quick and easy shrimp scampi spaghetti recipe

Quick and Easy Shrimp Scampi Spaghetti Recipe

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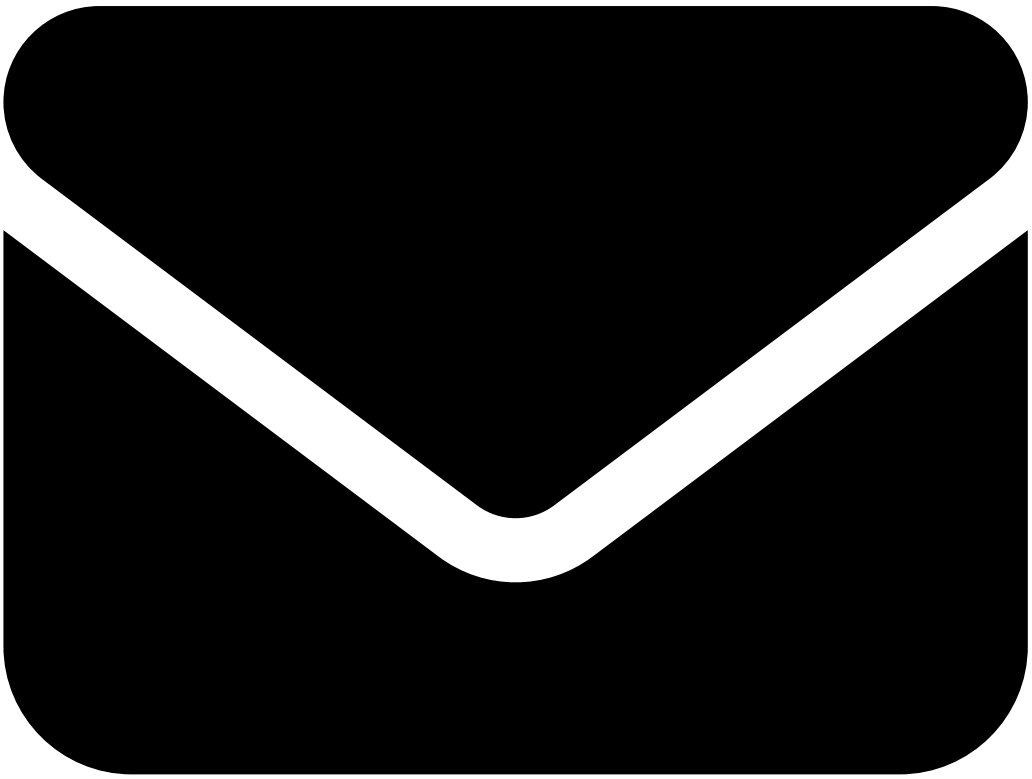




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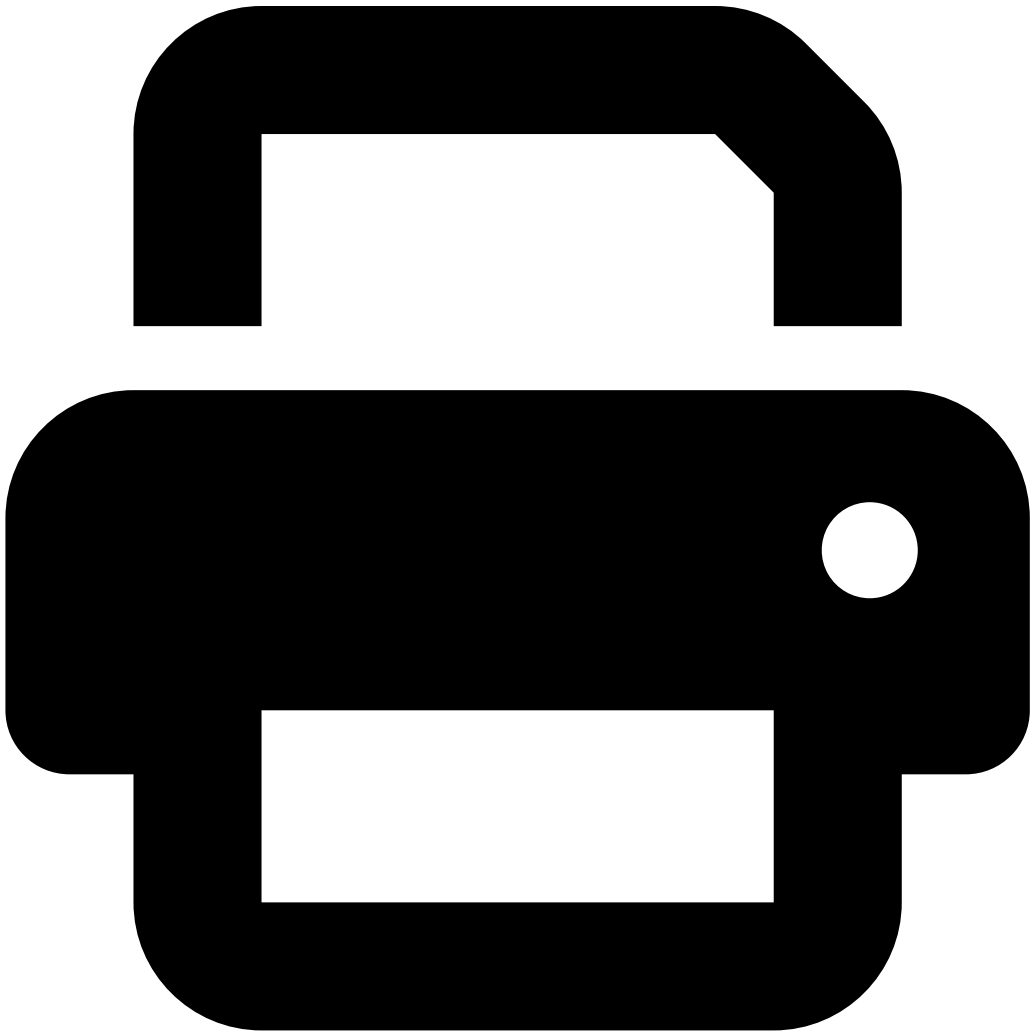

I know—I post a lot of pasta recipes. But pasta is just *that* versatile. You can make it a hundred different ways without repeating the same dish twice. And honestly, who doesn’t love pasta?

This quick and easy **shrimp scampi spaghetti** recipe is a perfect example. Juicy shrimp are sautéed in a garlicky lemon-butter sauce with a splash of white wine, then tossed with spaghetti for a light but flavor-packed Italian dinner.

But here’s the best part—it’s one of those easy shrimp and pasta recipes that comes together in under 30 minutes. That makes it ideal for busy weeknight meals with the family, but it’s also elegant enough to serve to guests on a Saturday night and show off your home chef skills.

Things to Know About This Quick and Easy Shrimp Scampi Recipe

1. Use quality shrimp and don’t overcook them.
The key to perfect shrimp scampi is using large, good-quality shrimp—and cooking them *just* until they turn pink. Shrimp cook quickly, so keep a close eye to avoid a rubbery texture.

2. Pasta shape doesn’t matter—but don’t overcook it.
While I used spaghetti here, feel free to swap in linguine, bucatini, or even angel hair. The real secret? Undercook your pasta slightly, since it will finish cooking in the sauce. Overcooked pasta can ruin an otherwise great dish.

3. Don’t skip the pasta water.
Reserved pasta water is liquid gold. It not only helps thicken and bind the sauce, but also adds depth and flavor. I always save more than I think I’ll need—just in case the sauce needs loosening up.

4. I’d love to hear from you!
If you try this recipe, drop me a note in the comments and let me know how it turned out. Your feedback means the world to me! One more thing if you like shrimp recipes that are easy and delicious try my Tomato piccata shrimp bucatini

Quick and easy shrimp scampi spaghetti recipe



Shrimp Scampi Spaghetti is a quick and easy Italian-inspired pasta made with tender shrimp, garlic, lemon, olive oil, and butter tossed with spaghetti. It’s a simple dinner that comes together in about 30 minutes and is full of fresh, bright flavor.

- 12 oz spaghetti
- 1 lb. large shrimp (peeled and deveined (tails on or off))
- 4 tablespoons butter
- 2 tablespoons olive oil
- 3 cloves garlic (finely minced)
- 1 teaspoon red pepper flakes (optional)
- 1/2 cup dry white wine
- 1 cup chicken stock
- 1 cup capers
- Juice of 1 lemon (plus slices optional)
- Salt and pepper (to taste)
- 1/4 cup chopped fresh parsley

1. Cook the spaghetti in a large pot of salted boiling water until al dente, about 8–10 minutes. Reserve 1/2 cup of pasta water before draining.
2. Season the shrimp with salt and pepper In a large skillet, heat the olive oil and 2 tablespoons of the butter over medium-high heat. Add the shrimp in a single layer, and cook for 1–2 minutes per side, until pink and just cooked through. Remove shrimp and set aside.
3. Make the sauce: In the same skillet, reduce heat to medium. Add the remaining 2 tablespoons butter and garlic. Sauté for 1 minute until fragrant. Stir in red pepper flakes (if using), then add white wine. Simmer for 2–3 minutes to reduce slightly. Then add the chicken stock, lemon juice, capers, 2 to 3 lemon slices and reserved pasta water, simmer until sauce thickens (5-7 minutes) then remove the lemon slices

4. Combine and toss: Return shrimp to the pan, and toss in the cooked spaghetti. Add more reserved pasta water a little at a time to loosen the sauce, if the sauce is too tight.
5. Serve: Sprinkle with parsley, adjust seasoning, and serve hot with grated Parmesan and fresh lemon wedges if desired

Don’t overcook the shrimp. They only need a few minutes to turn pink and opaque. Finish the pasta in the sauce with a splash of pasta water so everything comes together into a silky sauce.
Main Course
Italian
shrimp scampi spaghetti,recipe

Easy Summer Italian Cobb Pasta Salad

Easy summer Italian cobb pasta salad

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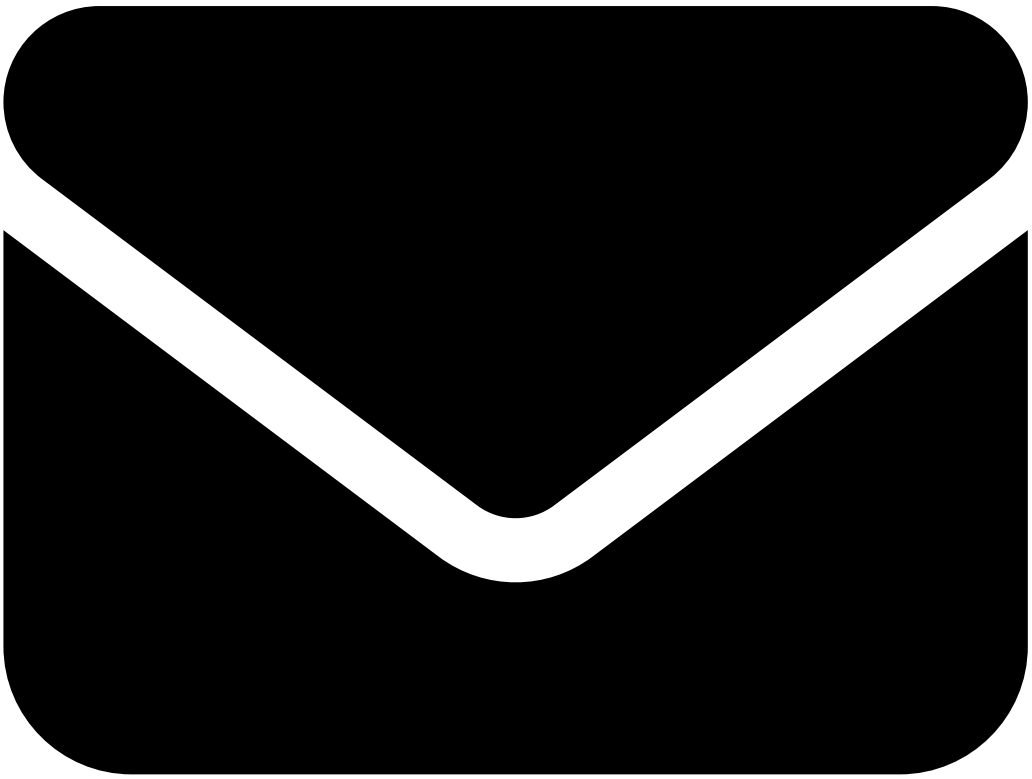




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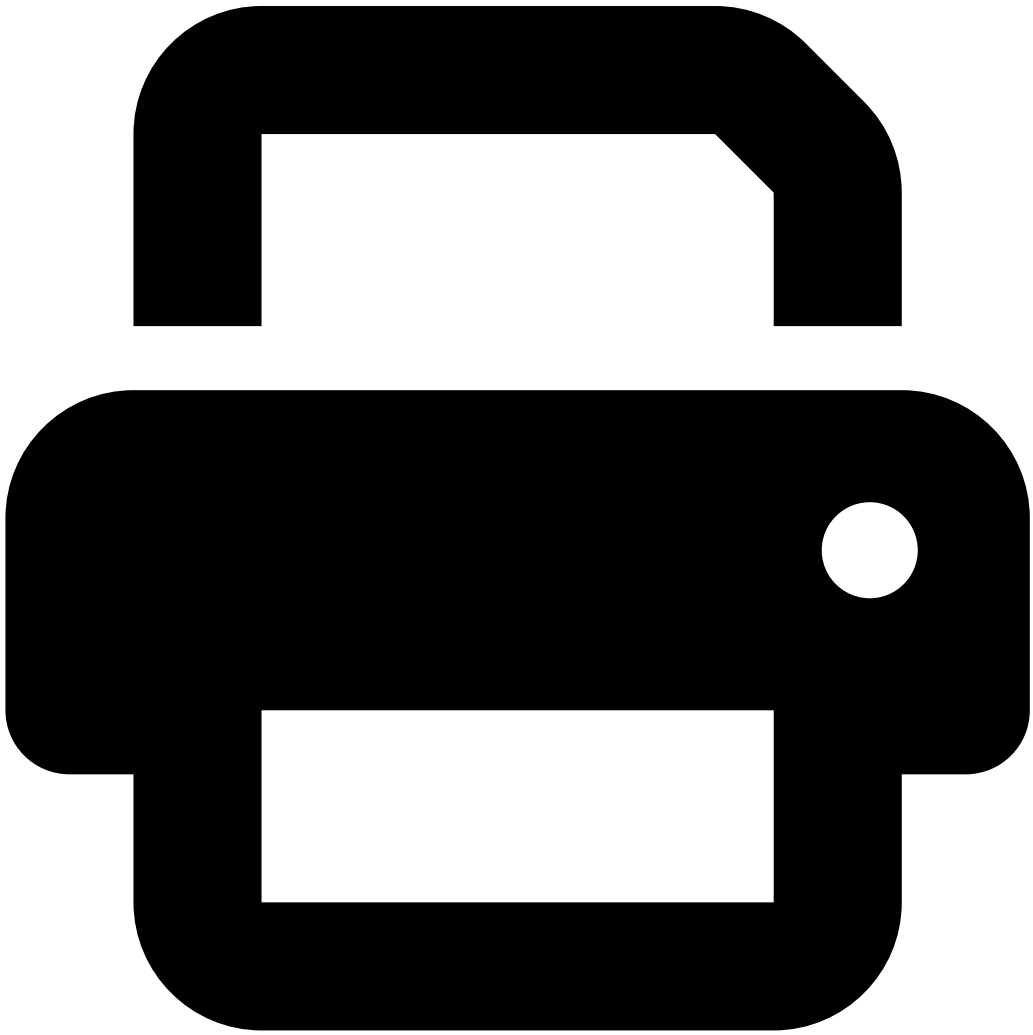

This Easy Summer Italian Cobb Pasta Salad is the perfect way to turn everyday ingredients into something truly crave-worthy. Packed with tender grilled chicken, crispy bacon, hard-boiled eggs, sweet tomatoes, and creamy mozzarella, it’s a fresh, satisfying take on the classic Cobb—pasta salad style! Tossed in a light Italian vinaigrette and bursting with bold, zesty flavor, it’s hearty yet refreshing—just right for hot summer days.

Whether you’re meal prepping for the week, planning a picnic, or making the most of fridge leftovers, this salad hits the mark every time.

Things to about this know Easy

Summer Italian Cobb Pasta Salad recipe

This **Easy Summer Italian Cobb Pasta Salad** is the perfect way to enjoy a fresh, hearty, and flavor-packed meal with minimal effort. I made this recipe using **leftover grilled chicken breast**, which added a smoky, savory layer to the dish without any extra cooking time—perfect for summer days when you want something cool and satisfying.

Inspired by the classic Cobb salad, this pasta version brings in all the favorites—**juicy tomatoes, crisp romaine, creamy avocado, chopped hard-boiled eggs, crumbled bacon, and sharp provolone or gorgonzola**—tossed together with short pasta and a tangy Italian vinaigrette.

What's Inside:

- Cooked short pasta (like rotini or penne)
- Diced grilled chicken breast (leftovers work beautifully)
- Hard-boiled eggs, chopped
- Cherry tomatoes, halved
- Crispy bacon
- Avocado chunks
- Italian cheese like provolone or gorgonzola
- Tossed in a zesty Italian vinaigrette

Variations You Can Try:

- **Protein Swap:** Use rotisserie chicken, grilled shrimp, or even chickpeas for a vegetarian option.

- **Cheese Choices:** Blue cheese, mozzarella pearls, or shaved Parmesan are all delicious here.
- **Dressing Options:** Italian dressing is my go-to, but balsamic vinaigrette or a creamy garlic dressing also work great.
- **Add-Ins:** Try sliced olives, pepperoncini, or marinated artichokes for extra Mediterranean flair.
- **Make it Gluten-Free:** Use your favorite GF pasta for a delicious gluten-free version.

This Easy Summer Italian Cobb Pasta Salad is a delicious, versatile dish that transforms simple ingredients—especially leftover grilled chicken—into a satisfying and flavorful meal. It's perfect for warm days when you want something fresh, easy, and ready in minutes. Plus, with so many ways to customize it, you can make it your own every time. Give it a try and let me know how you made it your own. If you want more summer recipes try my Personal favorite Easy summer caprese tomato salad.

Easy summer Italian cobb pasta salad



For the Salad:

- 8 oz short-cut pasta (such as rotini, penne, or farfalle)
- 1 ½ cups cooked grilled chicken (chopped (leftovers work great))
- 4 slices cooked bacon (crumbled)
- 2 hard-boiled eggs (peeled and chopped)
- 1 cup cherry tomatoes (halved)
- 1 cup fresh mozzarella pearls or diced mozzarella
- ¼ cup red onion (thinly sliced (optional))
- ¼ cup fresh basil (chopped)
- Salt and black pepper (to taste)

For the Dressing:

- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar (or lemon juice)
- 1 teaspoon Dijon mustard
- 1 Tbsp. plain Greek yogurt
- 1 garlic clove (minced)
- ½ teaspoon dried oregano
- Salt and black pepper (to taste)

1. Cook pasta according to package instructions. Drain and rinse under cold water to cool. Set aside.
2. Make the Dressing In a small bowl, whisk together olive oil, vinegar (or lemon juice), Dijon, yogurt, garlic, oregano, salt, and pepper until well blended. Adjust seasoning to taste.
3. In a large bowl, combine the cooled pasta, chicken, bacon, hard-boiled eggs, cherry tomatoes, mozzarella, and red onion if using.
4. Pour the dressing over the salad and gently toss until everything is evenly coated.
5. Stir in the chopped basil. Taste and adjust seasoning with salt and pepper as needed. Serve immediately or

refrigerate for 30 minutes to let the flavors develop.

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30 minute creamy chicken broccoli pasta

30 minute creamy chicken broccoli pasta

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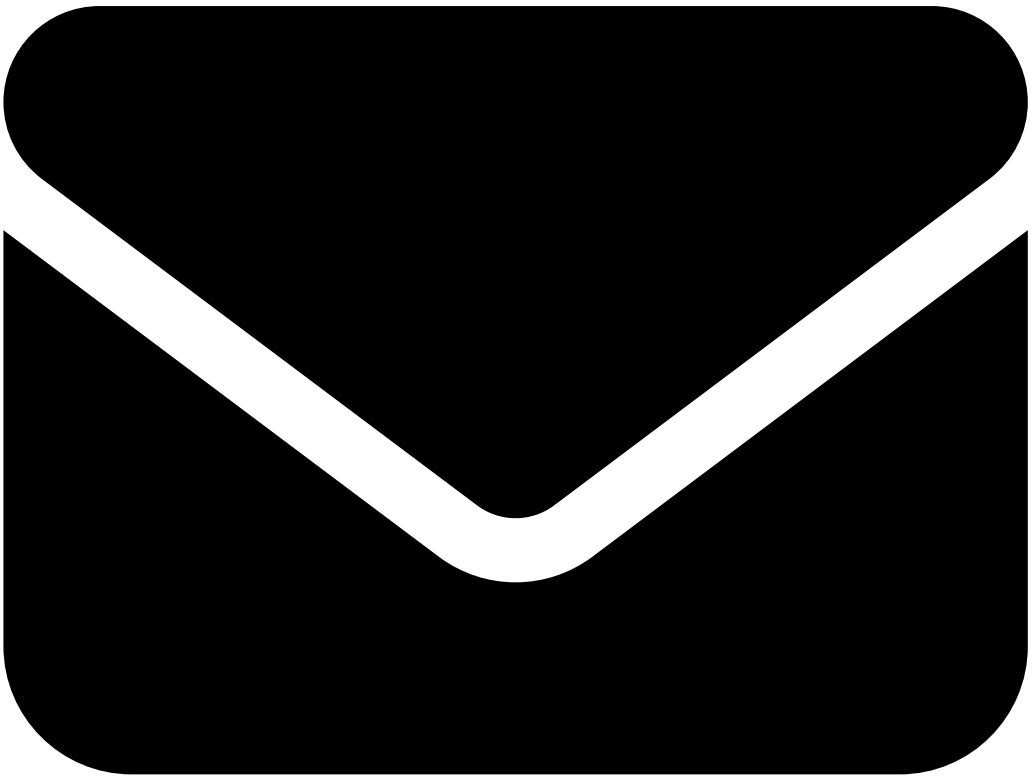




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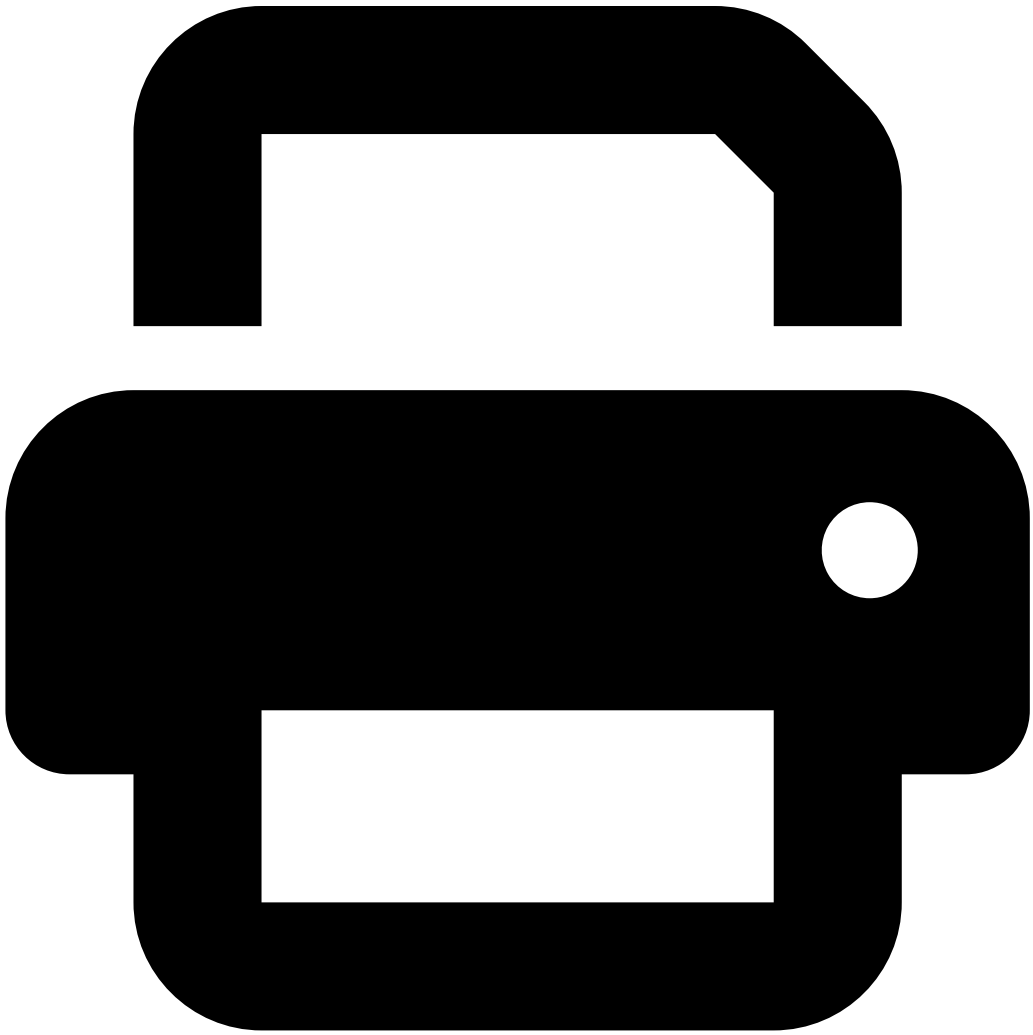

This **30-minute creamy chicken broccoli pasta** is the perfect answer to busy weeknights. Made with tender chunks of sautéed chicken, crisp-tender broccoli, and your favorite short pasta, it’s all brought together in a rich and creamy Parmesan sauce that feels indulgent—but comes together fast with minimal fuss.

While it’s not a true one-pan meal (you’ll cook the pasta separately), the process is still super simple and straightforward. The result? A satisfying dinner that’s family-friendly, full of flavor, and totally crave-worthy.

From weeknight dinners to casual entertaining, this dish is a crowd-pleaser you’ll find yourself making again and again. Serve it with extra grated Parmesan and a sprinkle of chili flakes for a little kick!

Things to Know About This Recipe

Make it your own with these simple swaps and variations:. Pasta Flexibility

1. Use any short pasta you have on hand—penne, rotini, fusilli, or even shells. Gluten-free pasta or whole wheat options work just as well!
2. Not a broccoli fan? Swap in spinach, kale, peas, or asparagus. You can also mix in sun-dried tomatoes or roasted red peppers for extra flavor and color.
3. Chicken is classic, but this dish is just as delicious with:Cooked Italian sausage (mild or spicy) Shrimp or scallops. Leftover rotisserie chicken
4. Use half and half instead of heavy cream, or try unsweetened evaporated milk or a splash of milk with a bit of cream cheese for a lower-fat option.
5. A squeeze of fresh lemon juice or a bit of lemon zest at the end brightens the rich sauce. You can also stir in a spoonful of pesto or a dash of garlic powder, onion powder, or Italian seasoning for extra depth.
6. Parmesan is essential, but don’t stop there! Stir in shredded mozzarella, provolone, or fontina for added creaminess.
7. Red pepper flakes are optional but recommended if you like a little heat. A pinch of cayenne or a drizzle of chili oil can also give it a kick. If you love easy and delicious pasta recipes try my 30 minute broccolini and sausage pasta or my easy vegetarian orzo and asparagus and peas

Creamy Chicken and Broccoli Pasta



- 12 oz short pasta (penne, fusilli, or rotini)
- 2 Tbsp olive oil
- 2 Tbsp butter
- 1 lb boneless (skinless chicken breasts, cut into bite-sized pieces)
- 1 garlic clove (minced)
- ½ cup finely chopped onion
- 3 cups small broccoli florets
- Salt and pepper (to taste)
- 1 tsp red pepper flakes (optional)
- 1 cup chicken broth
- 1 cup reserved pasta water
- ¾ cup heavy cream (or half and half)
- ½ cup grated Parmesan cheese

1. Bring a large pot of salted water to a boil. Cook the pasta until al dente. Reserve 1 cup of the pasta water before draining. Set pasta aside.
2. In a large skillet, heat the olive oil and butter over medium heat. Add the chicken pieces and season with salt, pepper, and red pepper flakes if using. Cook for about 5–6 minutes, until the chicken is golden and cooked through. Transfer the chicken to a plate and keep warm.
3. In the same skillet (don’t clean it—those browned bits add flavor!), add a touch more oil if needed. Sauté the garlic and onion until soft and translucent.
4. Add the broccoli florets along with a splash of the reserved pasta water or chicken broth. Cover and steam-

sauté for 3–4 minutes, just until the broccoli is tender and bright green.

5. Pour in the chicken broth, reserved pasta water, and cream. Stir and bring to a gentle simmer. Add the Parmesan cheese and stir until the sauce is smooth and creamy.
6. Return the cooked chicken to the skillet along with the drained pasta. Toss everything together to coat. If the sauce is too thick, add a bit more reserved pasta water to loosen it.
7. Spoon into bowls and finish with extra Parmesan or a sprinkle of red pepper flakes, if desired. Serve hot .

Pesto Tortellini pasta salad

Pesto Tortellini pasta salad

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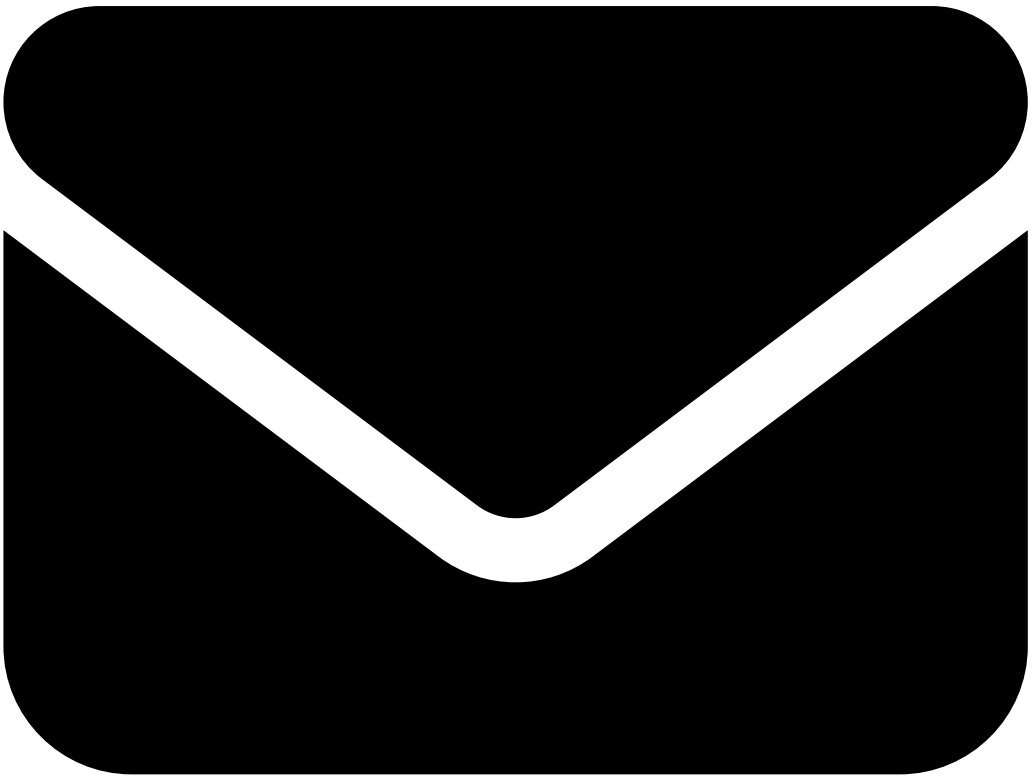




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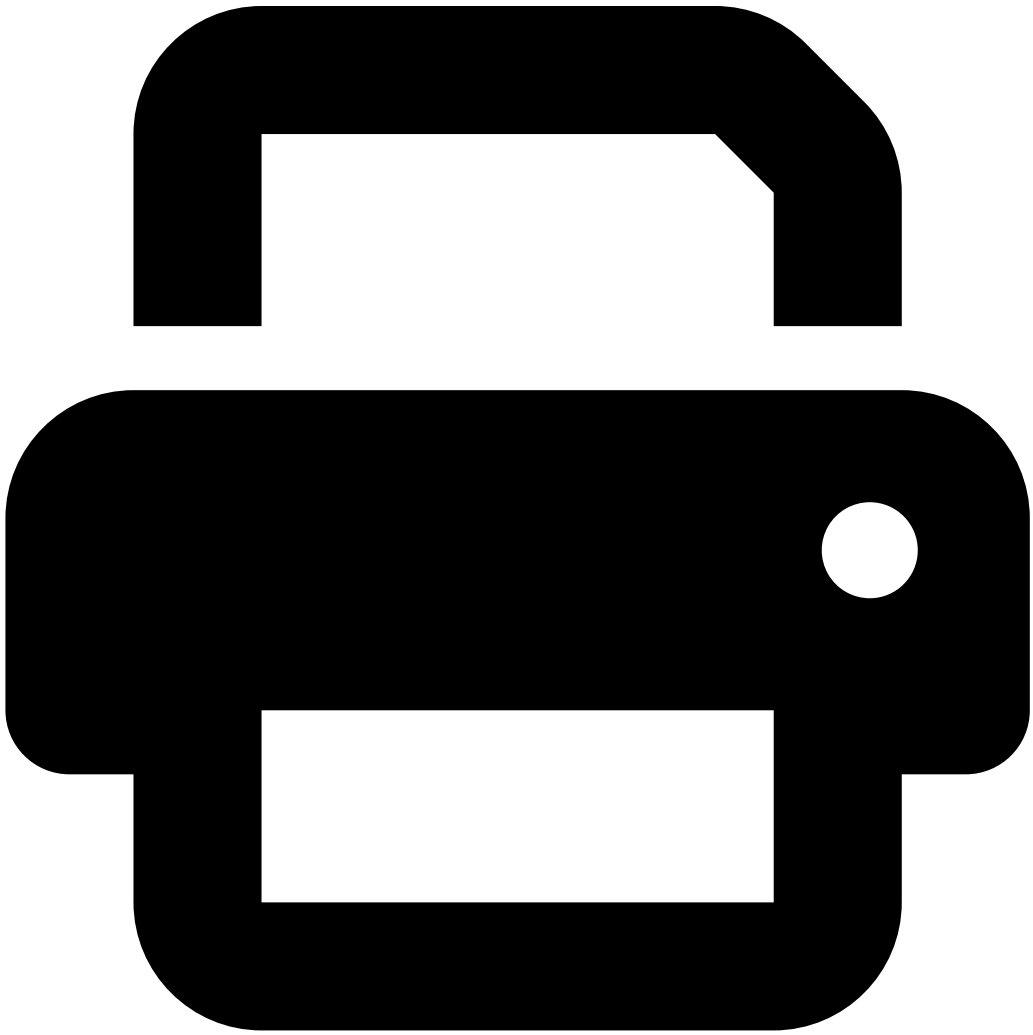

If you’re looking for the perfect summer pasta salad, this pesto tortellini pasta Salad is one of my favorites. Full of Mediterranean flavors and hearty enough to be a meal on its own, it’s one of those dishes that always disappears quickly when ever I bring it to potlucks, or Sunday lunches.

It’s made with store-bought cheese-filled tortellini, kalamata olives, juicy tomatoes, pepperoncini, and savory bites of salami, all tossed in a rich, herby basil pesto sauce.

What I love most about this pasta salad recipe is how easy it comes together, and it’s a perfect make-ahead option that only gets better as it sits and the flavors develop. You can serve it chilled straight from the fridge or let it come to room temperature – either way, it’s delicious. The ingredients are easy to customize based on what you have on hand, and it’s a great way to use up leftover antipasto staples hanging around in your fridge.

Full of Italian flavors and hearty enough to be a meal on its own, it’s one of my most requested pasta salad recipes whenever I bring it to family picnics or potlucks. Made with store-bought tortellini, briny olives, juicy tomatoes, crisp pepperoncini, and savory bites of salami, and tossed in my fresh homemade pesto.What I love most about this recipe is how easy it is to make. It’s a perfect make-ahead option that only gets better as it sits and the flavors have time to develop. You can serve it chilled straight from the fridge or let it come to room temperature. The ingredients are easy to customize based on what you have on hand, and it’s a great way to use up leftover antipasto staples hanging around in your fridge.

Things to know about this Pesto tortellini pasta salad

- **It’s a meal or a side** – This salad is hearty enough to serve as a main dish, thanks to the cheese-filled tortellini and protein from the salami or prosciutto. It goes great as a side with grilled meats .
- **Make-ahead friendly** – The flavors only get better as they sit, so it’s perfect for prepping a day in advance. Just give it a quick toss before serving, and maybe a drizzle of olive oil if it needs a refresh.
- **Customizable to what you have** – Swap in mozzarella pearls, roasted red peppers, artichokes, or even chickpeas. Use what you love or what’s already in your fridge – this salad is forgiving and flexible.
- **Great for entertaining** – It holds up well at room temperature, making it ideal for gatherings, potlucks, and picnics. No wilting greens or last-minute assembly required.

- **Packed with bold, zesty flavor** – Between the pesto, briny olives, tangy pepperoncini, and savory meats, every bite is layered with that classic Italian antipasto flavor – all without turning on the oven!

- If you make this pasta salad please leave me a comment. I love hearing from you, and p[ease don't forget to tag me on Instagram with your creations.
- We love pasta salads at loriana shea cooks If you are craving more easy, flavor-packed Italian favorites, be sure to check out this Italian chickpea cucumber tomato salad or my vegetarian orzo with asparagus and peas,

Italian Tortellini Pesto pasta Salad



- 1 20 oz package cheese tortellini, cooked and cooled
- 1 cup grape or cherry tomatoes (halved)
- 1/2 cup sliced black or Kalamata olives
- 1/2 cup pepperoncini slices or banana peppers
- 1/3 cup diced red onion
- 1/2 cup roasted red peppers or marinated artichoke hearts (chopped (optional))
- 1/2 cup salami or prosciutto strips
- 1/2 cup cubed provolone or mozzarella
- 1 cup basil pesto (homemade or store-bought)
- 2 tbsp extra virgin olive oil (optional, to loosen

pesto)
- Salt and black pepper to taste
- Fresh basil for garnish (optional)

1. Cook tortellini according to package directions. Drain and rinse under cold water. Set aside to cool completely.
2. In a large bowl, combine the cooled tortellini, tomatoes, olives, peppers, red onion, salami, and cheese.
3. Add the pesto and toss everything to coat. If the pesto is too thick, drizzle in olive oil to loosen it.
4. Season with salt and pepper to taste.
5. Refrigerate for at least 30 minutes before serving to let flavors meld.
6. Garnish with fresh basil if desired, and serve chilled or at room temperature.

Vegetarian Orzo with Asparagus and Peas

Vegetarian Orzo with Asparagus and Peas

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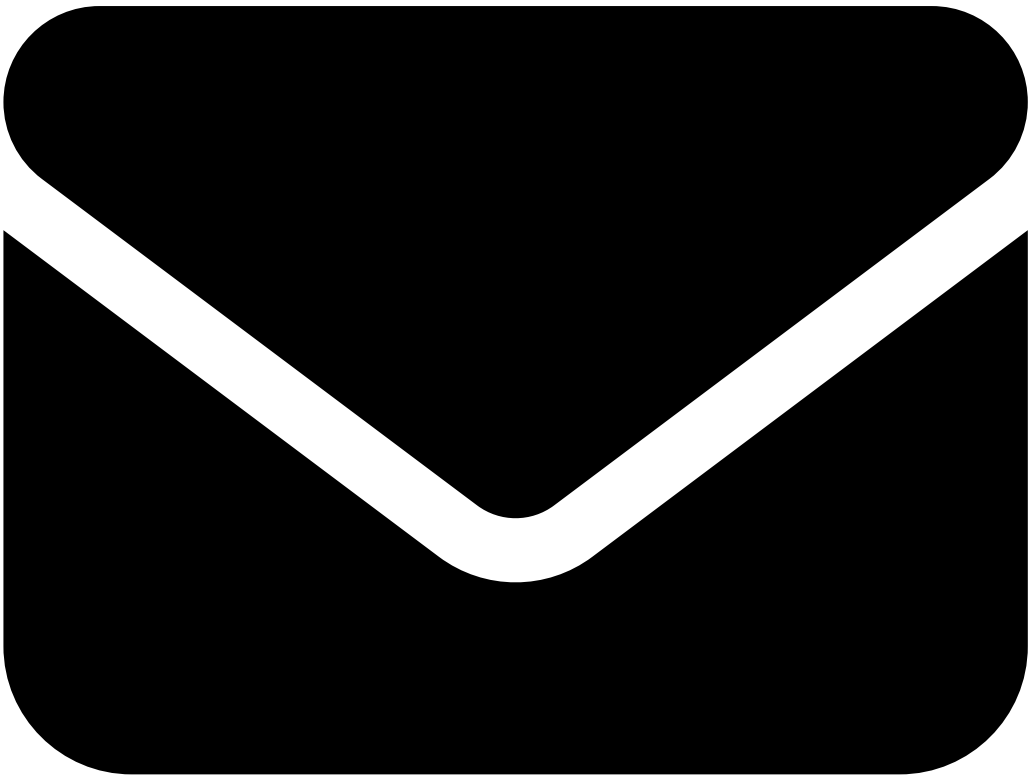




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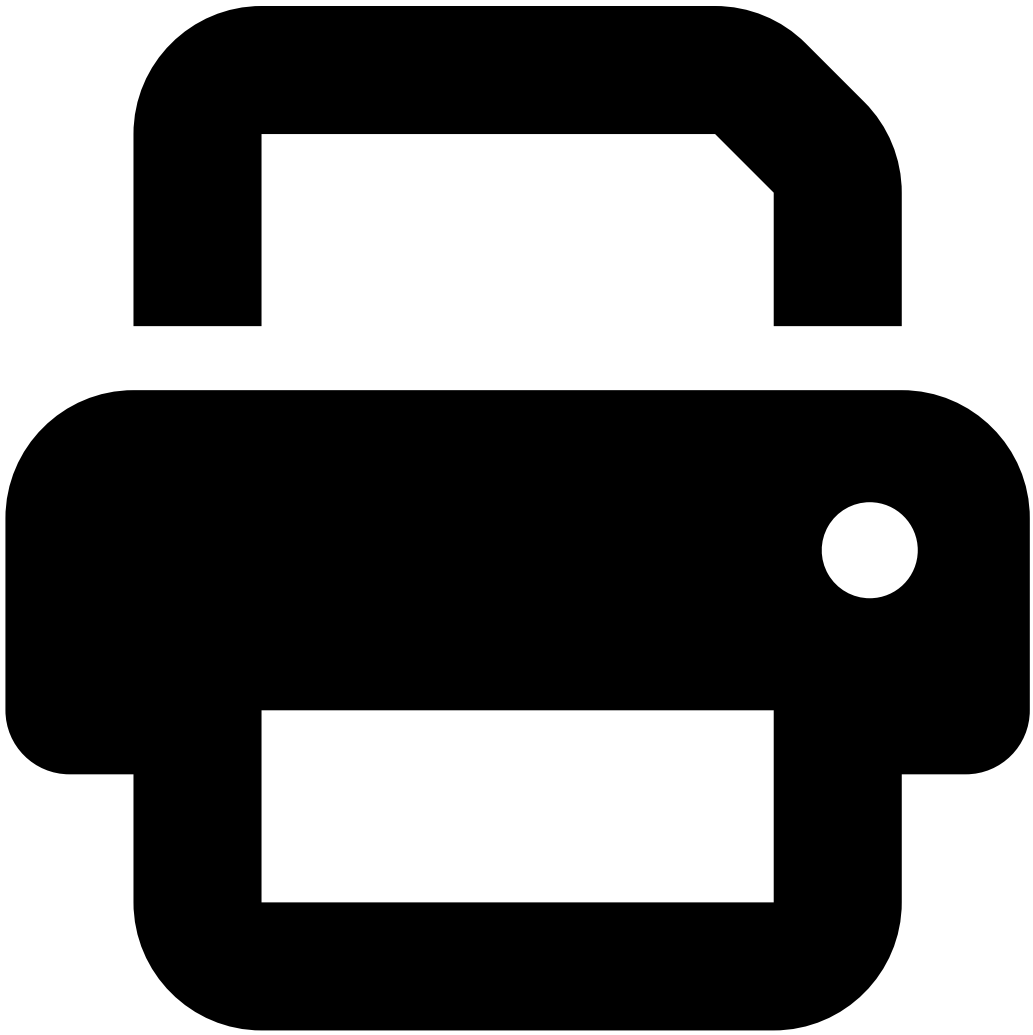

I love this vegetarian orzo with asparagus and peas in the summertime. It’s the kind of easy, light dish that comes together quickly feels good and tastes delicious . The combination of sweet peas, tender asparagus, and a hint of lemon makes it perfect for summer. It’s perfect for a light lunch or on the side of grilled meats and fish.

This has become one of my favorite dishes to make in the summer it goes good with so many different things, and it’s so easy to make. you are going to love it!!!

Things to know about this Vegetarian Orzo with Asparagus and

Peas recipe

- **Seasonal and Fresh**: This dish shines in spring and summer when asparagus is in season and peas are at their sweetest. Fresh or frozen peas both work beautifully.
- **Great for Make-Ahead**: You can cook the orzo and veggies in advance and serve it chilled or gently rewarmed. It holds up well for lunches, potlucks, or picnics.
- **Light but Satisfying**: It’s vegetarian, with just the right balance of comfort and freshness. Add a sprinkle of cheese or a poached egg if you want to make it heartier.
- **Customizable**: Swap in other green veggies like zucchini, spinach, or snap peas. You can also stir in herbs like basil, mint, or parsley for an extra flavor boost.
- **No-Fuss Cooking**: It cooks all in one pan like a risotto but takes less time and effort—great for quick lunches or simple summer sides.

If you are Craving More Orzo Recipes

If you love easy, flavorful dishes like this one, be sure to check out my other orzo recipes! Creamy lemon parmesan zucchini orzo or pan seared salmon

- If you try this recipe, I’d love to hear how it turned out—leave a comment below or tag me on Instagram so I can see your beautiful plates!

Vegetarian Orzo with Asparagus and

Peas



- 2 cups orzo
- 1 Tbsp. olive oil
- 2 Tbsp. butter
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups asparagus (trimmed and cut into 1 inch pieces)
- 1 cup fresh or frozen peas
- 3 cups vegetable stock
- Juice and zest from one lemon
- 1/2 cup chopped Italian parsley
- 1/2 cup parmesan cheese
- Salt and pepper to taste

1. In a medium skillet or saucepan, heat olive oil and butter over medium heat. Add chopped onion and sauté until translucent, about 3 minutes. Add garlic and cook for another minute.

2. Toast orzo. Stir in the orzo and cook for 1–2 minutes to lightly toast it and coat it in the oil and butter.
3. Simmer with stock. Pour in vegetable stock and bring to a simmer. Stir occasionally, letting the orzo absorb the stock gradually (like risotto). Add more stock or hot water as needed until the orzo is al dente, about 10–12 minutes.
4. Add veggies. When the orzo is nearly done, stir in asparagus and peas. Cook for 3–4 minutes, just until

asparagus is tender and peas are warmed through.
5. Finish with lemon and parmesan. Stir in lemon zest and juice. Season with salt and pepper to taste.

Creamy Italian Sausage and Broccoli Pasta

Creamy Italian sausage and broccoli pasta

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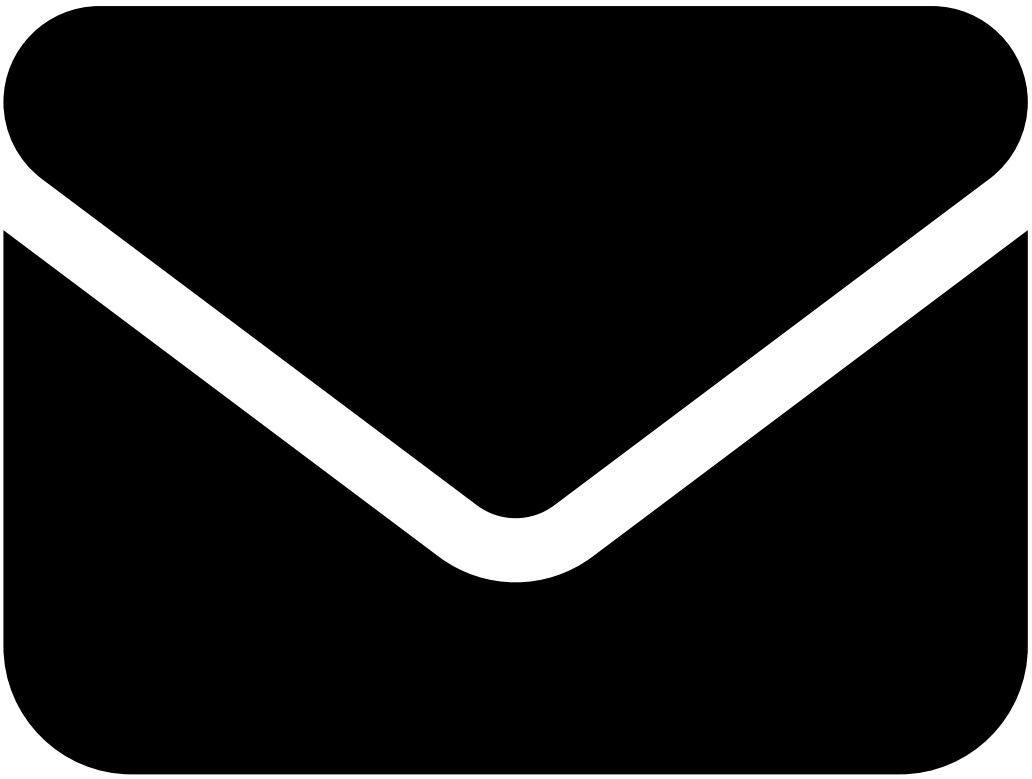




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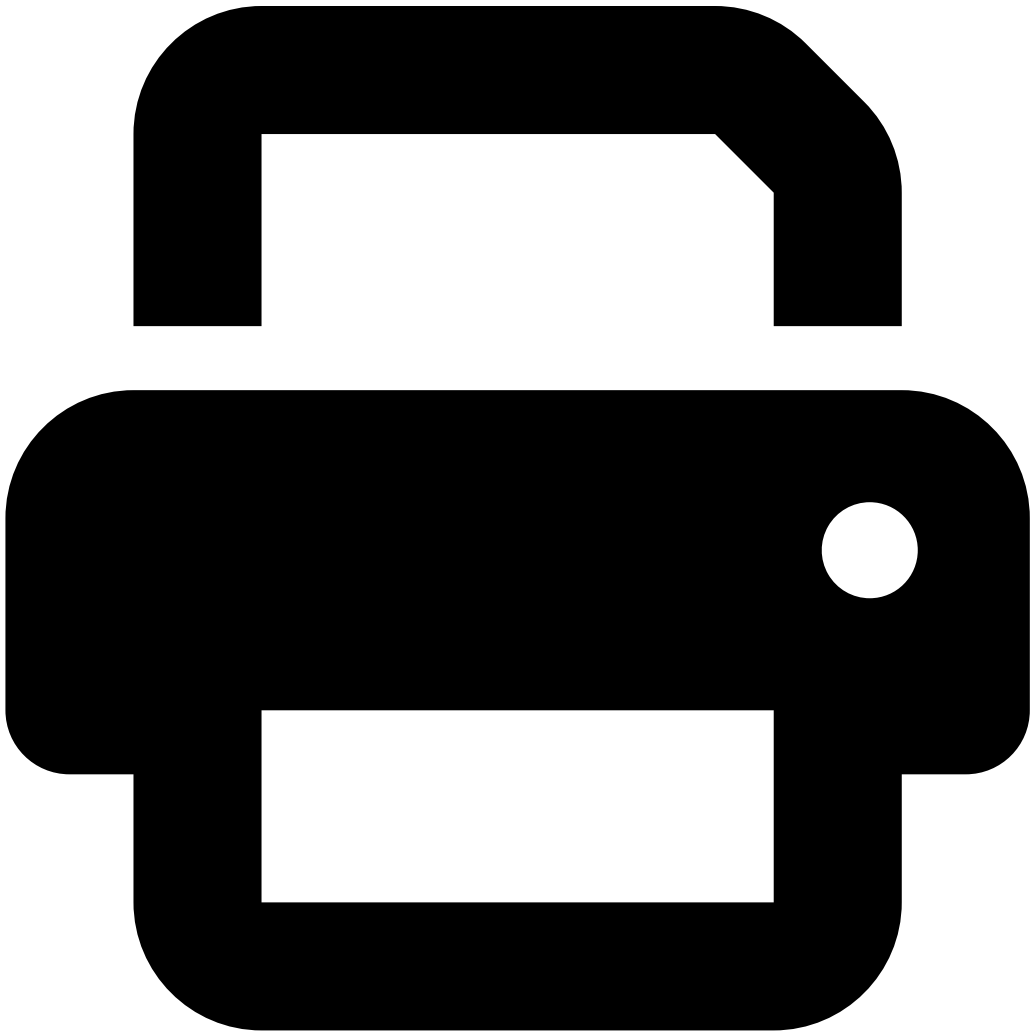

This Creamy Pasta with Broccoli and Sausage is a simple Italian-inspired dish that’s full of flavor and comes together in about 30 minutes. Tender broccoli is blended into a smooth, vibrant green sauce that coats the pasta beautifully, while spicy Italian sausage adds savory richness and a touch of heat.

It’s creamy without being heavy, and the broccoli gives the sauce a fresh, flavorful twist. It’s an easy weeknight pasta the whole family can enjoy—and a delicious way to add more vegetables to the table.

Things to know about this creamy Italian sausage and broccoli pasta

recipe

- **It’s all about the broccoli**
  Instead of tossing in florets, the broccoli is simmered until soft and blended into a creamy sauce. This method gives the dish its signature velvety texture and vibrant color—no cream needed!
- **Spicy sausage brings bold flavor**
  Italian sausage adds richness and heat, which balances beautifully with the earthy broccoli. Feel free to use mild sausage if you prefer a less spicy version.
- **Pasta shape matters**
  Short shapes like orecchiette, rigatoni, or fusilli work best—they catch the creamy sauce and bits of sausage in every bite.

Delicious Variations to Try

- **Swap the broccoli:** Try this recipe with broccolini or even spinach for a twist. You can also mix in peas or zucchini for added green.
- **Make it vegetarian:** Skip the sausage and add sautéed mushrooms or chickpeas for a hearty, plant-based version.
- **Add cheese:** Stir in a spoonful of ricotta or mascarpone to the broccoli purée for extra creaminess, or sprinkle grated Pecorino Romano right before serving.
- **Go gluten-free:** Use your favorite gluten-free pasta to make this dish completely gluten-free without losing any flavor.

- **Crispy topping option:** Toast some breadcrumbs in olive oil with garlic and sprinkle over the top for added texture and a rustic touch.

This **Creamy Italian Sausage and Broccoli Pasta** is one of those recipes that proves simple ingredients can create something truly special. It’s hearty, wholesome, and packed with bold flavor—perfect for family dinners, meal prep, or impressing guests with minimal effort. Whether you stick with the classic version or try one of the tasty variations, this dish is sure to become a go-to favorite in your pasta rotation. Don’t forget to top it with plenty of grated cheese and a drizzle of good olive oil before serving. ENJOY!!! If you like broccoli try my Italian broccoli beef pasta or roasted parmesan broccoli side dish.

Creamy Italian sausage and broccoli pasta



creamy Italian sausage pasta, Italian sausage and broccoli pasta, broccoli pasta, creamy broccoli pasta, Italian sausage pasta, easy pasta recipe, creamy pasta recipe, weeknight pasta, Italian-inspired pasta

- 12 oz short pasta (orecchiette, fusilli, or rigatoni

work beautifully)

- 1 large head of broccoli (chopped into florets)
- 3/4 to 1 lb spicy Italian sausage (casings removed)
- 3 tbsp extra virgin olive oil
- 1 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1/2 tsp red pepper flakes (adjust to taste)
- Salt and black pepper (to taste)
- 1– 2 cups pasta water (reserved)
- 1 /2 cup grated parmesan (plus more for serving)

1. **Cook broccoli:** Bring a large pot of salted water to a boil. Add the broccoli florets and cook until very tender, about 7–8 minutes. Use a slotted spoon to transfer the cooked broccoli to a blender or food processor (keep the water boiling for the pasta).

2. **Make broccoli purée:** Add 2 tablespoons of olive oil, a pinch of salt, and a splash of pasta water to the broccoli. Blend until smooth and creamy. Set aside.

3. **Cook pasta:** Add pasta to the same boiling water used for broccoli. Cook until al dente. Reserve about 2 cups of pasta water, then drain.

4. **Cook sausage**While the pasta cooks, heat 2 tablespoon of olive oil in a large skillet over medium heat.Add sausage and cook, breaking it up with a wooden spoon, until browned and cooked through (5–6 minutes).Add the onion, garlic and red pepper flakes, cook until soft and fragrant (4-5 minutes)

5. **Combine and finish:** Lower heat. Add the broccoli purée to the skillet with the sausage and stir to coat. Add the drained pasta and 1 cup of pasta water, stirring until everything is coated in the creamy sauce.Taste and adjust seasoning with salt, pepper, and more pasta water if the sauce is too dry. Stir in the parmesan cheese

6. **Serve:** Plate and top with extra parmesan and a drizzle of olive oil. Serve hot.
7. Always reserve more pasta water than the recipe calls for

   You can also sauté a few anchovy fillets with the garlic for deeper umami flavor—traditional in some southern Italian versions.

   For extra creaminess, blend a spoonful of ricotta or mascarpone into the broccoli purée

Main Course
Italian
creamy Italian sausage pasta, Italian sausage and broccoli pasta

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Creamy marry me salmon fettuccine

Creamy marry me salmon fettuccine

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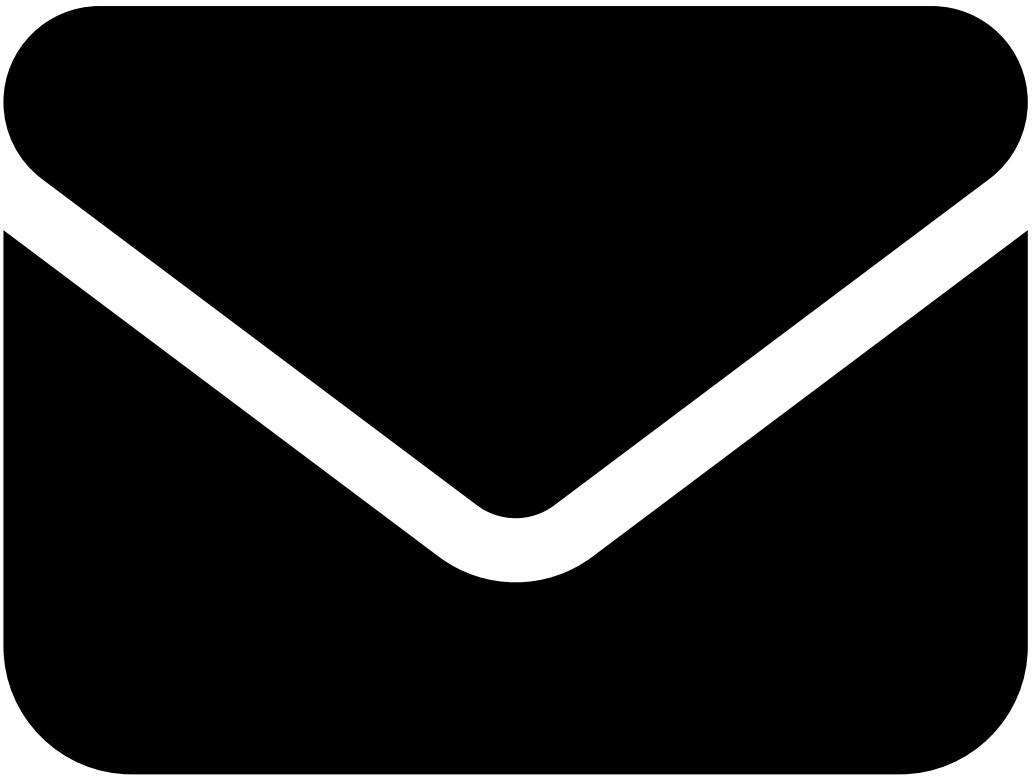




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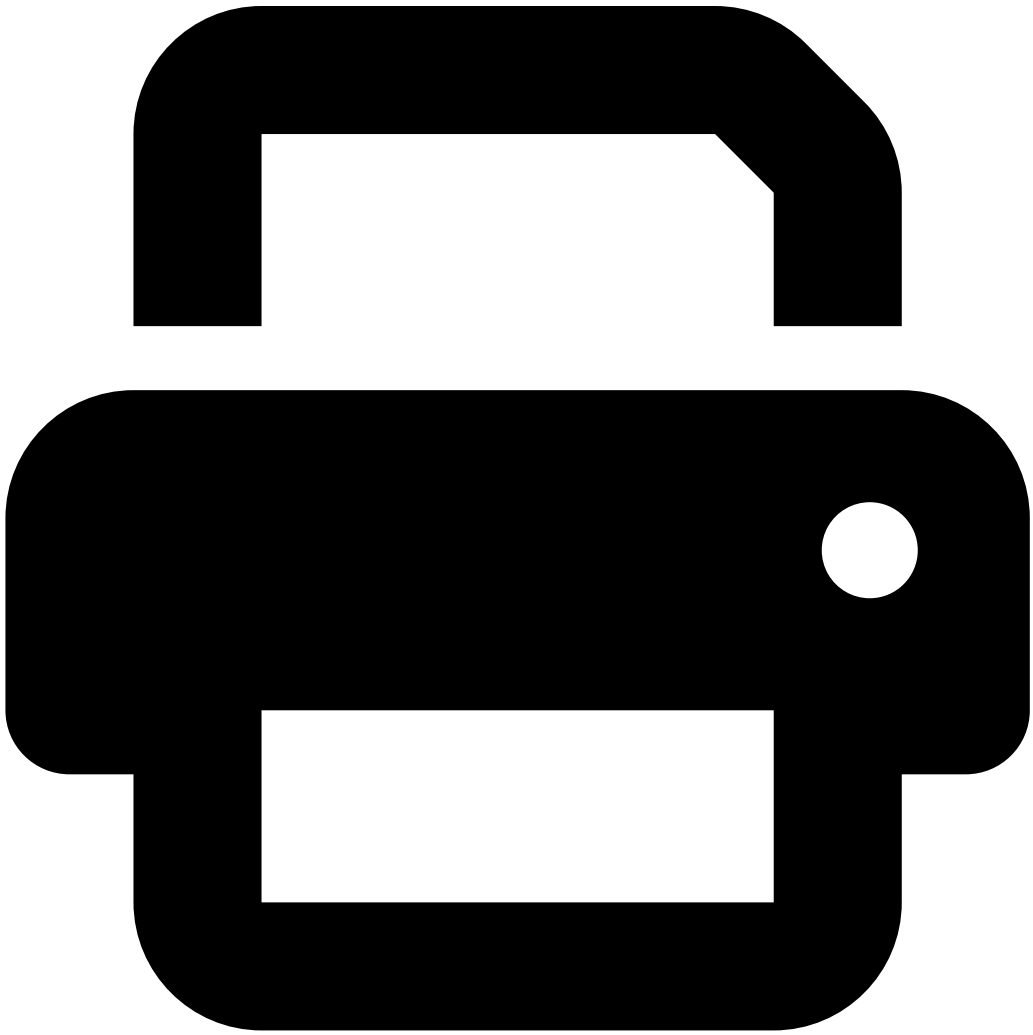

I love a pasta dish that feels a little fancy but comes together with simple ingredients and minimal prep and cook time. This creamy marry me salmon fettuccine is exactly that. It’s creamy and delicious uses simple ingredients, and it takes minimal prep.

No need to sear anything or fuss with extra steps. This is an easy dinner that feels fancy enough for Saturday night dinner with friends. The sauce is rich but still feels light thanks to the burst of cherry tomatoes and lemon. The salmon gently cooks right in the sauce, keeping it juicy, and the fettuccine soaks it all up perfectly.

Things to know and variations about this this creamy marry me salmon

fettuccine recipe

No searing is needed. The salmon poaches in the creamy-tomato garlic sauce, which keeps it tender and flavorful.

Pasta water is liquid gold in this recipe. Although the recipe calls for 1 cup of reserved pasta water , always save more than you need. The addition of pasta water helps loosen the sauce and leaves a beautiful glossy finish to this pasta dish

It comes together in 30 minutes , perfect for busy nights when you want a homemade meal without a lot of prep or clean -up.

VARIATIONS: Instead of salmon try this recipe with shrimp or scallops for a seafood twist

Swapping the pasta is almost always an option. Try it with linguine, tagliatelle or even rigatoni or penne.

You can make it spicy by sauteing a pinch of red pepper flakes with the garlic and shallots.

If you love easy and delicious recipes, this creamy marry me salmon fettuccini is one of those recipes you will want to come back to often. If you give it a try , I would love to hear how it turned out -leave me a comment below or tag me on Instagram, I love to see your creations. And if you are a salmon lover try these easy salmon recipes Quick and easy salmon piccata or easy sheet pan salmon dinner or Tuscan salmon for two.

Creamy marry me salmon fettuccine



Creamy Marry Me Salmon Fettuccine combines tender salmon, fettuccine, sun-dried tomatoes, garlic, Parmesan, and a silky cream sauce for a rich, flavorful pasta dinner that feels restaurant-worthy yet easy to make at home.

- 8 oz. fettuccini
- 1 lb. salmon skinless fillet cut into medium chunks
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 2 Tbsp. minced shallots
- 2 cups cherry tomatoes
- 3 cups chopped spinach
- 1/2 cup white wine
- 1 cup heavy cream
- zest and juice from one lemon
- 1 cup pasta water
- 1 Tbsp. butter
- 1/2 cup grated parmesan
- salt and pepper to taste

1. In a large pot of salted water cook the pasta el dente reserving 2 cups of pasta water before draining. While the pasta cooks make the creamy salmon sauce
2. In a large skillet add the 2 tbsp. of olive oil over medium heat cook the shallots and garlic until soft and translucent.
3. Add the tomatoes and cook until blistered.
4. Add the wine, wait until fully absorbed, then add in the

cream, parmesan cheese , reserved pasta water, lemon zest and juice. Simmer until sauce thickens about 5-7 minutes.

5. Add the spinach, butter and raw salmon chunks to the sauce. cook 5-6 minutes or until the salmon is cooked through but still juicy.
6. Toss in the hot cooked fettuccini.

Main Course
Italian
Marry Me salmon pasta, salmon fettuccine,

Lemon ricotta pasta and peas

Lemon ricotta pasta and peas

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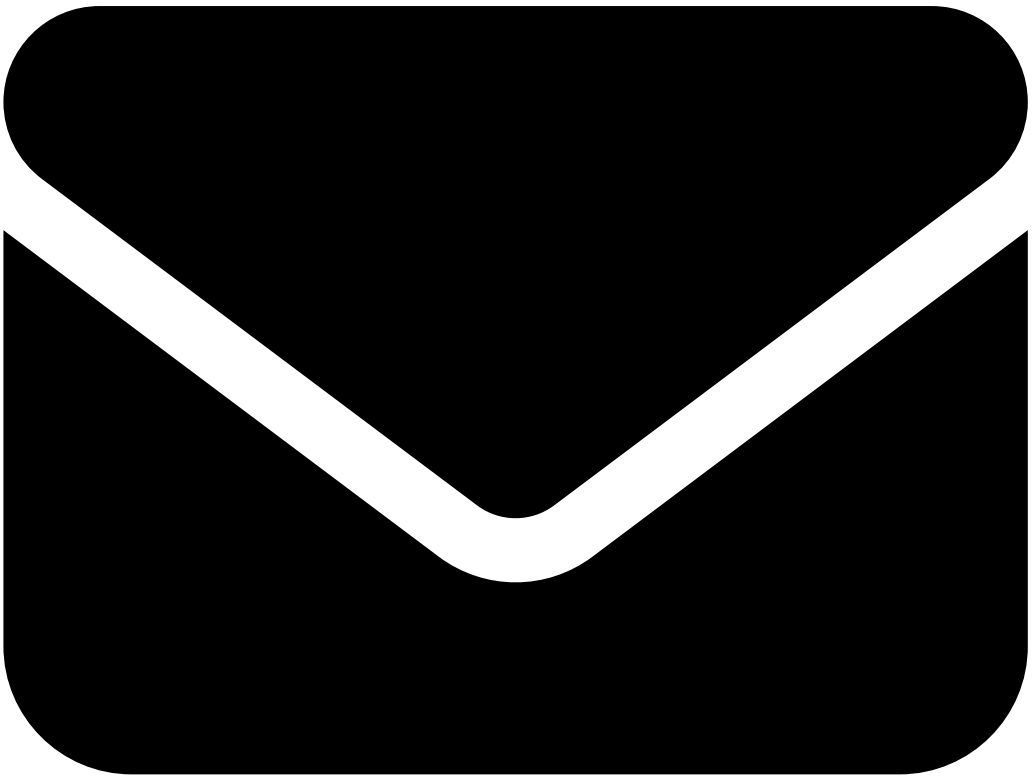




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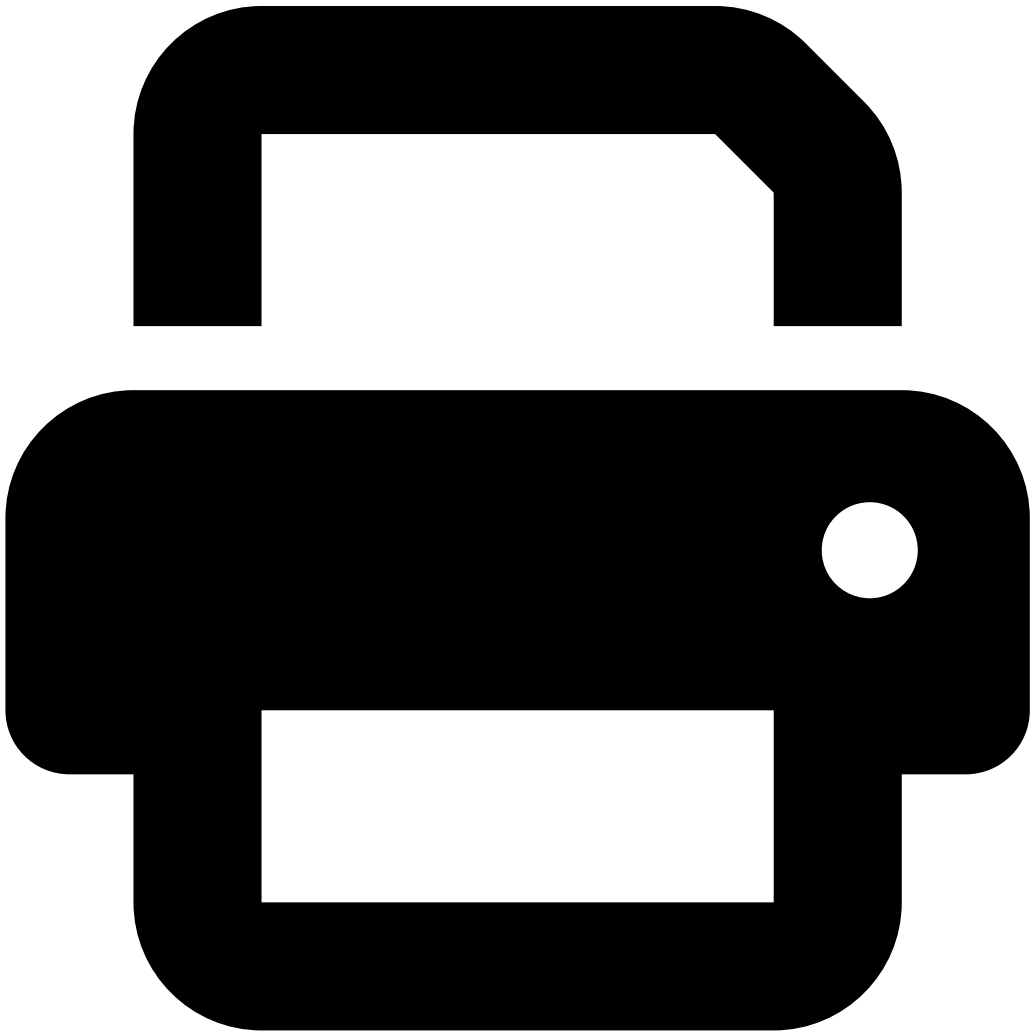

Lemon Ricotta Pasta with Peas is a fresh, creamy twist on the simple *pasta e piselli* I grew up eating. My mother often made this humble Italian dish with ditalini or broken spaghetti, sweet peas, and a light broth. It was a staple in our kitchen, especially in the spring when fresh peas were in season and dinner needed to come together quickly.

I’ve kept the simplicity and comfort of my mother’s recipe but added creamy ricotta and fresh lemon for a little extra richness and brightness. The result is a light yet satisfying pasta that feels both nostalgic and fresh. It’s the kind of easy Italian meal that’s perfect for a busy weeknight when you want something comforting without spending hours in the kitchen.

Things to know about this Lemon ricotta pasta and peas

- **Quick and Easy**: This dish comes together in under 30 minutes, making it perfect for busy weeknights.
- **Use Fresh or Frozen Peas**: Either works beautifully—frozen peas are a great pantry staple and stay sweet and tender.
- **Pasta Matters**: Short shapes like fusilli, orecchiette, or shells work best because they hold onto the creamy sauce.
- **Reserve That Pasta Water**: A splash of hot starchy pasta water helps melt the ricotta into a silky, cohesive sauce.
- **Lemon Brightens Everything**: Use fresh lemon juice and zest—it cuts through the richness of the ricotta and adds a fresh finish.
- **Make It Your Own**: Add fresh herbs like basil or mint, a sprinkle of grated Parmesan, or even a few chili flakes for a touch of heat.
- If you like easy warm weather pasta dishes try my vegetarian zucchini and tomato pasta or my creamy lemon parmesan zucchini orzo
- To sum it up this lemon ricotta pasta and peas is the perfect combination of easy and delicious. The addition of the ricotta elevates the entire dish. Sometimes , it’s just one ingredient that transforms a simple recipe into something memorable. I hope you try it and taste the difference ricotta makes-let me know what you think in the comments.

Lemon ricotta pasta and peas



Lemon Ricotta Pasta and Peas is a creamy, bright take on classic Italian *pasta e piselli*. Tender peas, creamy ricotta, and fresh lemon come together with pasta for a simple, comforting meal that’s ready in about 30 minutes.

- 1/2 lb. small shaped pasta
- 4 cups fresh or frozen peas
- 2 cups ricotta cheese
- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 Tbsp. minced garlic
- juice and zest from 1 lemon
- 2 cups pasta water
- 1/2 cup grated parmesan cheese
- 2 tbsp. chopped Italian parsley
- freshly ground black pepper
- salt to taste

1. In a pot of boiling salted water cook your pasta el dente reserving at least 2 cups before draining
2. While the pasta is cooking, in a large saute pan over medium heat add the olive oil, then add in the onion and garlic and cook until soft and fragrant , but not brown.
3. Add the peas and cook 4-5 minutes until the peas are cooked but not mushy. Then add in the pasta water and the ricotta. Simmer until sauce thickens (3-5 minutes).
4. Add the parmesan cheese , and freshy ground black

pepper, salt according to taste,

5. Plate top with more parmesan and the freshly chopped Italian parsley.

Main Course
Italian
lemon ricotta pasta, pasta and peas

Vegetarian zucchini and tomato pasta

Vegetarian zucchini and tomato pasta

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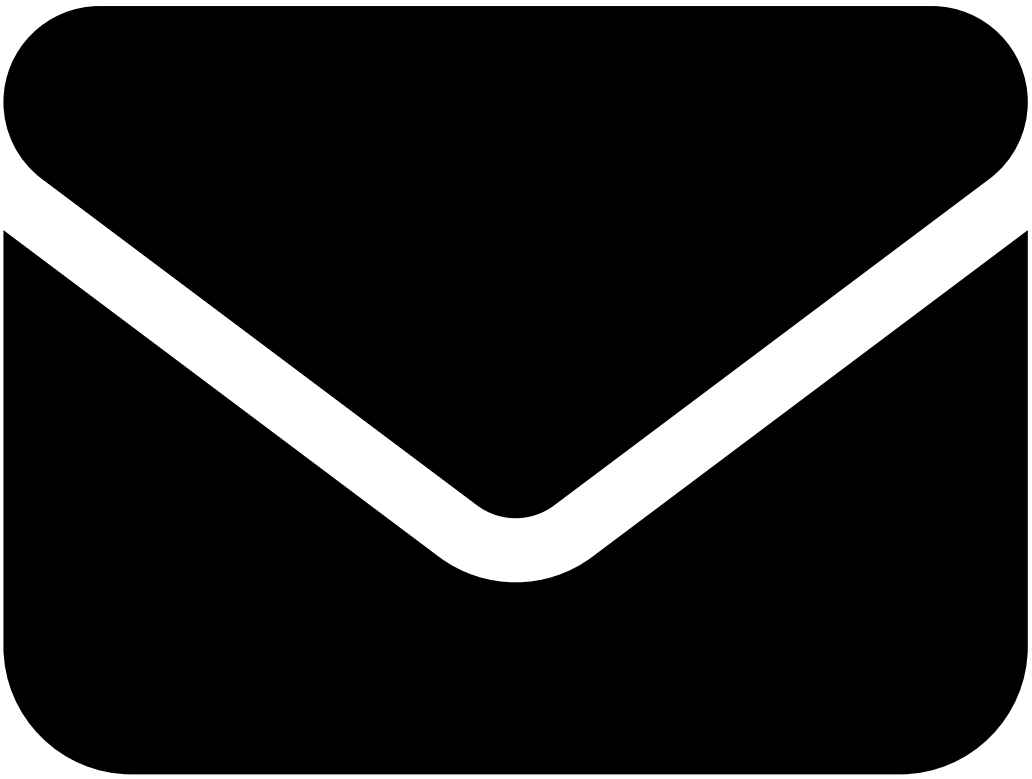




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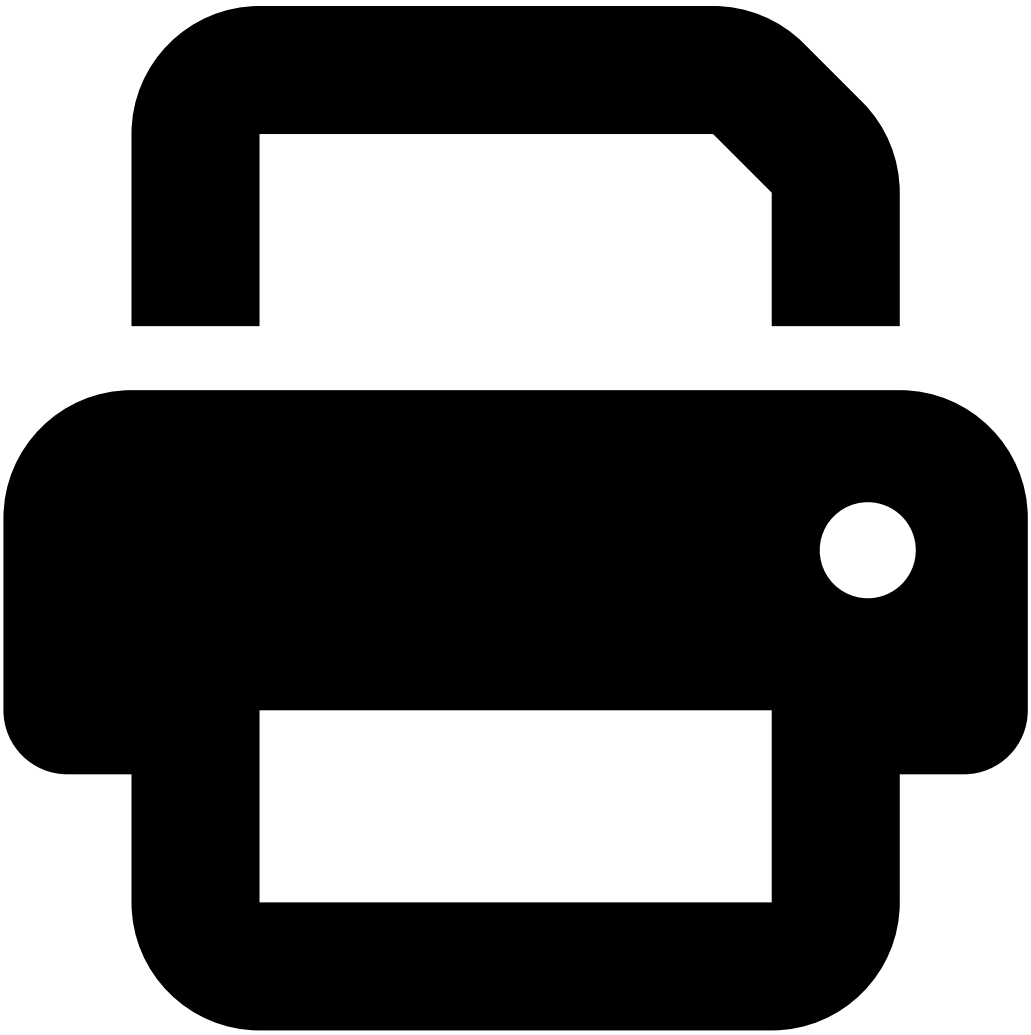

This vegetarian zucchini and tomato pasta is one of those easy, feel-good meals I like to make when the garden (or the market) is full of summer produce. It comes together with just a handful of simple ingredients-zucchini, sweet cherry tomatoes, garlic, and pasta- nothing fancy, just simple flavors that produce delicious results. It’s the kind of dish that feels good for you fresh.

Things to know about this vegetarian zucchini and tomato pasta recipe

1. It’s all about easy : This pasta dish uses a few fresh seasonal ingredients and makes them delicious. No fancy techniques, or unrecognizable ingredients you can’t

pronounce, just good ingredients done right.

2. Quick and easy : You can have this meal on your table in under 30 minutes, making it perfect for busy weeknight meals.
3. Naturally vegetarian and easy to customize :
4. It’s meatless but still satisfying, and if you want to add a protein boost, try tossing in some grilled chicken, shrimp or white beans during the final toss with the pasta. They soak up the garlicky tomato juices and make the meal extra special for Saturday dinners with friends.
5. I hope this simple vegetarian zucchini and tomato pasta brings a little comfort in how easy it is to make . It’s one of those recipes that doesn’t ask much of you, but gives so much back fresh, easy, and delicious. Whether you keep it vegetarian or add your favorite protein, it’s the kind of reference recipe you’ll want to come to again and again.
6. And please when you make this pasta dish leave me a comment below with your experience with the recipe. Snap a photo, and tag me on social media. I love seeing your creations. It’s my favorite part!!

Vegetarian zucchini and tomato pasta



Vegetarian Zucchini and Tomato Pasta combines tender zucchini, juicy tomatoes, garlic, and pasta for a simple, fresh Italian-inspired meal that’s light, flavorful, and easy enough for a weeknight dinner.

- 1/2 lb. short pasta
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 teaspoon red pepper flakes
- 2 medium zucchini cut lengthwise and sliced
- 1 pint cherry tomatoes
- 1 cup my easy marinara sauce
- 1 cup vegetable stock
- 1 cup reserved pasta water
- Salt and pepper to taste
- Grated parmesan and a few basil leaves for serving

1. Bring a pot of salted water to a boil and cook your pasta el dente. Reserve about 1 cup of the pasta water, then drain.

2. While the pasta is cooking, heat the olive oil in a large skillet, over medium heat. Add the garlic and saute until soft and fragrant- don’t let it brown.
3. Add the tomatoes, red pepper flakes and a pinch of salt and cook 5-6 minutes until the tomatoes are soft and blistered
4. Add the zucchini and cook until tender 4-5 minutes. Add the marinara sauce and the reserved pasta water and cook 5 minutes longer.
5. Add the drained pasta to the pan. Toss everything together until well coated and glossy. Stir in the parmesan cheese and stir to melt into the sauce
6. Serve hot with fresh basil leaves and additional parmesan cheese.

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Main Course
Italian
vegetarian zucchini pasta,

Easy homemade spinach crepes

Easy homemade spinach crepes

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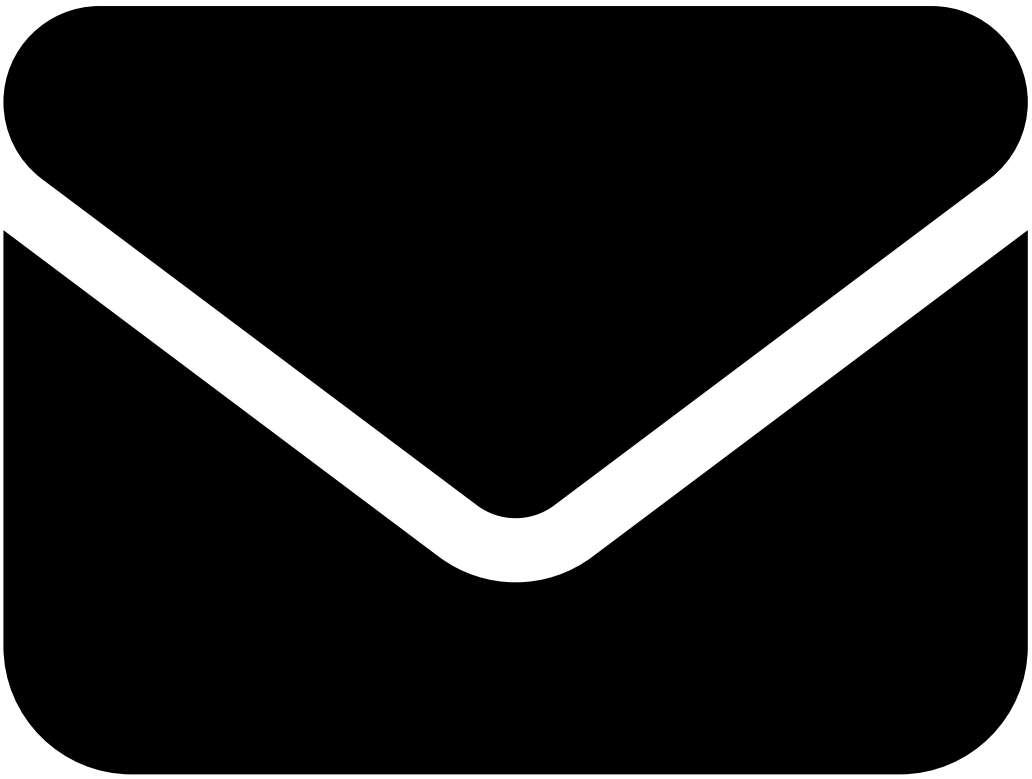




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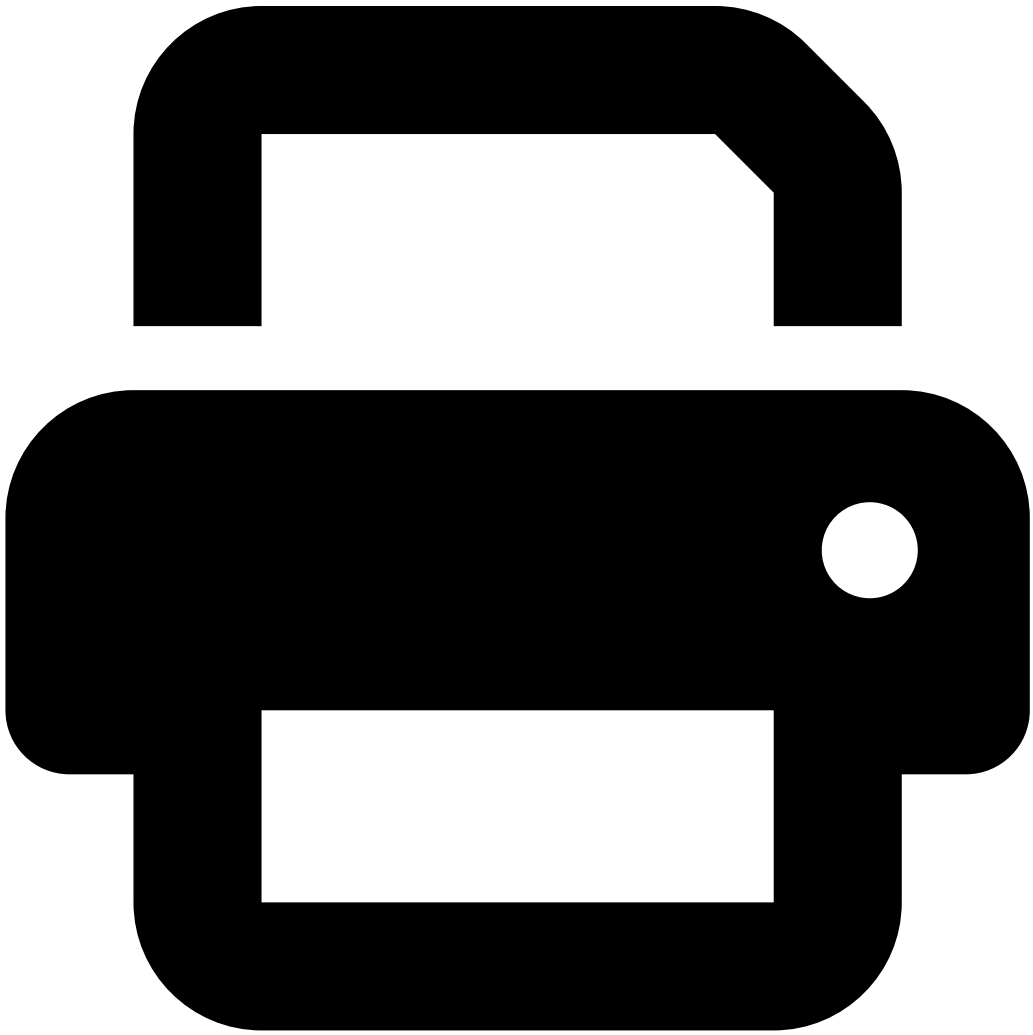

Looking for a quick , easy and delicious healthy meal that’s perfect any time of the day ? These easy, homemade and quick spinach crepes are just what you need! Light , savory, and full of good for you spinach, these crepes come together in minutes and make a versatile base for your favorite fillings. I used them to make a lighter version of spinach manicotti- filled the crepes with a creamy ricotta and spinach filling, placed them in a baking dish with my easy marinara sauce, topped them with shredded mozzarella and baked them until the cheese was bubbly and golden.

Easy homemade spinach crepes

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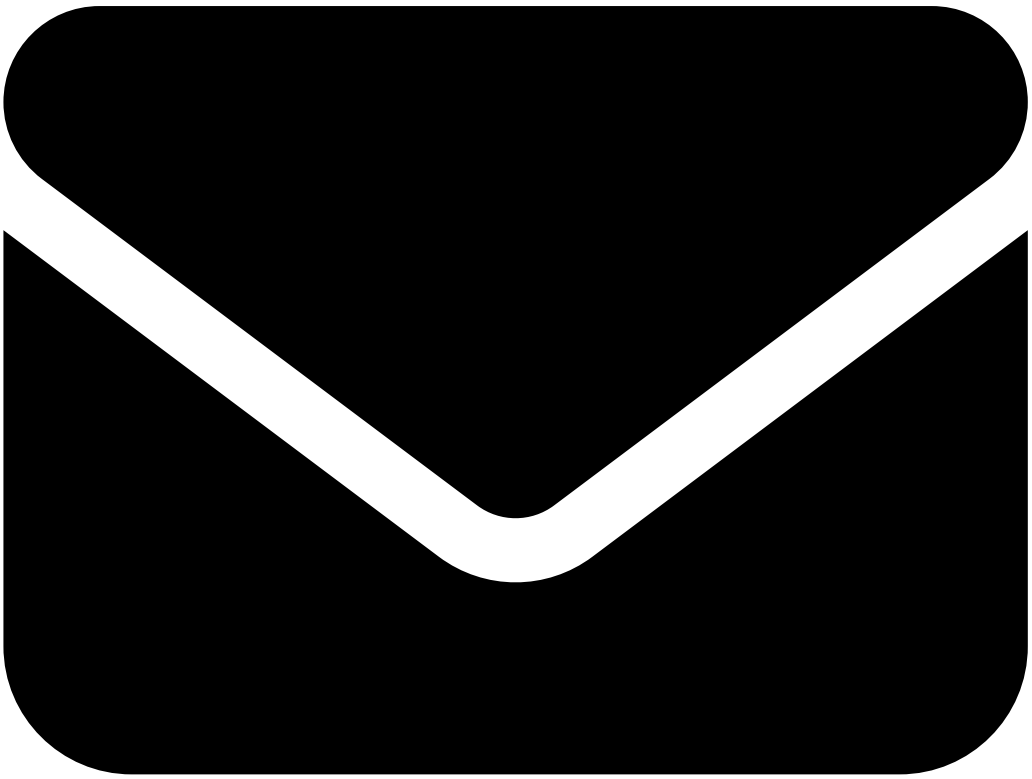




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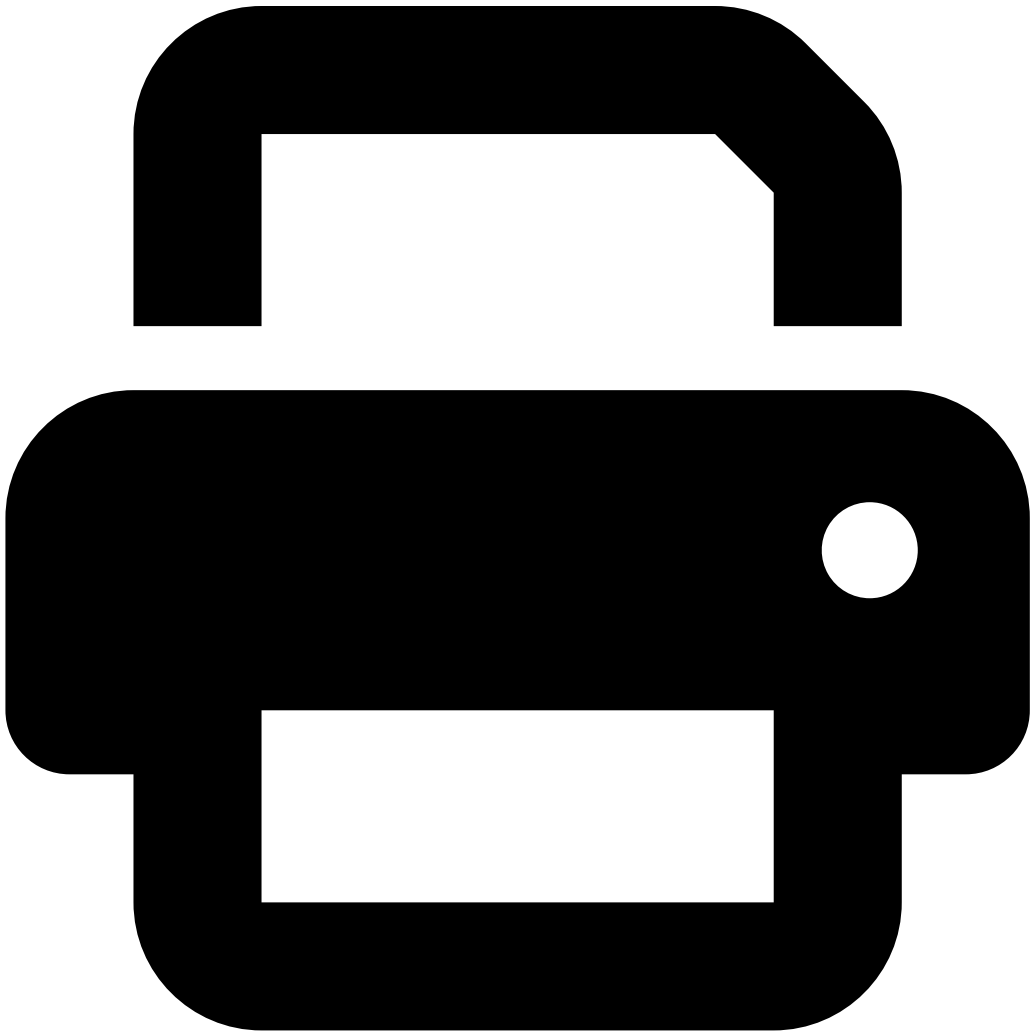

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Things to know about this Easy homemade spinach crepes

recipe

These savory spinach crepes are easy to make! They take a little bit of time- you have to fry each one separately but other then that, they’re really easy to make. Crepes are nothing more than super thin pancakes, deliciously neutral in taste. It’s the fillings that make them savory or sweet.

If you want to make crepes into a lunch or dinner, what I do is make a rich ricotta and spinach filling and use these spinach crepes instead of store-bought pasta tubes to make manicotti. I layer them in a baking dish with my easy marinara sauce and bake until bubbly and golden. It’s a lighter, healthier version on the classic- delicious and perfect to make ahead of time , and bake when you’re ready to serve.

These easy homemade spinach crepes are a healthy alternative, they’re delicious and a versatile staple you’ll make over and over again. Whether you’re making them for a quick lunch, using them for manicotti, or filling them with whatever you have on hand, you’re going to love them!!! Try them with my easy marinara sauce and your favorite savory filling for a delicious easy dinner everyone will love. And if your looking for a more classic option, check out my plain crepes how to make homemade crepes -prefect for sweet or savory fillings. And what I used to make my delicious Italian crepe Manicotti with bechamel

Let me know how you used them- I’d love to hear what fillings you came up with, snap a picture and tag me on social media, I love to see your creations . It’s my favorite part!!

Easy Homemade Spinach Crepes



These Easy Homemade Spinach Crepes are tender, delicate, and naturally vibrant, making a versatile base for both savory and sweet fillings. Simple to prepare and perfect for breakfast, brunch, lunch, or dinner.

- 2 cups fresh spinach
- 1 1/2 cups of flour
- 3 eggs
- 1 cup milk
- 2 Tbsp. of butter
- salt and pepper to taste

1. Prepare the spinach by placing it a dry saute pan and cook until wilted (2-3 minutes) let cool, squeeze out as much liquid as possible.

2. In a blender or food processer combine the spinach, eggs, milk and salt , blend until smooth.
3. Add the flour and pulse until combined. Don’t over mix. The consistency should be smooth and thin , similar to heavy cream. It should coat the back of a spoon. Then set the batter in the fridge to rest for at least 1 hour or overnight.
4. Heat an 8 inch non-stick skillet over medium high heat. Grease with a small amount of batter. Pour a small amount of batter(about 2 Tbsp.) into the pan and swirl to coat evenly. Cook each crepe 1-2 minutes per side. Greasing the pan with butter lightly before each crepe.
5. To store spinach crepes, allow them to cool completely

before stacking and covering them tightly with plastic wrap or placing them in an airtight container. Keep them in the fridge for 2-3 days. For freezing separate each cooled crepe with parchment paper, stack and wrap tightly with plastic wrap or place in a freezer safe container. They will last in the freezer up to three months.

6. To reheat the frozen spinach crepes, thaw the crepes in the fridge, then warm them up in a skillet or microwave until heated through.
7. Second, and so on

Main Course
Italian
homemade spinach crepes, easy crepe recipe