

This is a hunter style meal lighten up using chicken breast, The classic recipe uses whole cut chicken or rabbit cut in pieces, it's one of those


recipes easily converted to fit your lifestyle and taste.  It's an easy throw- together meal, with the most delicious sauce full of flavors that wake up your taste buds.

Garlic, onions, carrots, mushrooms, peppers and olives in a rustic sauce with melt in your mouth chicken will have family and friends coming back for seconds **What To Serve With Chicken Breast Cacciatore Pappardella**

I serve this Chicken Breast Cacciatore Pappardella over a wide pasta noodle. You can serve it over creamy polenta, garlicky mashed potatoes or pasta, or this cacciatore recipe is delicious on it's own with crusty Italian bread to sop up the sauce.

If there is any left over, it taste better the next day, or you can freeze it in freezer friendly containers up to three months, for a ready made meal.

This chicken cacciatore can be made a day ahead, cooled, covered, refrigerated, rewarmed over low heat.

Italian comfort food at it's best the smells that fills your home with comfort and warmth, and me with childhood memories of my Mama's chicken cacciatore meals on many Sundays!!! 

Keep it simple, keep it fresh, keep it delicious, and customize to make it your own. Sharing restaurant style recipes, simplified for the home cook...Let me know if you try this recipe that's my favorite part.

Happy Day My Dears...Enjoy!!

Ingredients

- 4 boneless skinless chicken breast
- 1/2 Lb. Pappardelle
- 2 tablespoons each butter and olive oil
- 1 copped yellow onion
- 3 Tbls. chopped garlic
- 2 chopped carrots
- 8 oz. chopped mushrooms
- 1 cup Mediterranean pitted olives
- 1 red and 1 green sliced peppers
- 1 28 oz. can crushed tomatoes
- 1 14.5 oz. can tomato sauce
- 1 cup chicken stock or white wine
- 1 cup reserved pasta water
- 2 tablespoon each chopped Italian parsley, basil, oregano, and red pepper flakes
- 6 sprigs of thyme
- Salt and Pepper to taste
- 1 cup grated parmesan cheese
- **Instructions**
- Cook Pasta according to package directions reserving 1 cup of the pasta water

- Salt and pepper chicken
 - Heat oil and butter to medium high
 - Add Chicken saute until golden brown
 - Add onion and garlic saute until tender and just beginning to brown
 - Add the peppers saute until tender
 - Add the tomatoes, reserved pasta water and chicken stock or white wine
 - Simmer covered 45 minutes
 - Toss the pasta in the chicken cacciatore sauce
 - Garnish with additional Italian parsley, basil and grated parmesan
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Vegetarian Eggplant Zucchini Fusilli

Vegetarian Eggplant Zucchini fusilli

Good morning, It's meatless Monday in my kitchen today with this Vegetarian Eggplant Zucchini Fusilli. Cork screw shaped pasta, good for you ingredients, in a light tomato pan sauce, will have you making this pasta recipe often.

I usually make this in the summer when my garden is bursting with more eggplants and zucchinis than I have recipes for, but the eggplant looked beautiful at the store and I was craving Italian but also wanted a lighter meal after heavy holiday

eating.

Personalize This Vegetarian Eggplant Zucchini Fusilli Recipe

You can make this Vegetarian Eggplant Zucchini Fusilli recipe your very own, to fit your lifestyle and taste, by changing up a few things.

For instance, the pasta shape if you don't like fusilli use any shape you like. Having said that I have to say, I love short pasta in this recipe verses long, with short pasta you get a taste of all the delicious ingredients in one forkful.

Also the eggplant and zucchini ratio can be changed. If you like zucchini more than eggplant than use more zucchini or vice-verse.

One more thing you can try, if your craving gooey cheese goodness add 1 cup of shredded mozzarella along with the parmesan cheese for a richer pasta dish.

I almost forget, the canned tomatoes can be switched, you can use fresh tomatoes when in season or you can use prepared marinara sauce, the best store bought or my easy homemade marinara.

on a side note, always use the right size pans for ultimate success in your home kitchen. One good basic set of pots and pans is all you need.to cook restaurant style recipes at home.

If you make this recipe please leave me a comment and tag me on Instagram. I love hearing from you!!!

Ingredients

- 1/2 Lbs. Fusilli
- 1 medium eggplant peeled and cut into medium dice
- 2 Tbls. each butter and olive oil
- 1 each green and yellow zucchini cut in medium dice
- 1 chopped yellow onion
- 2 Tbls. chopped garlic
- 1 14.5 can crushed tomatoes
- 2 cups reserved pasta water
- 1 cup grated parmesan cheese
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving two cups of the pasta water before draining
2. Mean while in a large saute pan bring the butter and olive oil to medium heat, saute the onions and garlic until tender and just beginning to brown
3. Add the cut eggplant and zucchini salt and pepper now, saute until brown
4. Add the water and tomatoes simmer covered for 25 minutes
5. Add the cheese, herbs and cooked pasta heat through
6. Sprinkle with additional cheese and herbs... ENJOY!!!!!!

**Chicken Sausage Farfalle
Pasta**

Chicken Sausage Farfalle Pasta

Heading into the New Year with a this new Chicken Sausage Farfalle Pasta recipe. Chicken Italian sausage, crunchy bell peppers and marinara combined with cheesy goodness create a delicious sauce.

This pasta with healthier chicken sausage and peppers is 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.

Customize This Chicken Sausage Farfalle pasta recipe

This Chicken Sausage Farfalle 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 healthier I used Italian flavored Chicken sausage. If chicken sausage isn't your thing use any sausage

you like. 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
- 1/2 Lb. Chicken Italian sausage
- 1 each chopped red and green bell peppers
- 1 chopped yellow onion
- 2 Tbs. chopped garlic
- 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 2 Tbs. of butter saute the onion, peppers and garlic until tender and just beginning to brown
3. Remove casing from the sausage add to saute pan breaking up large pieces with a spoon saute until golden
4. Add the marinara sauce, reserved pasta water and herbs simmer covered 15 minutes
5. Add the cheeses simmer 10 minutes longer
6. Add the pasta to the sauce adjust salt and pepper to taste
7. Top with additional parsley and parmesan

Arrabiata Lobster Sauce Spaghetti

Arrabiata Lobster Sauce Spaghetti

Happy New Year my friends wishing you a new year with new blessings!!! My first post of 2021 starts with this decant Arrabiata

Lobster Sauce Spaghetti recipe. Arrabiata means angry in Italian, well there's nothing to be angry about with this recipe.

In fact this recipe is going to make you and your family real happy. Succulent lobster meat, in a spicy tomato sauce full of Italian flavors tossed with one of my family's favorite pasta shape spaghetti!!!!

Lobster can be pricy, using it in a sauce makes it more affordable, and that makes this recipe you will want to make often.

Tips when making Arrabiata Lobster Sauce Spaghetti

Tip number one when making this Arrabiata Lobster Sauce Spaghetti recipe since the sauce is mostly tomatoes the tomatoes you use is important.

I found the tomato products from San Marzano the best, not only in this recipe but in all my tomato based sauces.

Secondly, I used four previously frozen Maine Lobster tails unshelled them and cut them into even pieces for even cooking.

And third if you want an alternative to frozen Maine Lobster Tails you can use canned Maine Lobster. One more thing you can adjust the level of heat, if you like less or more spice adjust the hot pepper flakes.

And lastly if you make this delicious Arrabiata Lobster Sauce Spaghetti recipe, please leave me a comment. I love hearing from you it's my favorite part

Ingredients

- 1 lb. spaghetti
- 1 lb. lobster meat
- 2 cups chopped spinach
- 2 14.5 chopped tomatoes
- 1 14.5 tomato sauce
- 1 cup reserved pasta water
- 1 chopped yellow onion
- 3 Tbs. chopped garlic
- 2 Tbs. each olive oil and butter
- 3 Tbs. hot pepper flakes
- 2 bay leaves
- 1/2 bunch each chopped Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook spaghetti according to package directions reserving 1 cup of the water before draining
2. Meanwhile in a large deep saute pan 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 red pepper flakes saute until fragrant
5. Add the tomatoes, water and bay leaves salt and pepper now
6. Simmer covered for 45 minutes
7. Add the lobster, chopped spinach and herbs simmer until lobster is cooked through about 5 to 7 minutes
8. Toss Spaghetti into the sauce adjust seasonings sprinkle with additional Italian parsley and basil