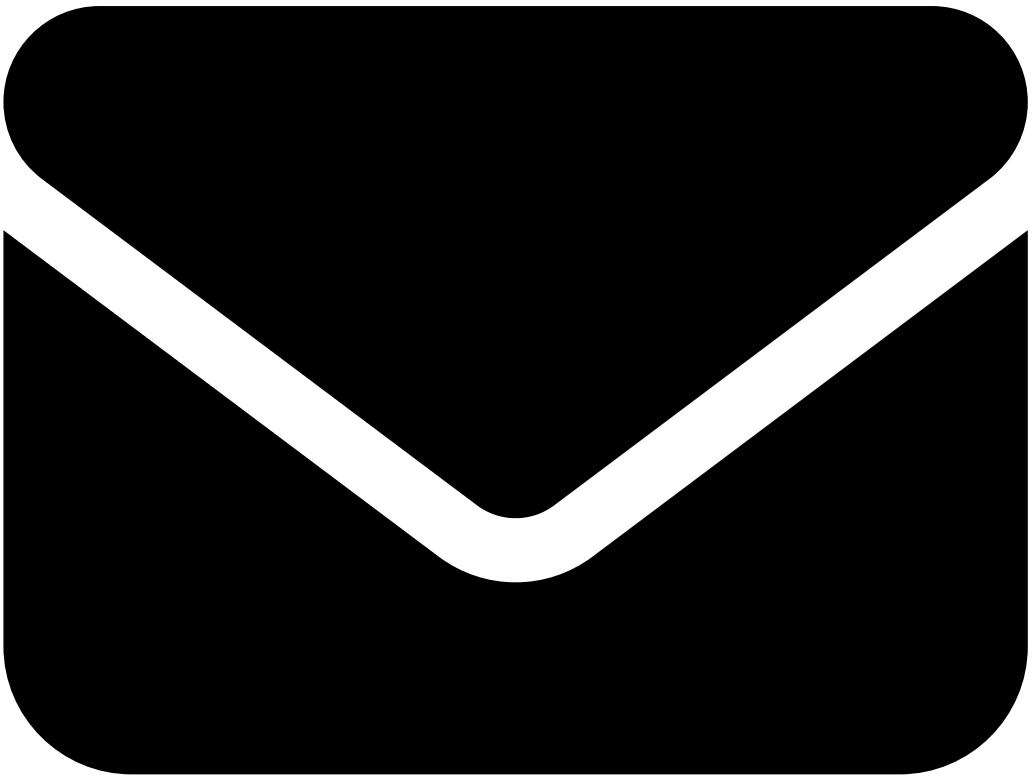
Chicken Meatballs with Marry Me Orzo

Chicken Meatballs with Marry Me Orzo

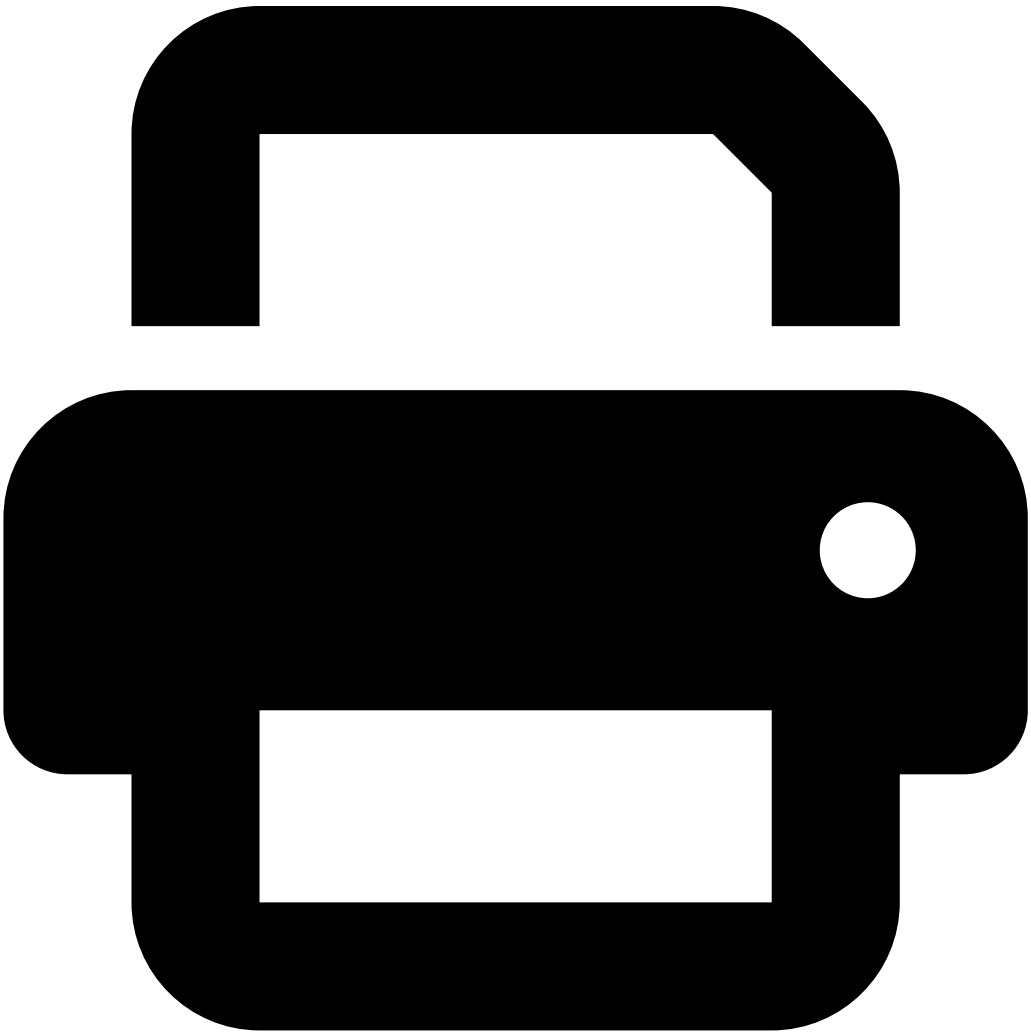
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



Tender chicken meatballs are always a hit at the dinner table, and when you pair them with creamy *Marry Me Orzo*, you've got the ultimate comfort meal. This dish brings together juicy baked chicken meatballs and orzo pasta simmered in a rich Parmesan and sun-dried tomato cream sauce. It's the kind of meal that feels special enough for date night yet easy enough for a weeknight family dinner.

The name *"Marry Me Orzo"* comes from the idea that the flavors are so irresistible, they just might win someone's heart. I love how the baked meatballs soak up the creamy sauce, making every bite flavorful and hearty. If you're looking for a one-pan recipe that's simple, satisfying, and a little bit romantic, this is it.

Things to Know About Chicken Meatballs with Marry Me Orzo

- **Bake, don’t fry:** Baking the meatballs keeps them juicy without extra oil, and it’s hands-off while you prepare the orzo.
- **Cream swap:** Heavy cream gives the sauce its velvety texture, but you can lighten it up with half-and-half or even whole milk (just simmer a little longer to thicken).
- **Cheese matters:** Freshly grated Parmesan melts more smoothly than pre-shredded, giving the sauce that silky finish.
- **Customize the spice:** Red pepper flakes add a gentle kick—use more if you like a little heat, or leave them out for a milder dish.
- **Make it ahead:** The meatballs can be baked in advance and refrigerated (up to 3 days) or frozen (up to 3 months). Add them to the orzo to reheat.
- **Serving ideas:** This dish is filling on its own, but it pairs beautifully with a crisp green salad or roasted vegetables.
- **Storage tips:** Leftovers keep well in the fridge for 2–3 days. Reheat gently on the stove with a splash of broth or cream to loosen the sauce.

If you loved these **Chicken Meatballs with Marry Me Orzo**, you’ll also enjoy other comforting Italian favorites: try my Shrimp Marry Me Orzo for a seafood twist, or cozy up with Creamy Sausage Tortellini Soup for a hearty weeknight dinner.

Chicken Meatballs with Marry Me Orzo



For the Chicken Meatballs

- 1 lb ground chicken
- 1 large egg
- 1 cup breadcrumbs
- ½ cup grated Parmesan cheese
- 2 cloves garlic, minced
- 2 tbsp onion, grated or finely minced
- 2 tbsp fresh parsley, chopped
- salt and pepper to taste

For the Marry Me Orzo

- 2 cups orzo pasta
- 2 tbsp olive oil
- 3 cloves garlic, minced
- ½ cup sun-dried tomatoes, chopped
- 3 cups chicken broth (plus more if needed)
- 1 cup heavy cream
- 1 cup grated Parmesan cheese
- 1 tsp red pepper flakes (adjust to taste)
- 1 tsp fresh thyme (or ½ tsp dried)
- 2 cups baby spinach (optional)

- Salt & black pepper, to taste

1. **Bake the Meatballs.** Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.In a mixing bowl, combine ground chicken, egg, breadcrumbs, Parmesan, garlic, onion, parsley, salt, and pepper. Mix until just combined and roll into about 18–20 small meatballs.Place on the prepared baking sheet and bake for 18–20 minutes, until cooked through and lightly golden.
2. **Start the Orzo.** While the meatballs bake, heat olive oil in a large skillet over medium heat. Add garlic and sun-dried tomatoes, sautéing for 1–2 minutes. Stir in the orzo and toast lightly.
3. **Simmer the Sauce.** Pour in chicken broth and heavy cream. Bring to a gentle simmer and cook, stirring occasionally, until the orzo is al dente and creamy, about 10–12 minutes. Add more broth as needed to keep it saucy.
4. **Finish the Dish.** Stir in Parmesan, red pepper flakes, thyme, salt, and pepper. Add the baked meatballs to the skillet and simmer for 2–3 minutes so the flavors meld.
5. **Add Spinach & Serve.** Stir in baby spinach (if using) until wilted. Garnish with extra Parmesan and parsley. Serve immediately.

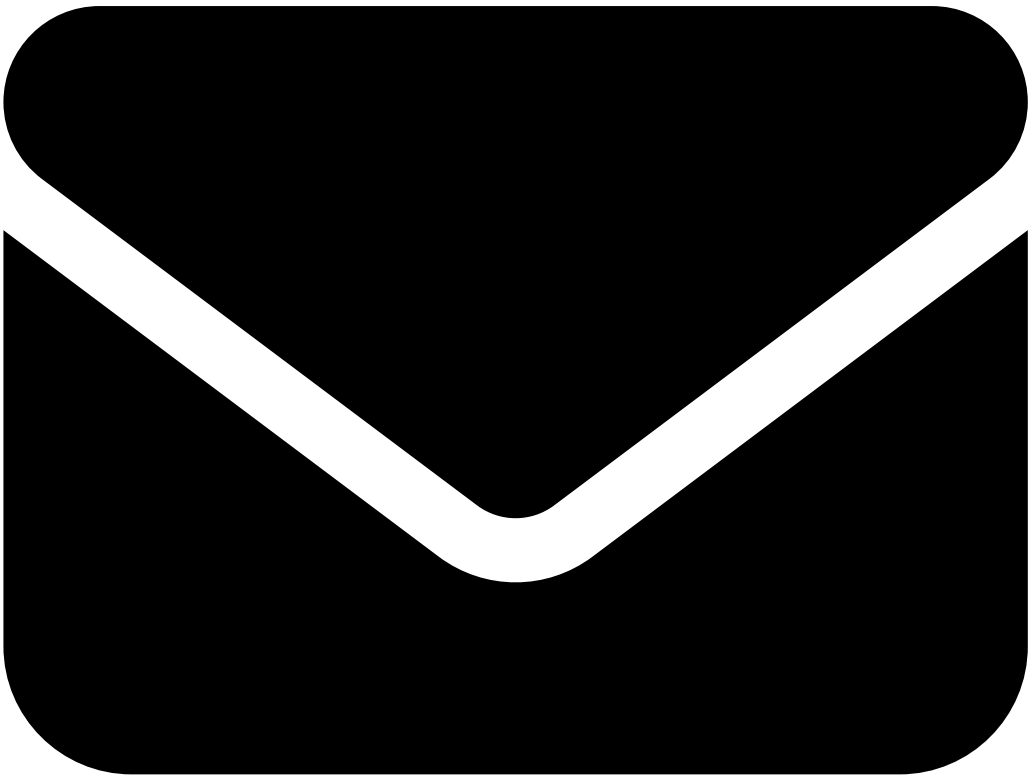
Creamy Butternut Squash

Risotto with Arborio

Creamy Butternut Squash Risotto with Arborio”

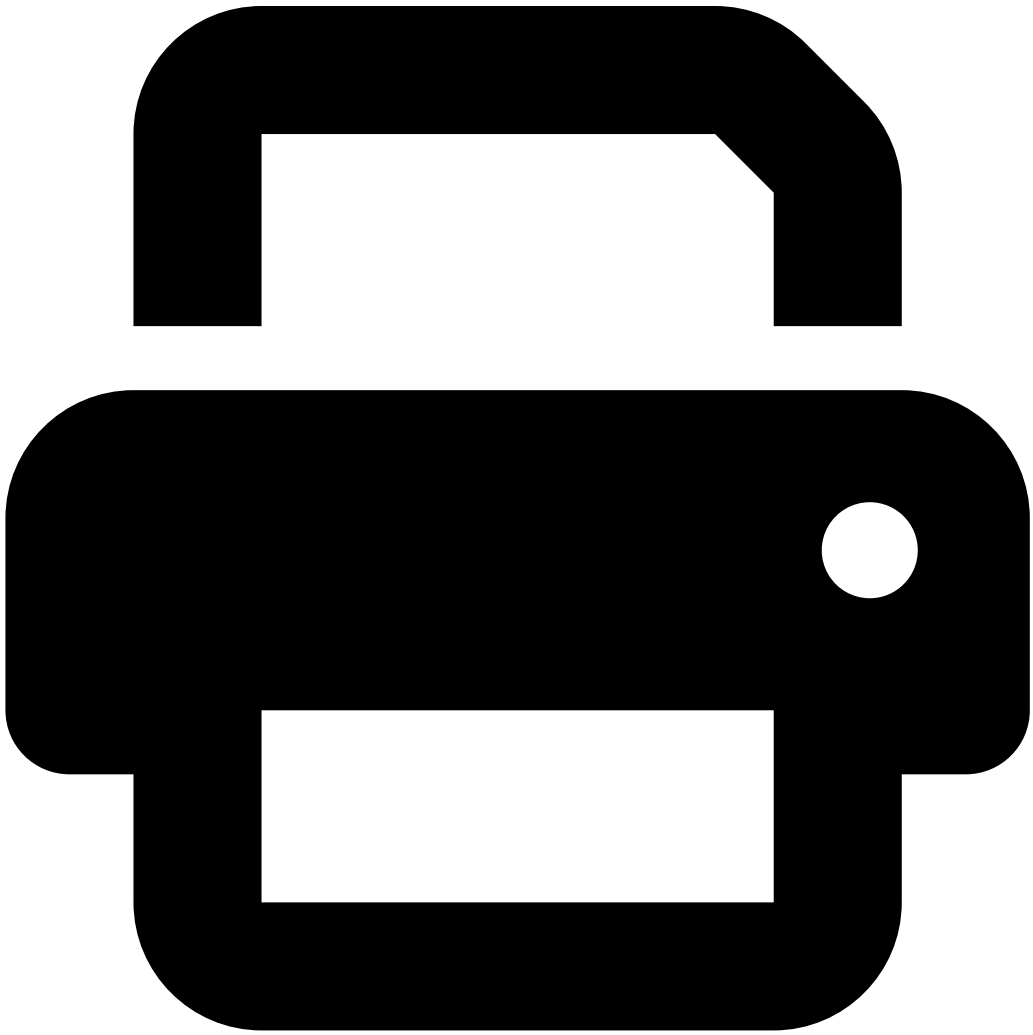
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



It’s no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook. Am here to tell you it’s not complicated at all. This creamy butternut squash risotto with arborio was a restaurant menu favorite, it’s easy to make, uses few ingredients and it’s delicious.

Risotto is a classic Northern Italian rice dish slowly cooked in broth until it becomes rich and creamy. The broth can be made from meat, fish, or vegetables—I used chicken broth, but if you’re vegetarian, vegetable stock works just as well.

Creamy Butternut Squash Risotto with Arborio



Creamy Butternut Squash Risotto is a comforting Italian-inspired dish made with creamy roasted butternut squash, Arborio rice, Parmesan cheese, and a touch of fresh herbs. The slow addition of warm broth creates the signature creamy texture of a classic risotto—perfect for a cozy fall or winter meal.

- 2 cups Italian short grain rice
- 1 small butternut squash (peeled seeded and cubed)
- 2 Tbsp. olive oil + 2 tablespoons butter
- 1/2 cup minced shallots
- 1 Tablespoons minced garlic
- 2 cups chopped spinach
- 4 cups chicken stock
- 1 cup white wine
- 1 cup crumbled gorgonzola cheese
- 1 cup grated parmesan
- 2 tablespoons chopped Italian parsley
- 1/2 cup pine nuts
- salt and pepper to taste

1. Peel and cut butternut squash into cubes drizzle with olive oil, salt and pepper roast in a 375 degree oven for 30 minutes
2. Mean while heat chicken stock keep warm, in a deep saute pan heat the butter and olive oil, add onion and garlic, saute until translucent,
3. Add the rice cook until golden, salt and pepper to taste, add hot chicken stock slowly and a little at a

time waiting until the stock is absorbed before adding more while stirring continuously, Continue adding the broth until all is used
4. Cook until risotto is firm to the bite cooked about 20 minutes. Add parmesan cheese, roasted butternut squash,
5. Add the gorgonzola and more broth if the sauce is to thick. Top with Italian parsley, more gorgonzola and toasted pine nuts….ENJOY!!

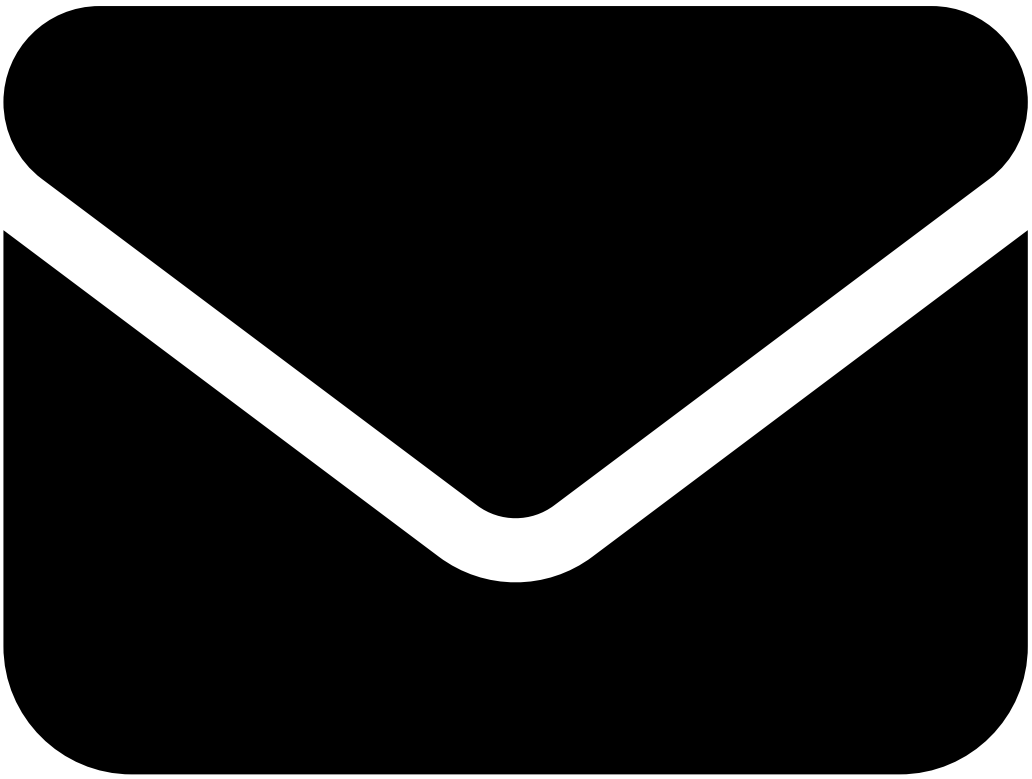
Main Course
Italian
creamy butternut squash risotto, Arborio rice,

Orecchiette with Italian Sausage and Broccoli Rabe

Orecchiette with Italian Sausage and broccoli Rabe

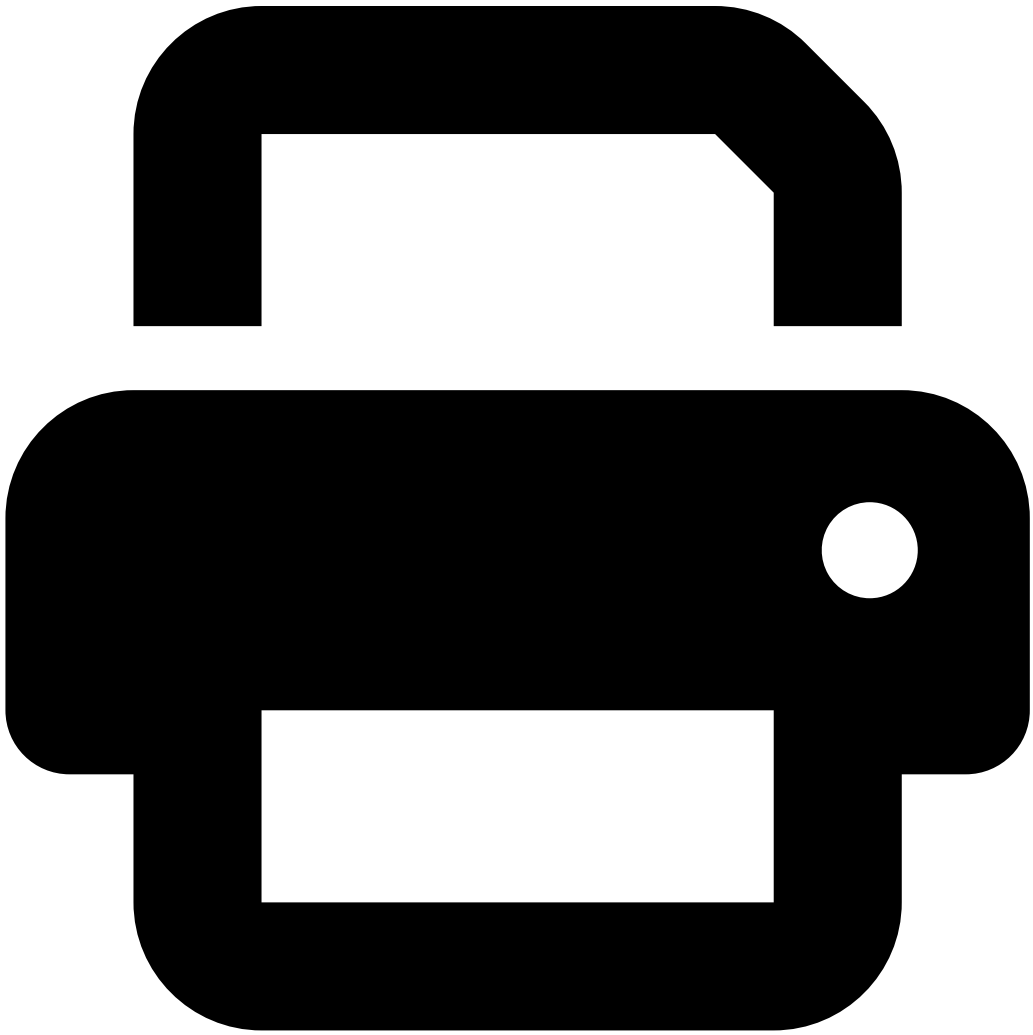
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



Orecchiette with Italian Sausage and Broccoli rabe was a favorite on our restaurant menu – not just with our guests, but with the cooks in the kitchen too. They loved making it because it came together quickly and easily, yet never failed to impress. The little “ears” of pasta held onto every bit of savory sausage and garlic, while the broccolini added a fresh, vibrant balance. It was rustic, comforting, and satisfying – the kind of dish that reminded us all why simple Italian cooking is so timeless. Now, I’m sharing it here so you can enjoy the same flavors at home.

- **Broccoli rabe is meant to be slightly bitter.** Its earthy, peppery flavor is what makes this dish so traditional. The richness of the Italian sausage balances the bitterness perfectly.
- **Don’t overcook the broccoli rabe.** Blanching it briefly before adding it to the skillet helps tame the bitterness while keeping it vibrant and tender.
- **Use good-quality Italian sausage.** Sweet or hot Italian

sausage both work well. Hot sausage adds a little extra kick, while sweet sausage lets the broccoli rabe shine.

- **Orecchiette is the traditional pasta.** Meaning “little ears” in Italian, the pasta’s cup-like shape catches the crumbled sausage, garlic, and small pieces of broccoli rabe in every bite.
- **Reserve the pasta water.** Before draining the pasta, save about 1 cup of the cooking water. The starchy water helps create a silky sauce that coats the pasta without needing cream.
- **Freshly grated Parmesan makes a difference.** Skip the pre-shredded cheese if possible. Fresh Parmesan melts smoothly and adds a richer, nuttier flavor.
- **A touch of heat is traditional.** Red pepper flakes complement the sausage and broccoli rabe without overpowering the dish. Add more or less to suit your taste.
- **This is a true Italian pantry meal.** With just a handful of simple ingredients, this recipe proves that authentic Italian cooking relies on quality ingredients rather than complicated techniques.
- **It reheats beautifully.** Store leftovers in an airtight container in the refrigerator for up to 3 days. Add a splash of water or chicken broth when reheating to loosen the sauce.
- **Finish with extra virgin olive oil.** A light drizzle just before serving brightens the flavors and gives the dish the authentic finishing touch found in many Italian kitchens.

Orecchiette with Italian Sausage and Broccoli Rabe



This **Orecchiette with Italian Sausage and Broccoli Rabe** is a classic Southern Italian pasta dish that's simple enough for a weeknight but impressive enough for guests. Savory Italian sausage, slightly bitter broccoli rabe, garlic, and a touch of red pepper flakes come together with orecchiette to create a perfectly balanced meal finished with freshly grated Parmesan cheese.

- 12 oz orecchiette pasta
- 1 lb. spicy Italian sausage (casings removed)
- 1 bunch broccolini (trimmed and cut into bite-sized pieces)
- 3 cloves minced garlic
- 1/2 cup chopped onion
- 3 tbsp olive oil
- 1 tsp red pepper flakes (adjust to taste)
- 1/2 cup white wine
- 1 cup chicken stock
- 1 cup reserved pasta water
- ½ cup freshly grated Parmesan cheese (plus extra for serving)
- Salt and freshly ground black pepper (to taste)

1. Prep the broccoli rabe Trim off the tough ends of the broccolini stems (about ½ inch) and cut the stalks into

bite-sized pieces, keeping the florets mostly intact.

2. Blanch the broccoli Bring a large pot of salted water to a boil. Add broccolini and cook for 2–3 minutes until bright green and just tender. Transfer to a kitchen towel dry and set aside.

3. Cook the pasta: In the same pot of salted water, add orecchiette and cook until al dente. Reserve 1 cup of pasta water before draining.
4. Cook the sausage: In a large skillet, heat the olive oil over medium heat. Add sausage and cook, breaking it into small pieces, until browned and cooked through, about 6–7 minutes.
5. Build the sauce: Add , garlic, onion and red pepper flakes. Cook until fragrant and translucent. (3-4 minutes.) deglaze the pan with the white wine, waiting until fully absorbed before proceeding. Then add the chicken stock, and pasta water, simmer for 5 minutes or until sauce begins to thicken.
6. Combine everything: Add pasta and blanched broccoli rabe to the skillet, tossing with sausage. Gradually add reserved pasta water until the sauce lightly coats the pasta.

7. Finish and serve: Stir in Parmesan, season with salt and pepper, and toss well. Serve hot with extra cheese on top.

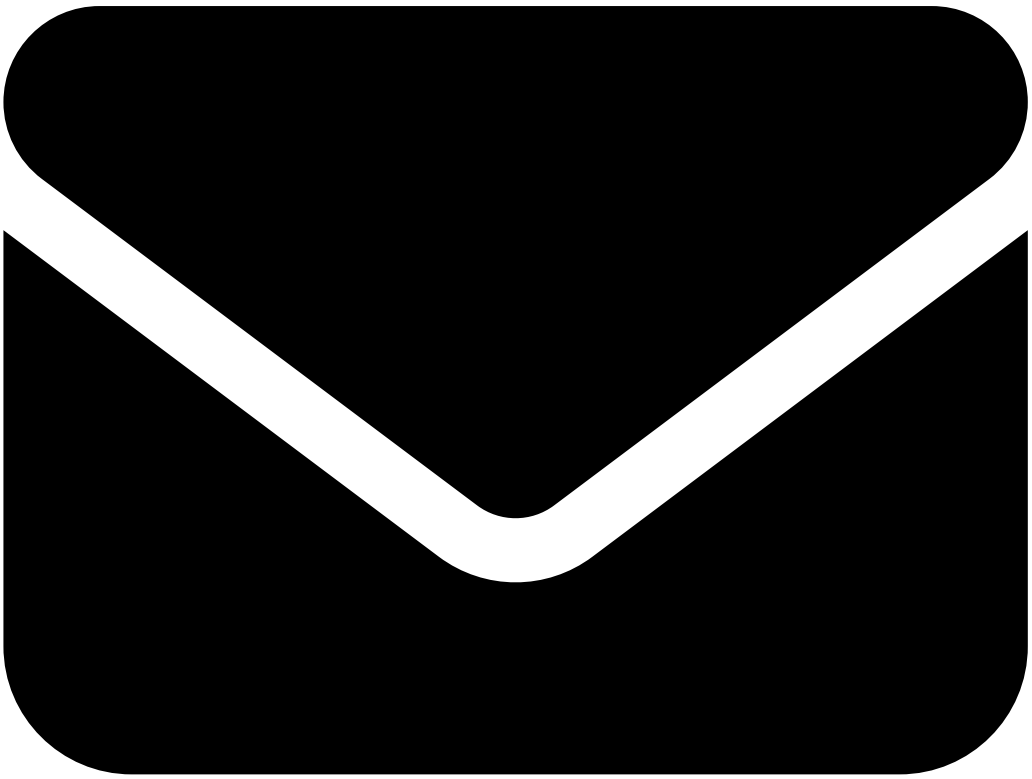
Main Course
Italian
Italian Orecchiette with Sausage and Broccoli Rabe

How to make ricotta gnocchi

How to make ricotta gnocchi

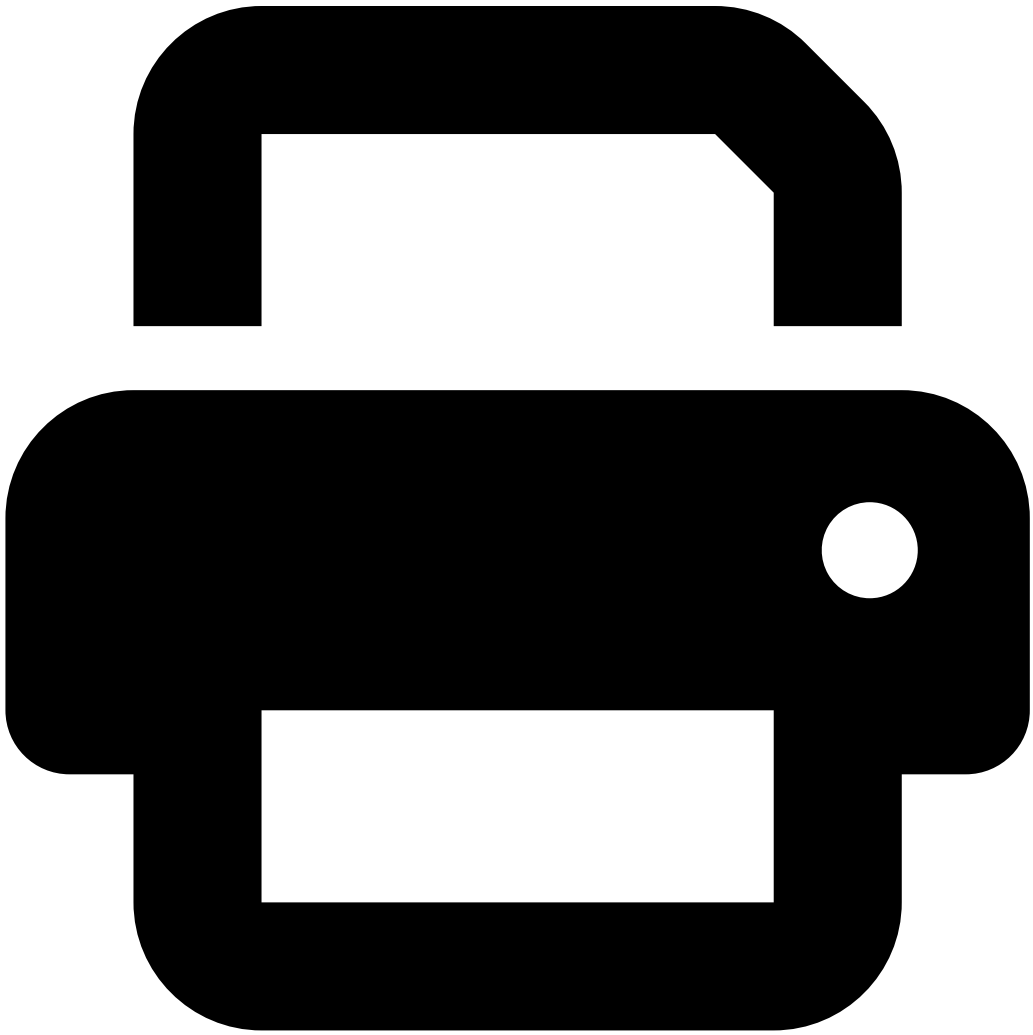
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



In my restaurant days, we made gnocchi in every style you could imagine—potato, spinach, ricotta—and we'd prepare them in big batches, freeze them, and cook them to order so they were always perfectly tender. Out of all the variations, ricotta gnocchi have always been my favorite for their light, pillowy texture and delicate flavor. In this recipe, I'm keeping things simple and seasonal by serving them with a fresh summer tomato sauce made from ripe, juicy tomatoes. It's an easy and comforting dish that comes together quickly, yet feels special enough for a Sunday dinner.

Things to know about this how to make ricotta gnocchi

- **Drain the ricotta well** – Too much moisture makes the dough sticky and heavy. Strain it for at least 2 hours (overnight is even better).

- **Flour ratio matters** – Start with less flour and add only as much as needed. Too much flour makes dense gnocchi; too little and they'll fall apart.
- **Do the test gnocchi** – Drop one piece into simmering water. If it floats and holds together, your dough is ready. If it falls apart, mix in a little more flour.
- **Freeze for later** – Just like we did in the restaurant, you can freeze gnocchi on a sheet pan, then transfer to a bag once firm. Cook straight from frozen.
- **Sauce pairings** – Ricotta gnocchi are light and delicate, so they shine with equally light sauces:
    - Fresh summer tomato sauce (as I used in this recipe)
    - Brown butter and sage for a nutty, comforting flavor
    - Lemon cream sauce for a bright and elegant twist
    - Love gnocchi as much as I do? Try my **4-Ingredient Potato Gnocchi** recipe—another classic, simple to make, and just as delicious!

      Looking for the perfect finish? Pair your ricotta gnocchi with one of my favorite sauces: **Fresh Summer Tomato Sauce.**

Ricotta Gnocchi Recipe



Light and tender ricotta gnocchi made with simple ingredients for a delicate Italian pasta alternative. These homemade gnocchi are easy to prepare and pair beautifully with tomato sauce, pesto, butter, or your favorite Italian sauce.

- 1 pound 450 g ricotta cheese, well drained
- 1 large egg
- ½ cup 50 g grated Parmigiano Reggiano
- ¾–1 cup 90–120 g all-purpose flour, plus more for dusting
- ½ teaspoon salt
- Pinch black pepper
- Pinch nutmeg (optional)

1. **Drain the Ricotta**

   Place ricotta in a fine mesh strainer or wrap in cheesecloth.

   Let it drain in the fridge for at least 2 hours (overnight is best).

2. **Make the Dough**

   In a bowl, mix ricotta, egg, Parmesan, salt, pepper, and nutmeg until smooth.

   Add ¾ cup flour and gently fold together. The dough should be soft but not sticky.

3. **Test the Dough**

Bring a small pot of salted water to a gentle simmer.

Roll a small piece of dough into a ball and drop it in.

If it holds together and floats, the dough is ready. If it falls apart, add a bit more flour (1 Tbsp at a time) and retest.

4. **Shape the Gnocchi**

   Lightly flour a work surface. Divide dough into 4 pieces.

   Roll each piece into a rope about ½ inch thick.

   Cut into 1-inch pieces. Optional: roll each piece over a fork or gnocchi board for ridges.

5. **Cook the Gnocchi**

   Bring a large pot of salted water to a gentle boil.

   Drop in gnocchi in batches, stir once, and cook until they float (1–2 minutes).

   Remove with a slotted spoon directly into your warmed sauce.

6. **Serve**

   Toss gently in sauce and serve immediately with extra Parmesan.

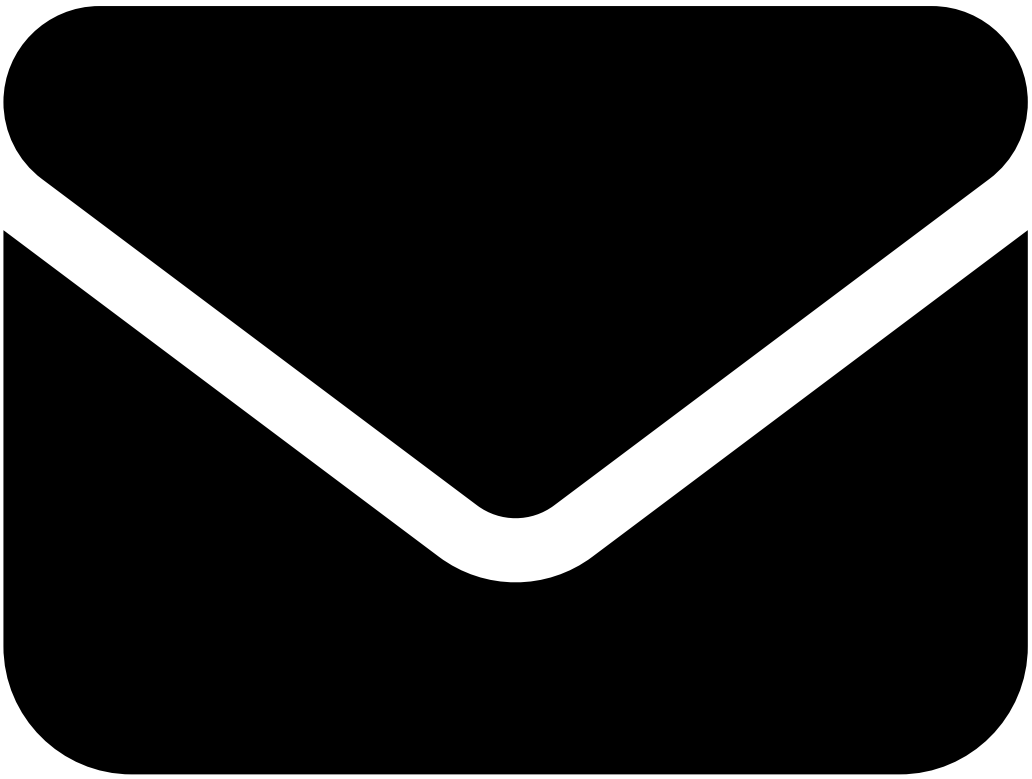
Main Course
Italian
ricotta gnocchi recipe, homemade

Sugo Crudo – No-Cook Italian Tomato Sauce

Sugo Crudo – No-Cook Italian Tomato Sauce

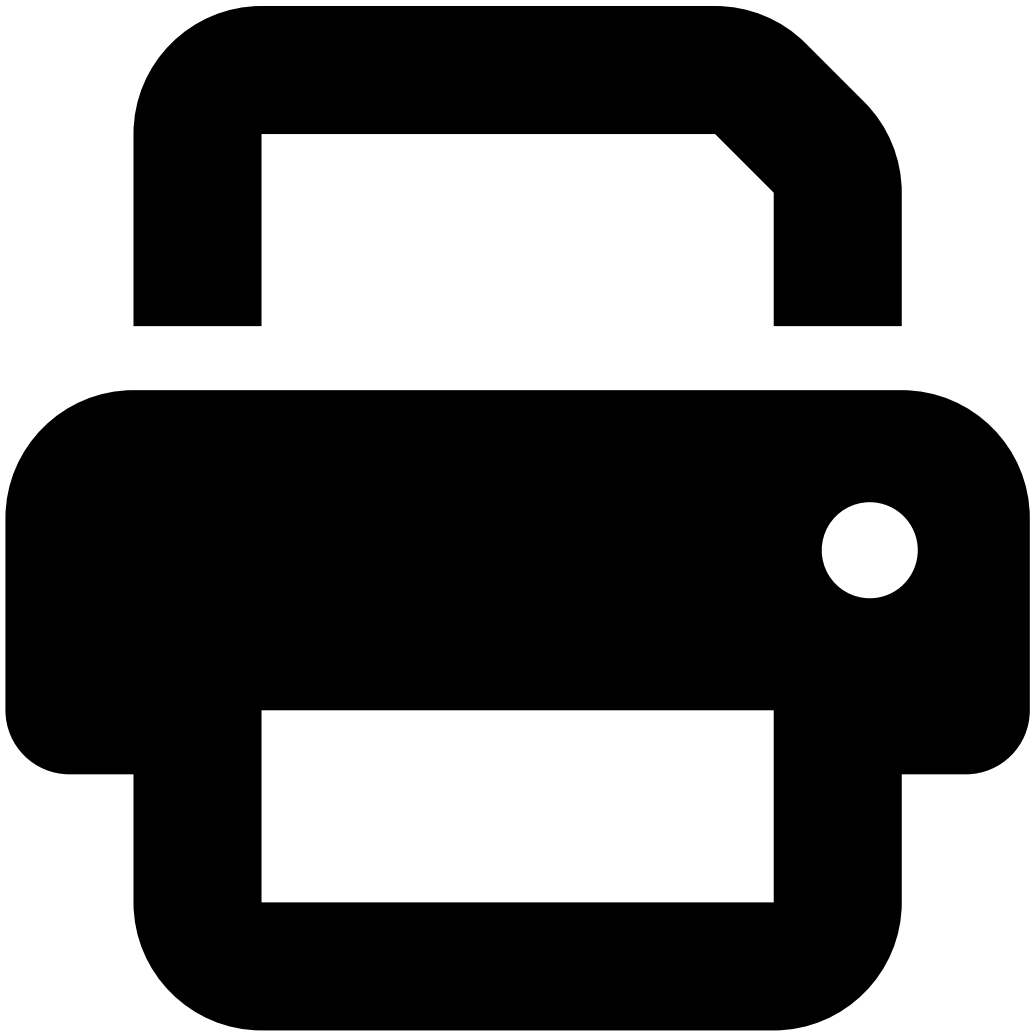
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



In Italy, *sugo crudo* – meaning “raw sauce” – is a summertime favorite that captures the very essence of fresh, ripe tomatoes. Sweet, juicy tomatoes are paired with fragrant basil, garlic, and rich extra virgin olive oil for a pasta dish that’s as simple as it is unforgettable. Best of all, it’s ready in the time it takes to cook your pasta.

While it’s a traditional dish often enjoyed during *Ferragosto* on August 15th, when families gather to celebrate the height of summer, it’s just as delicious any time you have sun-ripened tomatoes on hand. Light, vibrant, and bursting with flavor, it’s the perfect recipe for warm-weather dining – or for bringing a taste of summer to your table year-round.

Things to Know About Sugo Crudo

Use the ripest tomatoes: Since this is a no-cook sauce, the tomatoes are the star. Choose ripe, juicy, flavorful tomatoes for the best results. Fresh garden or farmers’ market tomatoes are especially good when they’re in season.

Let it rest: Don’t skip this simple step. Let the tomato mixture sit at room temperature for 15–30 minutes before tossing it with the pasta. This gives the garlic, basil, olive oil, and tomatoes time to meld together.

Choose a good olive oil: With so few ingredients, the flavor of your extra-virgin olive oil really matters. Use one that is fruity and flavorful rather than a neutral oil.

Adjust the flavor: Sugo Crudo is easy to customize. Add a pinch of red pepper flakes for a little heat or a bit more garlic if you love a stronger garlic flavor.

Toss with hot pasta: Cook the pasta until al dente, then toss it with the fresh sauce immediately before serving. The warmth of the pasta gently releases the flavors without cooking the fresh tomatoes.

Add fresh mozzarella: For an extra creamy touch, gently fold in small mozzarella pearls just before serving. The cool, creamy mozzarella pairs beautifully with the juicy tomatoes and fresh basil.

Classic Italian Sunday Meatball Sauce – Slow-simmered, rich, and perfect for hearty pasta nights.
Caprese spaghetti Roasted Tomato Sauce – Smoky, bold, and full of flavor for your next pasta dish.

Bring the taste of Italy to your table again and again!

Sugo Crudo – No-Cook Italian Tomato

Sauce



Sugo Crudo is a classic Italian raw tomato sauce made with ripe summer tomatoes, fresh basil, garlic, and extra virgin olive oil. Tossed with hot pasta, the heat gently warms the sauce, creating a light, vibrant dish that's bursting with fresh flavor. This authentic Italian recipe is quick, easy, and perfect for making the most of tomato season.

- 2 pounds ripe tomatoes (heirloom, cherry, or San Marzano)
- 1 cup extra virgin olive oil
- 2 cloves garlic (finely minced)
- ½ cup fresh basil leaves (torn)
- 1 teaspoon salt (plus more for pasta water)
- ½ teaspoon freshly ground black pepper
- ¼ teaspoon red pepper flakes (optional)
- 12 oz. pasta (your favorite short pasta shape)
- 1 cup mozzarella pearls or balls cut in half

1. **Prepare the tomatoes**

   Slice the tomatoes in half, remove most of the seeds, and chop into small pieces. For a smoother texture, pulse them briefly in a food processor.

2. **Mix the sauce**

   In a large mixing bowl, combine chopped tomatoes, fresh mozzerella garlic, basil, olive oil, salt, black pepper,

and red pepper flakes if using.

Stir gently, cover, and let rest at room temperature for 30 minutes while you cook the pasta.

3. **Cook the pasta**

   Bring a large pot of salted water to a boil. Cook pasta until al dente according to package directions. Reserve ½ cup of the cooking water before draining.

4. **Bring it all together**

   Toss hot pasta with the sugo crudo, adding a splash of the reserved pasta water if needed to help the sauce coat the noodles.

5. **Serve immediately**

   Garnish with more basil and a drizzle of olive oil. Serve warm or at room temperature with crusty bread.

6. Tips for the Best Sugo Crudo

Tomatoes matter most – Use the ripest summer tomatoes you can find.

Let the sauce rest – This allows the garlic and basil to infuse the tomatoes.

Quality oil is key – Choose a fruity, rich extra virgin olive oil.

7. Serving Suggestion

Perfect for a light summer lunch with chilled white wine, a crisp salad, and bread for soaking up every drop.

Main Course

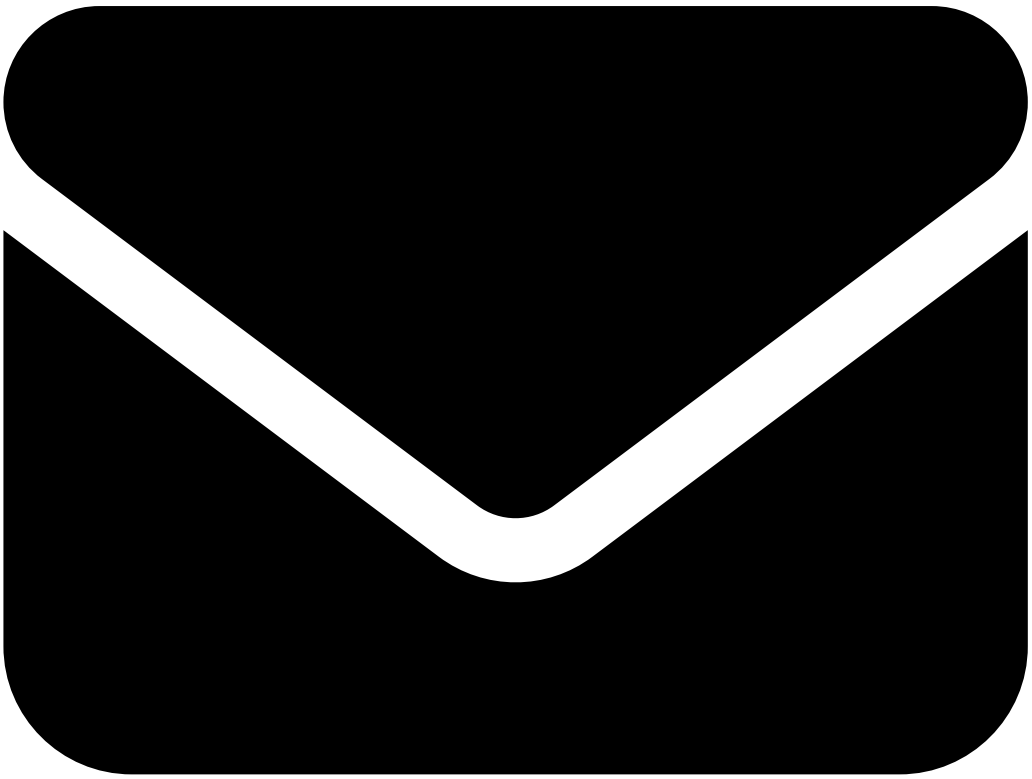
Italian

Easy Authentic Spaghetti Carbonara (No Cream!)

Easy Authentic Spaghetti Carbonara (No Cream!)

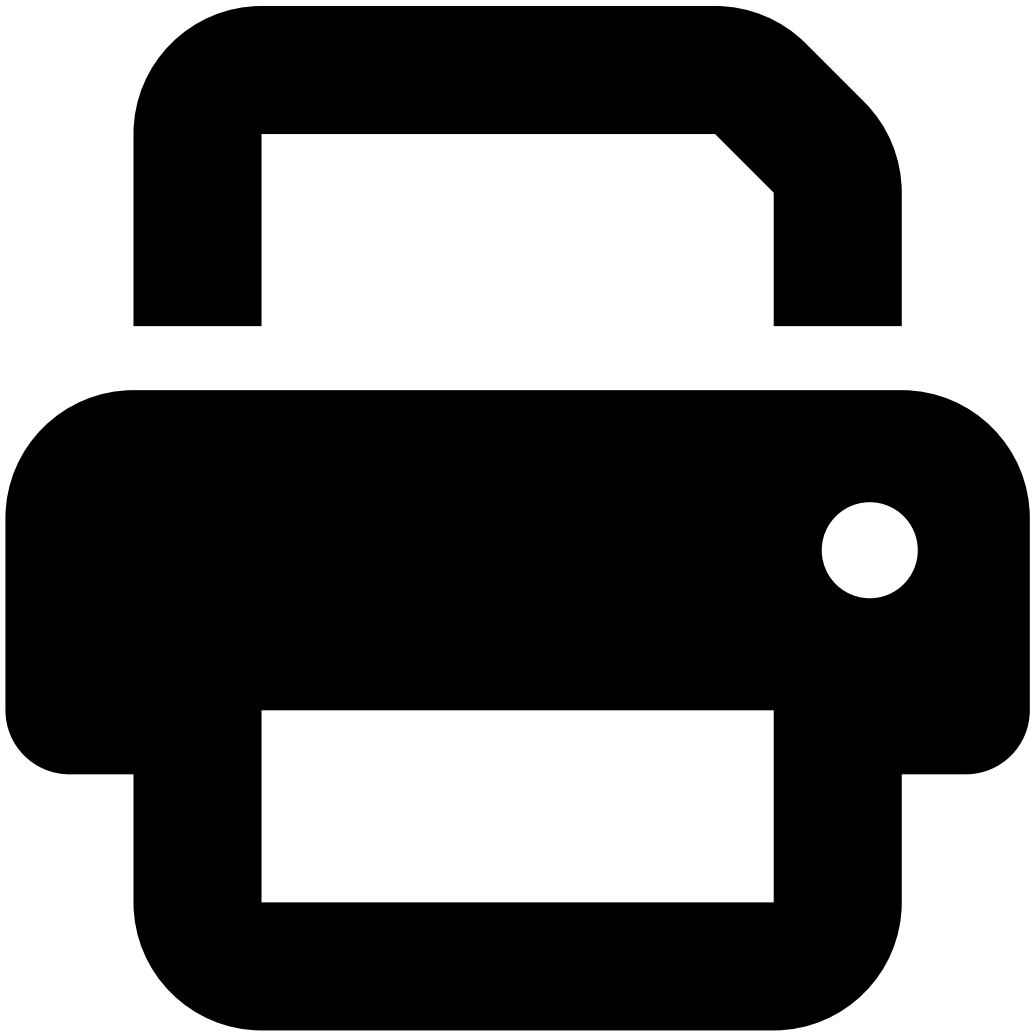
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



There was always one pasta dish that flew out of the kitchen faster than we could twirl it onto plates—**Spaghetti alla Carbonara**. Simple, rich, and irresistibly comforting, it was a favorite at our restaurant, where we served it up for around $19 a plate. But what most people don’t realize is how easy (and affordable!) it is to make at home. With just five pantry-friendly ingredients—eggs, Pecorino, pancetta or guanciale, pepper, and pasta—you can bring that same creamy, peppery magic to your own table in 20 minutes flat.

Carbonara is the kind of dish that proves simple can be extraordinary. There’s no cream , just the magic of emulsified pasta water and egg creating that iconic velvety sauce.

This version is my go-to at home: comforting, quick, and every bit as satisfying as the one we used to serve at the restaurant.

Things to Know About This Easy Authentic Spaghetti Carbonara (No Cream!)

No cream—ever! Real Italian carbonara is made creamy from eggs, Pecorino Romano, and pasta water—not heavy cream.

Guanciale is traditional, but pancetta or even good-quality bacon can be used in a pinch if you can't find it.

Timing is key. The egg mixture is added off the heat to prevent scrambling—toss quickly with hot pasta to create a silky sauce.

Use Pecorino Romano, not Parmesan for that sharp, salty bite that defines authentic Roman flavor.

The pasta water is liquid gold. It helps emulsify the sauce and bring everything together without clumps.

It's ready in 20 minutes—perfect for weeknight dinners or when you need something comforting and quick.

Avoid garlic and onions. Traditional carbonara is all about simplicity—just eggs, cheese, pork, pepper, and pasta.

Freshly cracked black pepper is a must. It gives carbonara its signature bite and aroma.

The dish originated in Rome, and it's one of the four cornerstone pastas of Roman cuisine, along with cacio e pepe, amatriciana, and gricia.

Serve immediately. Carbonara doesn't reheat well, so plan to enjoy it fresh out of the pan!

Storage:
Carbonara is best served immediately, but leftovers can be refrigerated in an airtight container for up to 2 days. The sauce will thicken as it cools. Reheat gently in a skillet over low heat, adding a splash of water to loosen the sauce.

Avoid high heat, which can cause the eggs to scramble.

Craving more Roman classics? Try my other authentic favorites like **Cacio e Pepe**, or **Amatriciana**, —simple, bold, and straight from the heart of Rome.

Easy Authentic Spaghetti Carbonara (No Cream!)



This Easy Authentic Spaghetti Carbonara is a classic Roman pasta made with spaghetti, crispy guanciale, Pecorino Romano, eggs, and plenty of freshly cracked black pepper. Creamy and silky without a drop of cream, this traditional Italian dish comes together quickly with a handful of simple ingredients.

- 12 oz. spaghetti
- 3 egg yolks + 1 whole egg
- 1 cup grated pecorino Romano
- 6 oz guanciale or pancetta
- 2 Tbsp. Toasted and freshly ground black peppercorns
- slash of pasta water

1. Cook the spaghetti Bring a large pot of salted water to a boil. Cook pasta until al dente. Reserve 1 cup of the starchy pasta water, then drain.
2. Toast the peppercorns add the peppercorns to a dry

skillet and toast until fragrant (3-4 minutes) then grind in a mortar or small food processor. Set aside

3. Cook the pancetta In the same pan While the pasta cooks, add the guanciale or pancetta to a cold skillet. Turn heat to medium and cook until crispy and golden, about 5–6 minutes. Turn off the heat.
4. Make the egg mixture In a bowl, whisk together eggs, Pecorino Romano, and a generous amount of black pepper.
5. Combine it all Add hot, drained pasta to the pan with pancetta (off heat). Toss to coat in the rendered fat.
6. Temper the eggs Slowly pour in the egg mixture while tossing quickly to prevent scrambling. Add a splash of reserved pasta water to loosen and create a silky sauce. Keep tossing until glossy and creamy. Use more water if needed.
7. Finish & serve Plate immediately with extra Pecorino and black pepper on top.

The secret to a creamy carbonara is controlling the heat. Remove the pan from the heat before adding the egg and cheese mixture, then toss continuously with the hot pasta and a little reserved pasta water. The residual heat gently cooks the eggs while creating that smooth, silky sauce without scrambling them.

Main Course

Italian

Spaghetti Carbonara

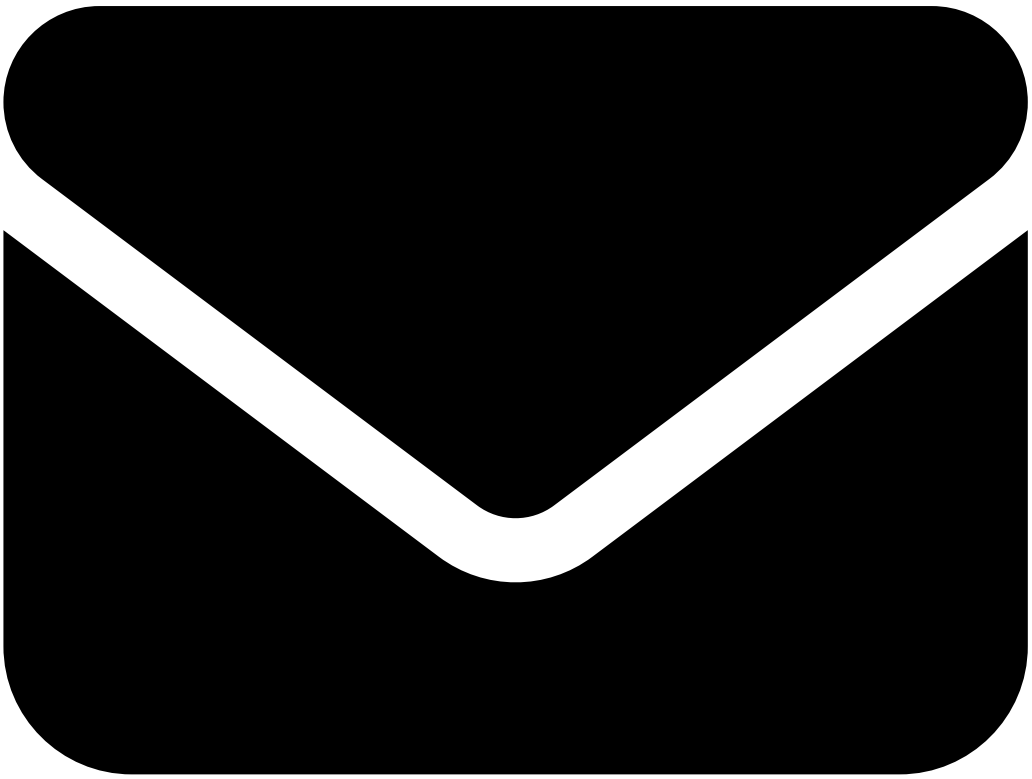
Caprese Spaghetti with

Roasted Tomato Sauce

Caprese Spaghetti with Roasted Tomato Sauce

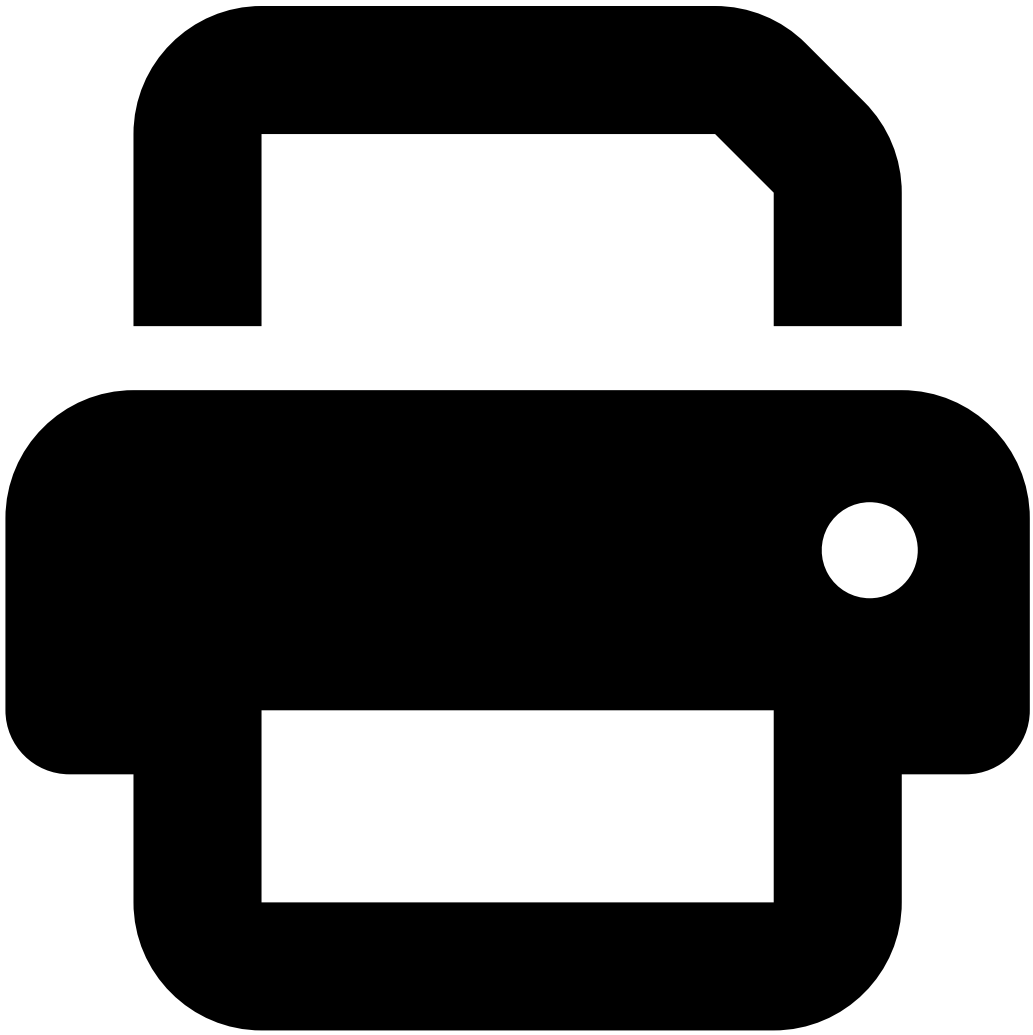
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



Nothing says summer like a Caprese-inspired pasta dish, and this **Caprese Spaghetti with Roasted Tomato Sauce** is the perfect way to celebrate simple, fresh flavors. Sweet, oven-roasted tomatoes blended into a rustic sauce coat long strands of spaghetti, while creamy mozzarella pearls and fresh basil bring the classic Caprese touch. It’s a light yet satisfying meal that tastes like a sunny afternoon in Italy—easy enough for a weeknight, but special enough to serve to guests. If you love juicy tomatoes, fragrant basil, and the magic of melted mozzarella, this dish will quickly become a favorite.

Things to know about this Caprese Spaghetti with Roasted Tomato Sauce

- **The sauce can be made ahead:** Roast your tomatoes, blend them into a sauce, and store it in the fridge for up to 4 days or freeze for longer. This makes it easy to pull together dinner on a busy night—just boil your pasta,

reheat the sauce, and toss everything together.

- **Perfect for peak summer tomatoes:** This recipe shines when you use ripe, in-season tomatoes. Roasting them concentrates their sweetness and creates a rich, slightly smoky flavor that elevates the entire dish.
- **Caprese twist adds creaminess:** Fresh mozzarella pearls melt slightly from the warmth of the pasta and sauce, creating a luscious texture without needing cream or butter. The fresh basil finishes it all off with a bright, aromatic pop.
- **Simple ingredients, big flavor:** You only need a few pantry staples plus fresh tomatoes, basil, and mozzarella—but the result is a restaurant-worthy dish that feels both comforting and fresh.
- **Serve warm or room temp:** It’s delicious hot off the stove, but also works beautifully as a room-temperature pasta for summer gatherings or easy lunches.
- **Ready to bring the taste of summer to your table?** Try this Caprese Spaghetti with Roasted Tomato Sauce and let the fresh, flavors speak for themselves. Don’t forget to snap a photo and tag me—I’d love to see your creations. And if your looking for more easy pasta dishes try my one pan orzo with summer vegetables. ENJOY!!!

Caprese Spaghetti with Roasted Tomato Sauce



- 12 oz. spaghetti
- 1-1 ½ lb. Roma tomatoes
- 1 medium size garlic bulb cut in half
- 3 Tbsp. olive oil
- 2 Teaspoon dry oregano
- 1 cup fresh mozzarella
- ½ cup torn basil leaves
- salt and pepper to taste

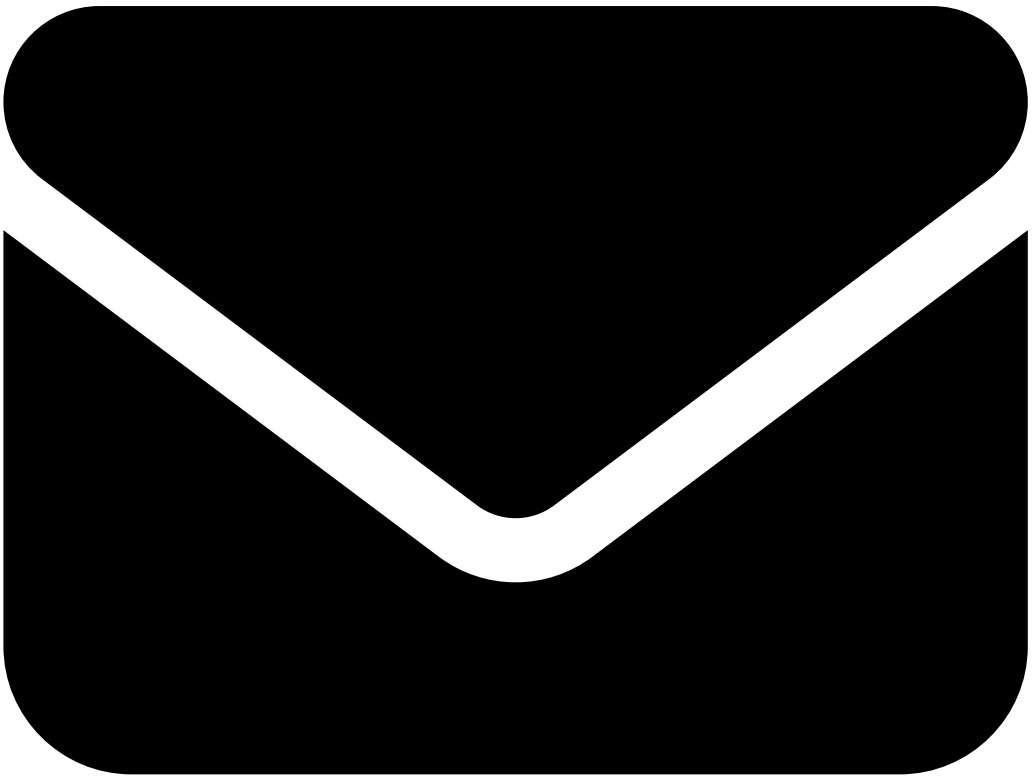
1. Cook the paste in boiling salted water el dente. Reserve 2 cups of the pasta water before draining
2. Wash and dry the tomatoes then cut them in quarters.
3. Place the tomatoes in a bowl season with the olive oil, oregano, salt and pepper. Then transfer to an oven proof dish. Nestle the sliced garlic halves in with the tomatoes, drizzle with olive oil .
4. Roast in a per heated 400 degree oven for 20 -30 minutes. or until the tomatoes are charred and the garlic is soft. Let cool slightly then Squeeze the garlic onto the tomatoes Use an emersion blender or food processor to blend the tomatoes and garlic to a smooth consistency. Transfer to a saute pan bring to a simmer add the fresh mozzarella. and pasta water cook 5 minutes longer .
5. Toss the pasta in the roasted tomato sauce add the basil leaves. ENJOY!!

Shrimp Spaghetti with Tomato Basil Sauce

Shrimp Spaghetti with Tomato Basil Sauce

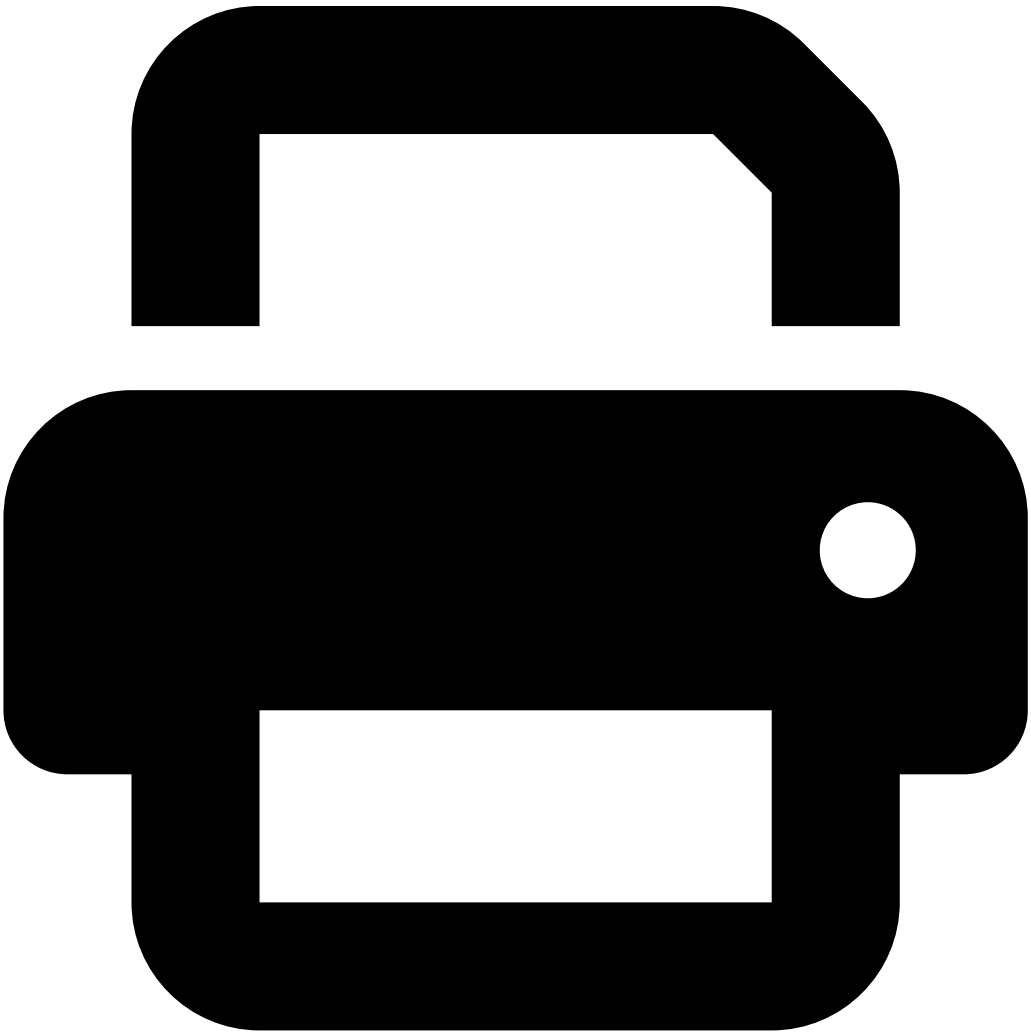
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



This Shrimp Spaghetti with Tomato Basil Sauce is a simple, fresh pasta dish made with sautéed shrimp, juicy summer tomatoes, garlic, and plenty of fragrant basil. The sauce is created right in the pan by combining the tomato juices with starchy pasta water and a generous handful of grated parmesan, giving you a light flavorful coating that clings to the pasta.

What makes this dish special is how the shrimp are quickly sautéed with a touch of chili, adding a savory and slightly spicy bite that balances deliciously with the sweetness of ripe tomatoes. It’s the kind of uncomplicated Italian pasta meal that shines with peak-season produce and comes together with just a few pantry staples, in minutes.

Things to Know About This Shrimp Spaghetti with Tomato Basil Sauce

1. Use fresh, in-season tomatoes if possible.
This recipe is best when made with ripe, juicy summer tomatoes. Cherry, grape, or heirloom varieties all work beautifully and bring natural sweetness to the sauce. In the off-season, use high-quality canned San Marzano tomatoes as a substitute.

2. Don’t skip the pasta water.
The starchy pasta water is the secret to creating a light, silky sauce without cream. It helps bind the tomato juices and parmesan into a glossy coating that clings to the spaghetti.

3. Shrimp cooks quickly—don’t overdo it.
Shrimp only need about 2 minutes per side. Overcooking will make them rubbery. Look for them to turn pink and curl slightly—then remove from the pan and add back at the end to finish in the sauce.

4. You can use frozen shrimp.
Frozen shrimp work perfectly in this dish—just make sure to thaw them fully and pat them dry to avoid excess moisture when sautéing.

5. Add heat or keep it mild.
A pinch of chili flakes gives the dish a gentle kick, but you can leave them out if you prefer a milder flavor, especially if cooking for kids.

6. Make it your own.
Want a richer finish? Stir in a spoonful of butter at the end. Prefer more veggies? Add sautéed spinach, or zucchini.

Craving more easy and flavorful Italian meals?
If you loved this shrimp tomato basil spaghetti, be sure to check out my other fresh summer pasta recipes, seafood favorites, and quick weeknight dinners. From light lemony tomato cod piccata to cozy shrimp oreganata, there’s something for every season and appetite. ENJOY!!!

Shrimp Spaghetti with Tomato Basil Sauce



- ½ lb. spaghetti
- 1 lb. large shrimp (16-20 per lb., peeled and deveined)
- Salt and pepper (to taste)
- 1 tsp. paprika
- 1 tsp. chili flakes (optional)
- 4 Tbsp. extra virgin olive oil (divided)
- 2 Tbsp. minced garlic
- 4 Tbsp. chopped shallots
- 4 cups chopped ripe tomatoes
- 1 cup my easy marinara sauce
- 1 Tbsp. fresh or dried oregano
- 1 cup white wine
- 2 cups reserved pasta water
- 4 Tbsp. fresh chopped basil
- ½ cup grated parmesan cheese

1. Bring a large pot of salted water to a boil and cook spaghetti until al dente. Reserve 2 cups of pasta water before draining.

2. Meanwhile, pat shrimp dry and season with salt, pepper, paprika and chili flakes
3. In a large skillet, heat 2 Tbsp. olive oil over medium-high heat. Add shrimp and sauté for about 2 minutes per side, or until just cooked through. Remove and set

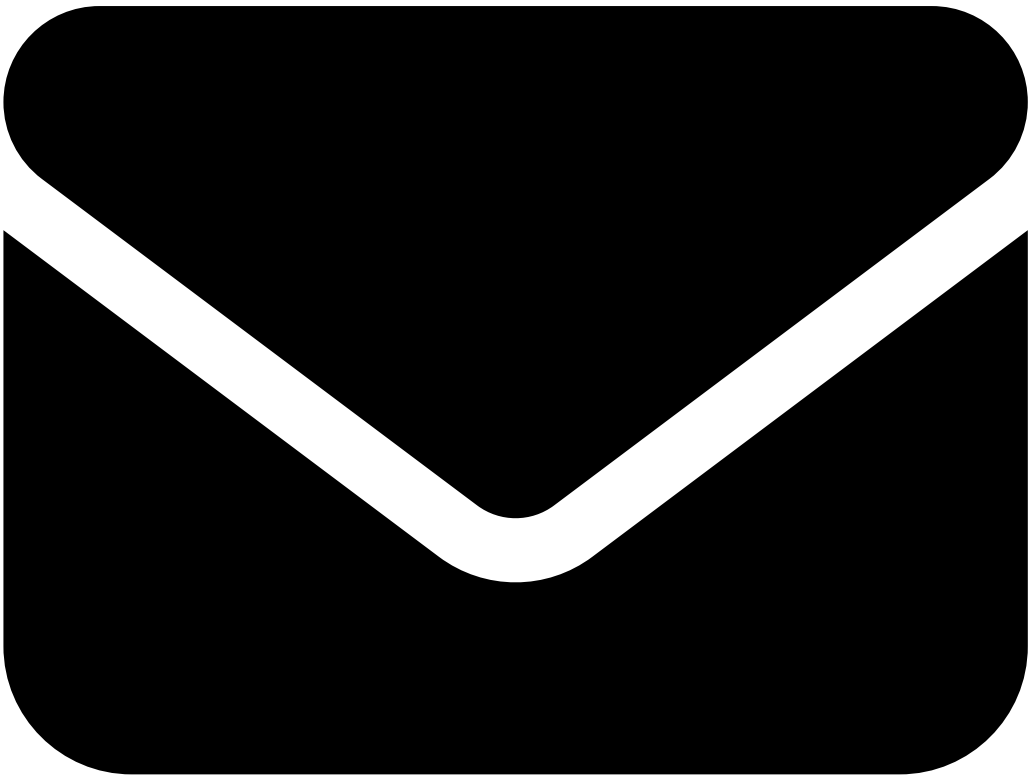
aside.
4. In the same pan, add remaining 2 Tbsp. olive oil. Sauté garlic and shallots until fragrant, about 1-2 minutes.
5. Add chopped tomatoes, tomato sauce, and oregano. Cook until tomatoes start to break down, about 5–6 minutes. Then deglaze the pan with the white wine waiting until fully absorbed before continuing.
6. Add 1 ½ cups reserved pasta water and simmer until the sauce slightly thickens.
7. Toss in the cooked spaghetti, parmesan, and fresh basil. Stir until the pasta is well coated, adding more pasta water as needed for a silky sauce.
8. Return shrimp to the skillet, toss to combine, and serve immediately with extra parmesan and basil on top. ENJOY!!!

One-Pan Orzo with summer vegetables

One-Pan orzo with summer vegetables

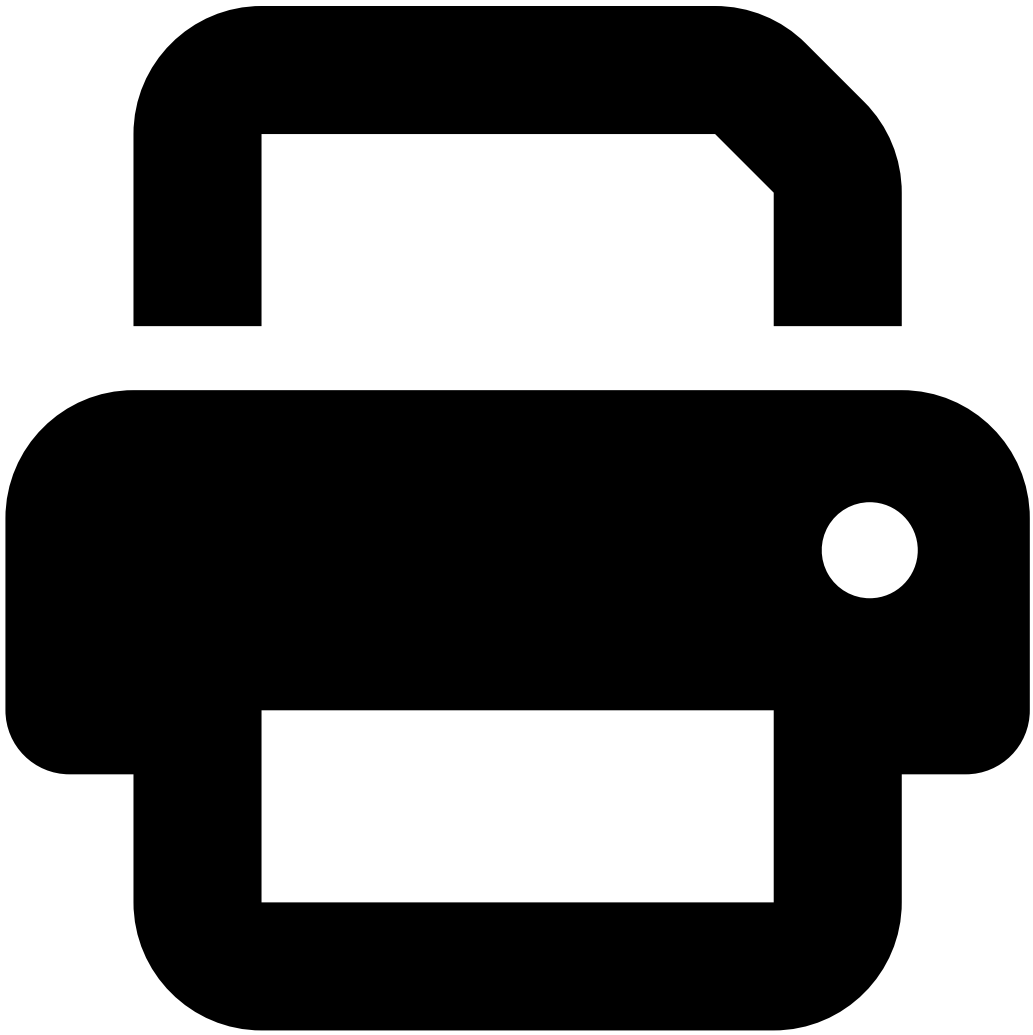
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission—at no cost to you. For more information read my disclosure policy.








SMS



Some meals just feel easy—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.

I started making this dish when my garden zucchini was coming in faster than I could keep up with. It’s a great way to use seasonal veggies, and the orzo cooks right in the pan alongside everything else—no need to boil a separate pot of pasta. The result is creamy, comforting, and brightened up with a squeeze of lemon and a handful of fresh basil.

Whether you serve it as a light vegetarian main or as a side dish to grilled chicken or fish, this recipe is one I come back to again and again. It’s easy, nourishing, and totally delicious. Let me show you how to make it!

Things to know about this One-Pan orzo with summer vegetables

It’s flexible.
This is one of those recipes you can make your own. Swap zucchini for yellow squash, toss in some corn, or use kale instead of spinach. Don’t have cherry tomatoes? Chopped Roma or heirlooms work just as well.

No need to pre-cook the pasta.
The orzo cooks right in the same pan with the veggies, soaking up all the flavor as it simmers. Just keep an eye on the liquid—if it gets too dry before the pasta is tender, add a splash more broth or water.

It’s perfect warm or room temp.
This dish is great served hot, but also delicious at room temperature. Leftovers make an easy lunch the next day, and it even works as a pasta salad-style side for summer gatherings.

Lemon and fresh herbs make it shine.
The squeeze of lemon and handful of fresh basil at the end really brighten things up. Don’t skip them—they take this dish from simple to special.

Make it a meal.
Add grilled shrimp, rotisserie chicken, or a sprinkle of feta or goat cheese to turn it into a hearty main dish.

Ready to Try It?

I’d love to hear how this one-pan orzo with summer vegetables turns out for you! Did you make any fun swaps or add a little protein on top? Let me know in the comments, and don’t forget to leave a rating if you enjoyed it. If you share your dish on

Instagram, tag me—I love seeing what you're cooking! If you like easy and delicious recipes like I do, here is another one to try roasted zucchini pasta with tomatoes.

One -pan Orzo with summer vegetables



- 2 cups orzo pasta
- 2 tbsp olive oil
- ½ cup chopped onion
- 2 cloves garlic (minced)
- 1 medium zucchini (diced)
- 1 cup cherry tomatoes (halved)
- 2 cups vegetable stock
- ½ cup water
- 2 cups baby spinach
- 1 tsp red pepper flakes (optional)
- Salt and black pepper (to taste)
- juice and zest of 1 lemon
- ½ cup grated Parmesan cheese (optional)
- Fresh basil (chopped (for garnish))

1. **Sauté:**In a large deep skillet or sauté pan, heat olive oil over medium heat. Add garlic and onion. Cook for 5 minutes until soft and translucent .

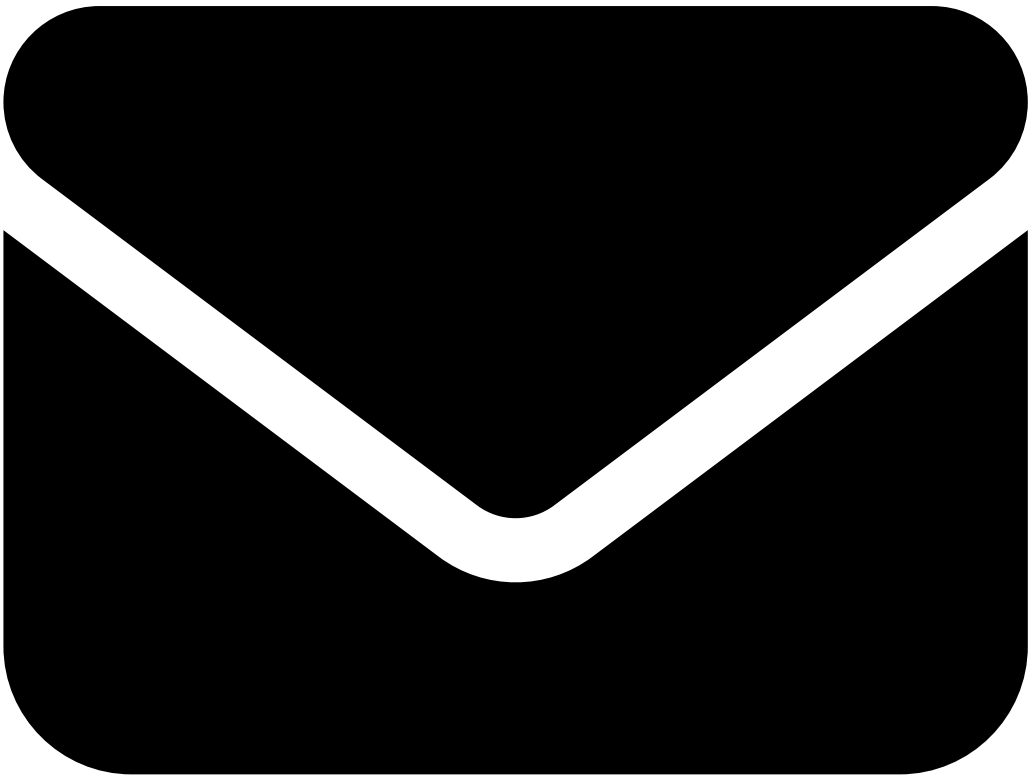
2. **Add Tomatoes, zucchini & Orzo:**Stir in cherry tomatoes, zucchini and orzo. Cook 1–2 minutes, stirring often, to toast the orzo slightly.
3. **Simmer:**Add broth and water, bring to a boil, then reduce heat to a simmer. Cover and cook for about 10–12 minutes, stirring occasionally, until orzo is tender and liquid is mostly absorbed.
4. **Finish:**Stir in spinach and cook 1–2 minutes until wilted. Add lemon zest, juice, and Parmesan if using. Season with salt, pepper, and red pepper flakes to taste.
5. **Serve:** Garnish with fresh basil and a drizzle of olive oil. Serve warm.

Roasted Zucchini Pasta with Tomatoes

Roasted Zucchini Pasta with Tomatoes

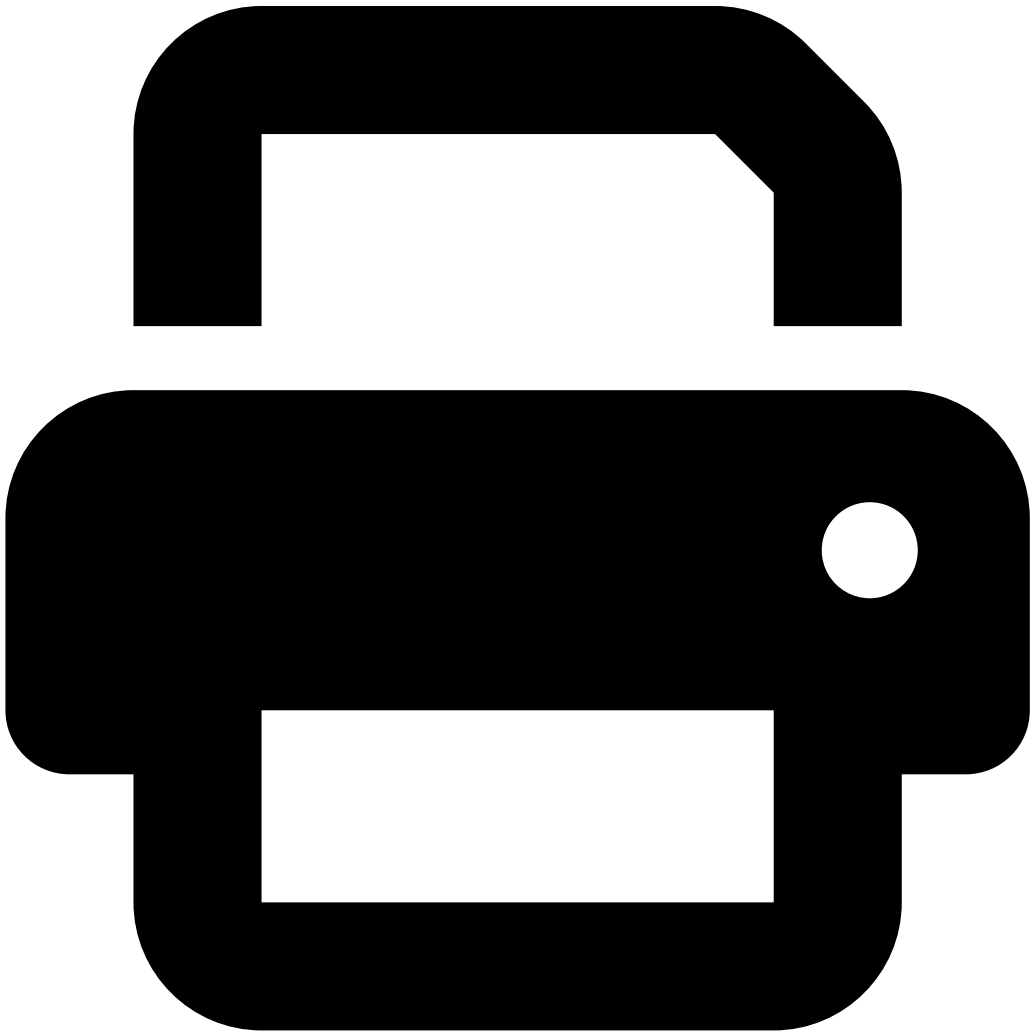
This post may contain affiliate links, that help support this blog. If you make a purchase through these links, I may earn a commission–at no cost to you. For more information read my disclosure policy.








SMS



When summer zucchini are overflowing at the farmers market—or in your backyard garden—this **Roasted Zucchini Pasta with Tomatoes** is the dish I turn to again and again. It’s light, fresh, delicious, easy and, made with a few simple ingredients.

Roasting the zucchini brings out its natural sweetness, while sautéed garlic and blistered cherry tomatoes add just the right depth. Blended into a silky cream sauce with pasta water and tossed with your favorite pasta, it’s the kind of easy weeknight meal that still feels special. Vegetarian, comforting, and made for summer—this one’s a keeper.

Things to know about this

Roasted Zucchini Pasta with Tomatoes

- **Use peak-season zucchini** for the best flavor—smaller zucchini tend to be sweeter and less watery.
- **Roasting adds depth.** Don’t skip the roasting step—it caramelizes the zucchini and makes the sauce extra rich and flavorful.
- **Sautéing the garlic and tomatoes separately** brings out a beautiful sweetness and keeps the garlic from burning in the oven.
- **Blend to your texture preference.** You can keep the zucchini cream sauce super smooth or leave it a little chunky for more texture.
- **Reserve that pasta water!** It’s key to loosening the sauce and helping it cling beautifully to the pasta.
- **Make it your own.** Add fresh herbs like basil or mint, a dollop of ricotta, or a pinch of red pepper flakes for heat.
- **Leftovers?** This pasta reheats well with a splash of water or a drizzle of olive oil in a pan over low heat. If your looking for more easy recipes to use up those summer zucchini try my creamy lemon parmesan zucchini orzo, it’s so good and easy to make

Roasted Zucchini Pasta with Tomatoes



- 12 oz your favorite pasta shape
- 3 zucchini washed and sliced
- 2 cups cherry tomatoes
- 2 tbsp olive oil
- 2 garlic cloves (minced)
- Salt and black pepper (to taste)
- 1 cup reserved pasta water (always reserve more than the recipe calls for)
- ½ cup freshly grated Parmesan cheese

1. Preheat your oven to 400°F . Spread sliced zucchini on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. Roast for 15-20 minutes until tender and lightly golden.
2. In a skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add cherry tomatoes and cook for 5–7 minutes until they begin to blister and soften. Season with salt and pepper.
3. Boil pasta in salted water until al dente. Reserve 1 cup of the pasta water, then drain.
4. Transfer the roasted zucchini to a blender or food processor. Add the reserved pasta water. Blend until smooth and creamy, adding more water as needed for a silky sauce.

5. Add the pureed zucchini and the parmesan cheese to the tomatoes. Toss in your cooked and drained pasta.
6. Plate the pasta and finish with extra Parmesan.