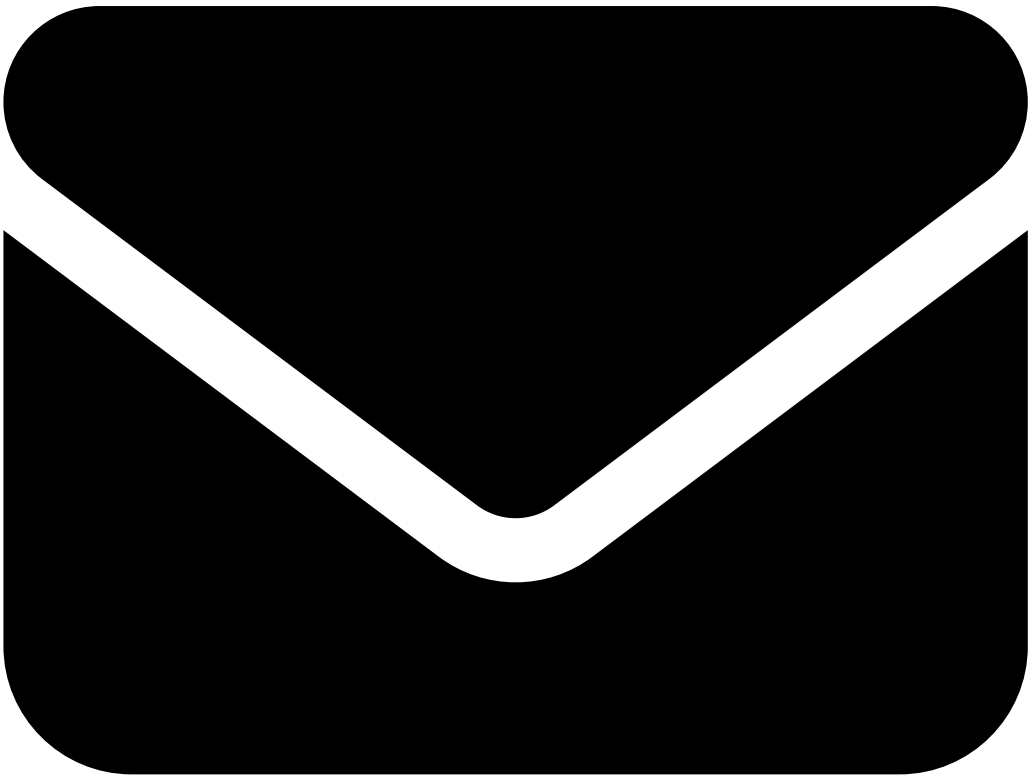
Italian crepe manicotti with Bechamel

Italian Crepe Manicotti with Bechamel

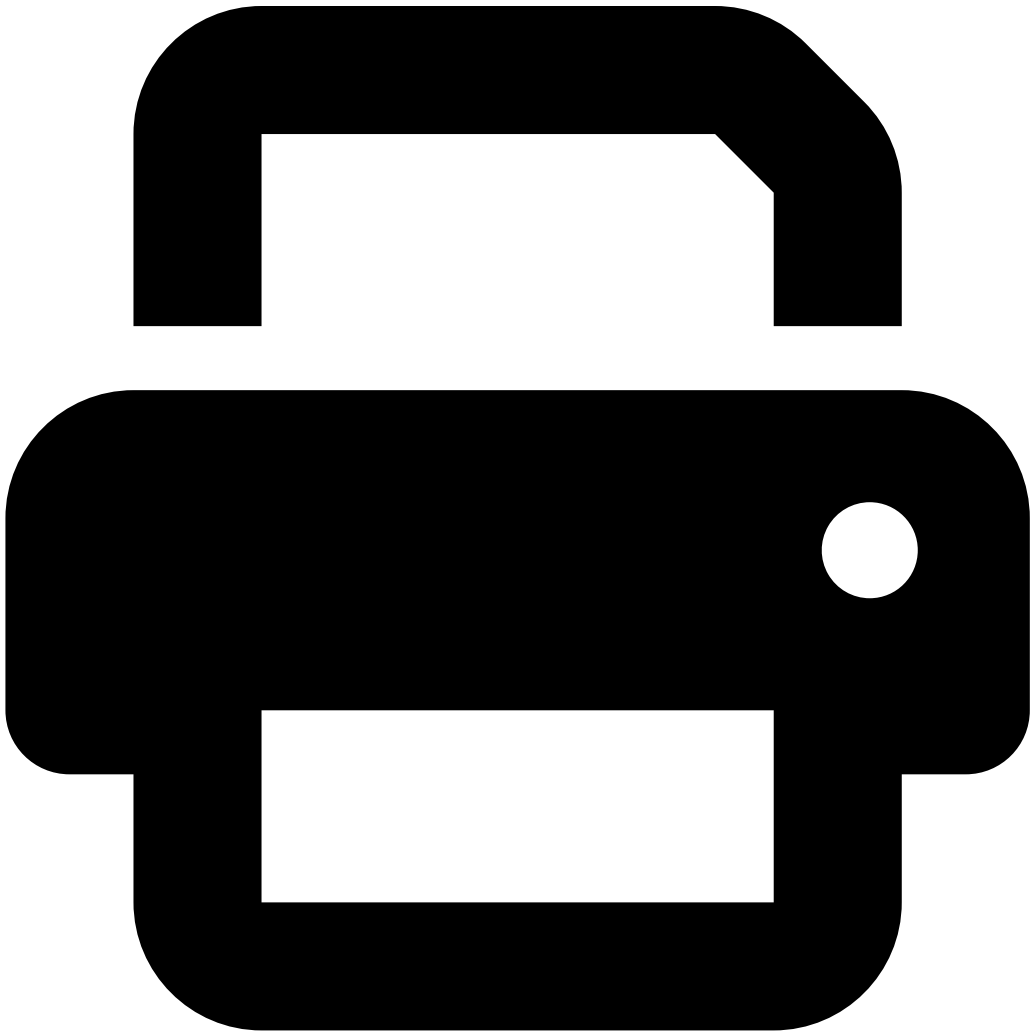
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These Italian crepe manicotti with bechamel sauce are made with homemade crepes, filled with a ricotta and spinach filling before being laid on a bed of marinara sauce. Then they are topped with a creamy bechamel sauce and freshly grated mozzarella before being baked to a golden deliciousness.

The crepe recipe is the one I always use they’re soft, light and so easy to work with . Not to mention how easy they are to make. Of course you can use store-bought manicotti shells in this recipe. but why would you when homemade crepes tastes so good and are so easy to make.

Tips for this Italian crepe manicotti with bechamel recipe

A few tips: Let your crepes cool before filling so they don’t tear. Don’t overstuff – just a few spoonful of filling is

perfect. A little bechamel goes a long way, just enough to coat the manicotti and bubble up around the edges. You can assemble the whole dish a day ahead and keep it covered in the fridge-just bring it to room temp before baking. It also freezes beautifully, so it’s great for making ahead when you’re feeding a crowd or the holidays.

If you’ve never made manicotti with crepes , give it a try and tag me when you do. I love to see your creations. And trust me, once you taste these Italian crepe manicotti you’ll never reach for the store-bought shells.

Italian crepe manicotti with Bechamel



Delicate homemade crepes are filled with creamy ricotta and spinach, then topped with marinara, silky béchamel, and melted mozzarella before baking until golden and bubbly.

- 12 crepes from my How to make homemade crepes
- 3 cups your favorite marinara or my easy marinara sauce

FOR THE FILLING:

- 2 cups ricotta cheese
- 2 cups shredded mozzarella divided 1 cup for the filling and 1 cup to top the manicotti before baking.
- 1/2 cup parmesan cheese

- 1 medium egg
- 1 cup blanched spinach or Swiss chard, squeezed dry and chopped
- salt and pepper to taste

FOR THE EASY BECHAMEL SAUCE

- 1/2 stick sbutter
- 1/4 cup flour
- 2 1/2 cups whole milk
- pinch of nutmeg
- salt and pepper to taste

1. Make the filling. In a bowl mix together ricotta, parmesan cheese, 1 cup of the shredded mozzarellas, egg, spinach or chard. Season with salt and pepper to taste set aside

2. Prepare the Bechamel sauce. Melt the butter in a saucepan over medium high heatWhisk in the flour and cook 1-2 minutes stirring . Gradually whisk in the milk a little at a time , stirring continually. Cook 5-6 minutes until the bechamel sauce is smooth and thickened. Season with salt and nutmeg.

3. Assemble the crepes. Preheat your oven to 375-degrees. Place 1-2 generous Tablespoon of the ricotta, spinach filling in the center from end to end of the manicotti. Roll them up like a jelly roll. Repeat with remaining crepes. In an oven proof lasagna pan add the 3 cups of my easy marinara sauce. Place the filled manicotti on top of the red sauce, top with the béchamel sauce. Add the remaining shredded mozzarella and bake covered for 30- 35 minutes . Remove the cover the last 15 minutes.

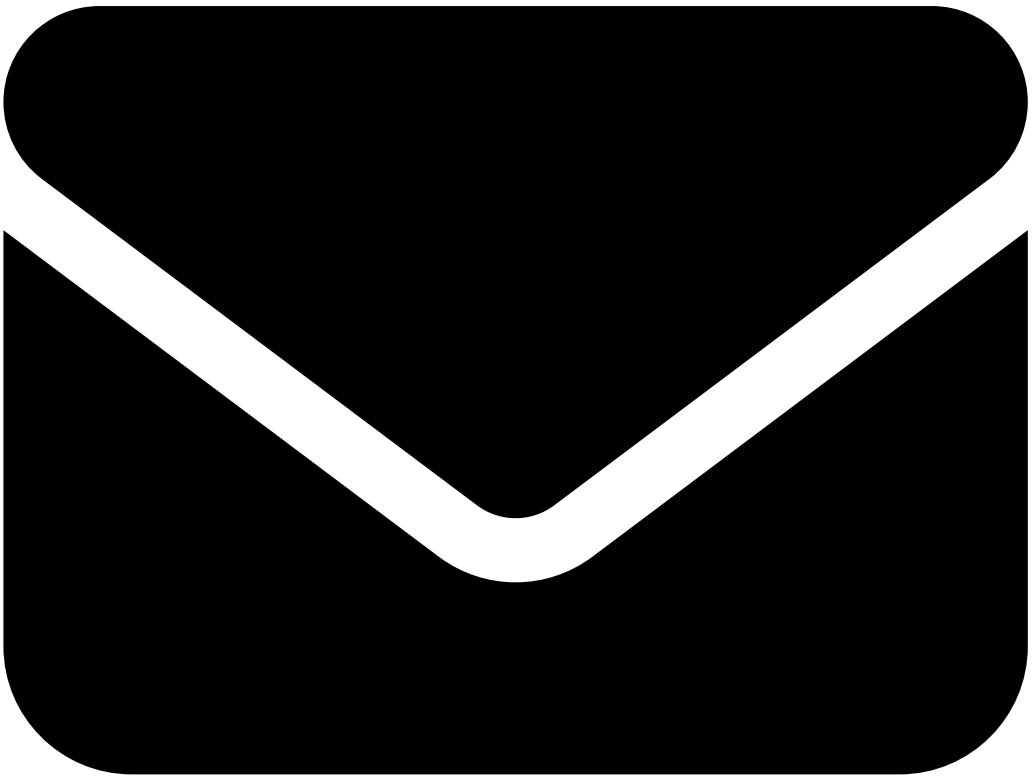
Main Course
Italian
homemade manicotti

Spaghetti frittata Easter pie

Spaghetti Frittata Easter Pie

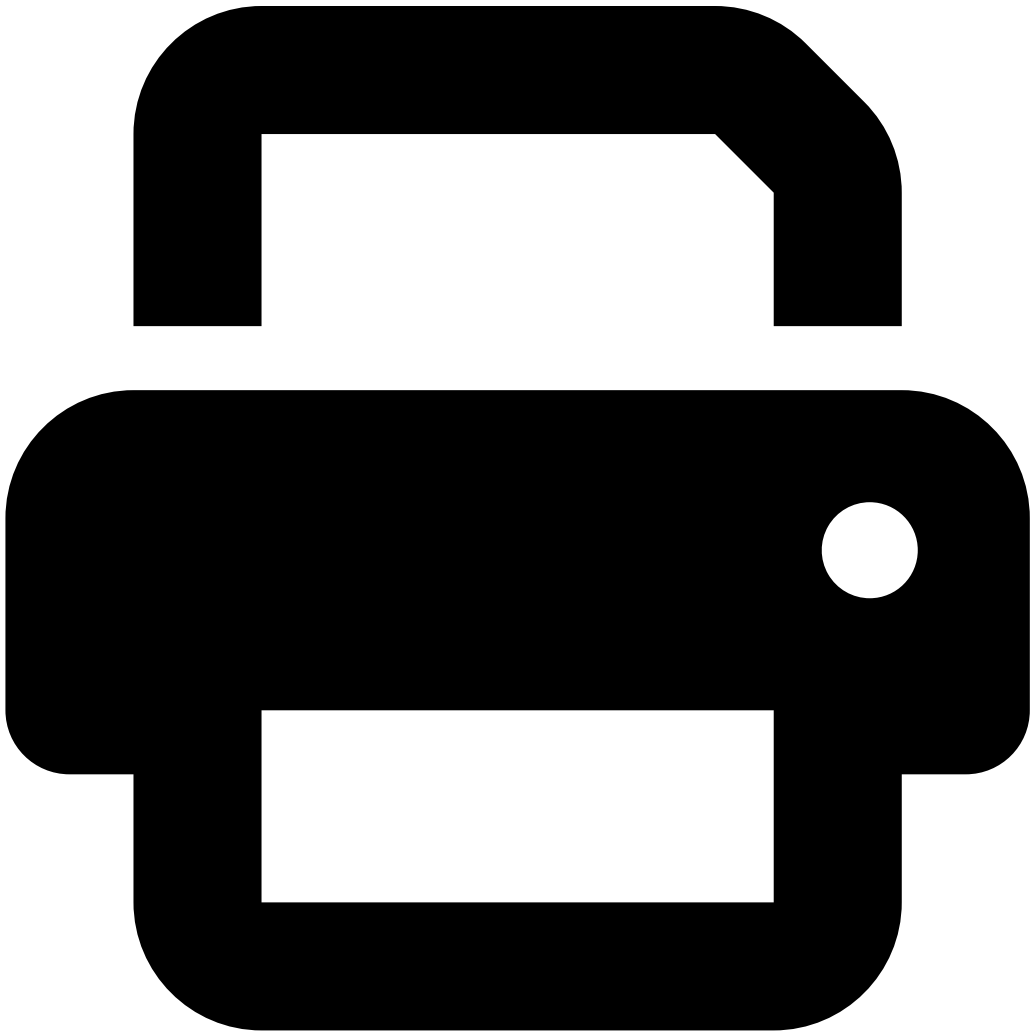
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If you've never had Spaghetti frittata Easter pie you're missing out on one of the best Italian traditions. Spaghetti pie may not be a dish your familiar with, but it's one you should try. This delicious meal takes traditional spaghetti and turns it into a savory pie. Spaghetti pie, often made with a filling of cooked pasta, cheese, eggs and sometimes cured meats is a dish that many Italian -Catholic families traditionally prepare and eat around Easter.
The pie is often made on the day before Easter and served at noon to signify the end of Lent and the breaking of the fast. I usually make this spaghetti pie each year as it is a family traditional .

Variations for this Spaghetti frittata Easter pie

Here are three variations Of spaghetti frittata Easter pie, based on regional traditions.

1. Neapolitan: A classic from Naples, this version is often made with leftover pasta and a mix of Pecorino Romano and parmesan. Some families add a touch of tomato sauce for color and extra flavor.
2. Southern Italy : In Calabria and Sicily, this dish might include a mix of cured meats like soppressata , capicola, along with a generous amount of cheeses . I am using this version in this recipe.
3. Ricotta and sausage Easter pie: A richer version found in some Italian -American kitchens, this variation swaps salami for crumbled Italian sausage and adds ricotta cheese for a creamier texture.

Each of these versions is delicious and carries a special tradition to who ever makes it. Spaghetti frittata Easter pie is an easy way to bring a little bit of Italian tradition to your table. Serve it warm, room temperature , or straight from the fridge-it’s delicious no matter what and it’s perfect any time of the year . ENJOY! And please leave me a comment on your experience with this recipe. I love hearing from you!!!

Spaghetti Frittata Easter Pie



A traditional Italian-style spaghetti frittata made with leftover pasta, eggs, Parmesan or Pecorino Romano, and seasonings, then cooked until golden and set. This rustic Easter favorite is simple, satisfying, and perfect for breakfast, brunch, lunch, or using up leftover spaghetti.

- 12 oz. cooked spaghetti
- 4 large eggs
- 1/2 cup grated pecorino Romano or parmesan
- 1 cup shredded mozzarella
- 1 cup diced provolone
- 1 cup diced salami
- 1/4 cup chopped Italian parsley
- salt and pepper to taste
- 2 Tbsp. olive oil

1. Start by cooking the pasta al dente in boiling salted water, drain and let cool slightly.

2. In a large bowl whisk the eggs then add in the rest of the ingredients, spaghetti mozzarella, parmesan, provolone, parsley and salami. Salt and pepper to taste. Mix until well combined.
3. In a 10 inch saute pan over medium high heat add the 2 Tablespoons of olive oil. When the oil is hot add the spaghetti mixture, cover, lower the heat to low cook for 10-12 minutes or until golden brown. Put a plate over the skillet and flip the pasta pie , slide it back into the pan cover and cook 10 minutes remove the cover the last 5 minutes.
4. Let rest before slicing. Can be served at room temperature or hot.

Appetizer, Main Course, Side Dish
Italian

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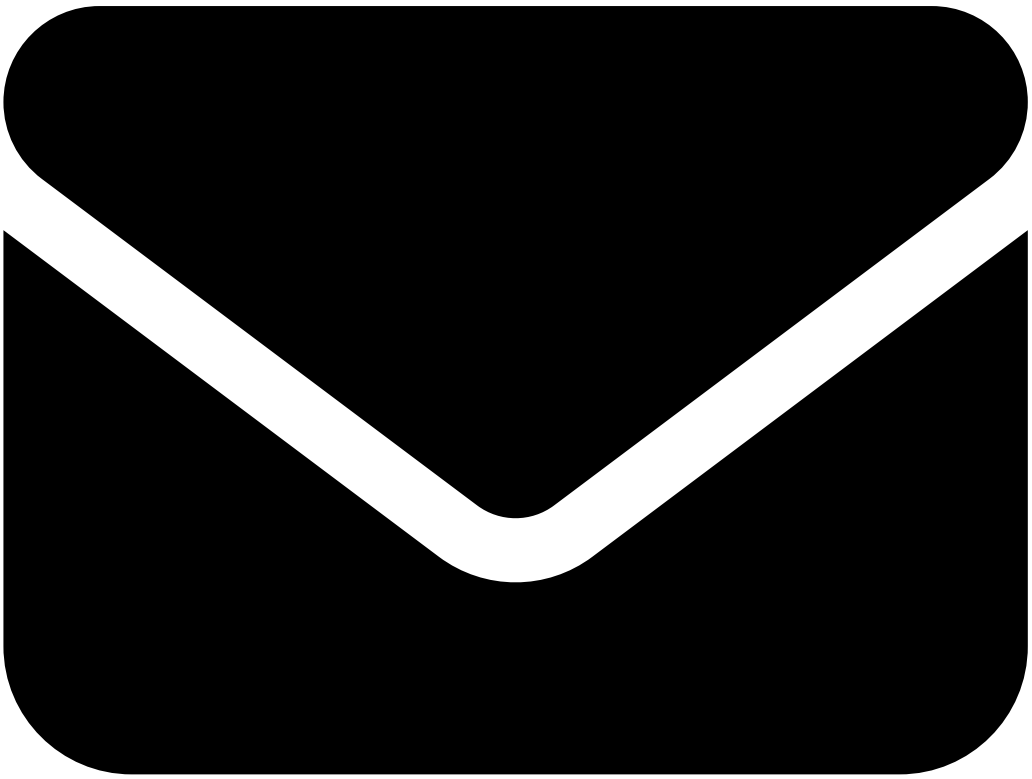
creamy lemon parmesan

zucchini orzo

Creamy Lemon Parmesan Zucchini Orzo

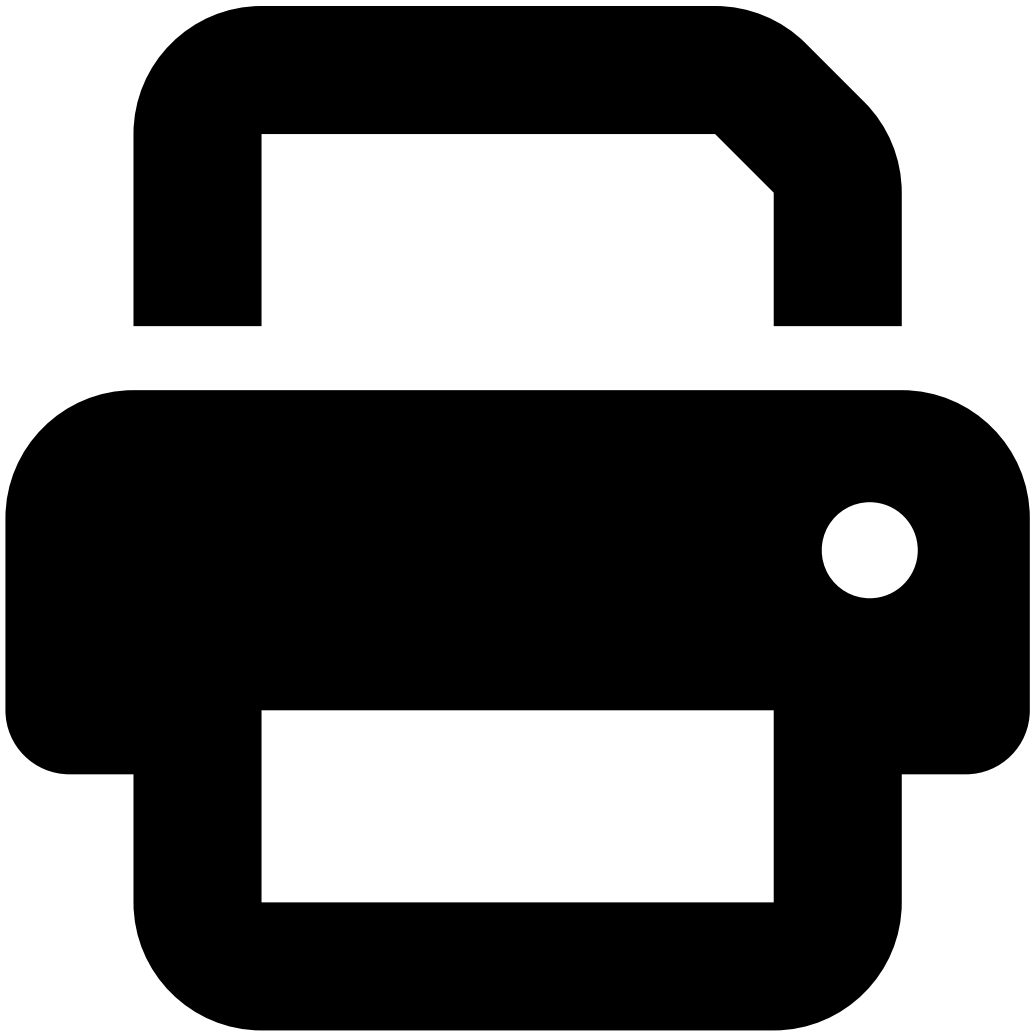
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If your looking for a quick and easy weeknight dinner that’s full of fresh flavors, this creamy lemon parmesan zucchini orzo is just what you need. Made entirely in one pan, it’s a fuss-free dish that’s perfect for busy worknights or when your craving something comforting without the cleanup. the orzo soaks up a velvety lemon parmesan sauce, and the zucchini adds a fresh heathy touch.

Serve it as a light vegetarian main , (if you use vegetable stock) or pair it with my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Also a delicious addition to grilled chicken, shrimp or fish for an easy elegant meal. It’s creamy texture and bright citrus flavor also make it a delicious side dish for gatherings, adding color and flavor to your table. Whether served as a main dish or a side, it’s guaranteed to keep them coming back for more.

Switch up this creamy lemon parmesan zucchini orzo

What to switch things up? Try adding grilled chicken, shrimp or seared scallops for a flavor boost. For extra veggies, toss in fresh spinach, cherry tomatoes or peas. If you prefer a little heat, a pinch of red pepper flakes will add a spicy kick. You can even swap out the zucchini for asparagus, broccoli, or whatever is in season. The possibilities are endless, making this one -pan creamy lemon parmesan zucchini orzo your go-to for easy , adaptable meals. With just one pan and minimal effort, you can have a meal that feels special yet easy enough for any day of the week. This orzo recipe is a perfect side dish too along side my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Give it a try and let me know in the comments what variation you tried and tag me on social media, I love seeing your creations and it helps others.

Creamy Lemon Parmesan Zucchini Orzo



Creamy Lemon Parmesan Zucchini Orzo is a bright and comforting one-pan dish that brings together tender zucchini, delicate orzo, fresh lemon, and savory Parmesan cheese. The orzo cooks right in the pan, creating a naturally creamy texture without needing a heavy sauce, while lemon adds a fresh, vibrant

finish. It’s an easy Italian-inspired side dish or light vegetarian meal that comes together with simple ingredients and makes a delicious way to use fresh summer zucchini.

- 4 cups orzo
- 2 medium zucchini cleaned and cut into dice
- 2 Tbsp. olive oil
- 1 Tbsp. butter
- 1 cup chopped red or yellow onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 2 cups chicken or vegetable stock
- 1 cup cream
- 1 cup grated parmesan cheese
- juice from 1 lemon
- 2 Tbsp. chopped Italian parsley

1. In a large saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent
2. Add the orzo to the pan and cook for a few minutes to toast. (2-3 minutes) then deglaze the pan with the wine. After the wine has been absorbed add the stock and cream cook until sauce begins to thicken (about 10 minutes) add in the zucchini and parmesan cheese and cook 5 minutes longer.
3. Finish with a squeeze of lemon juice and the Italian parsley.

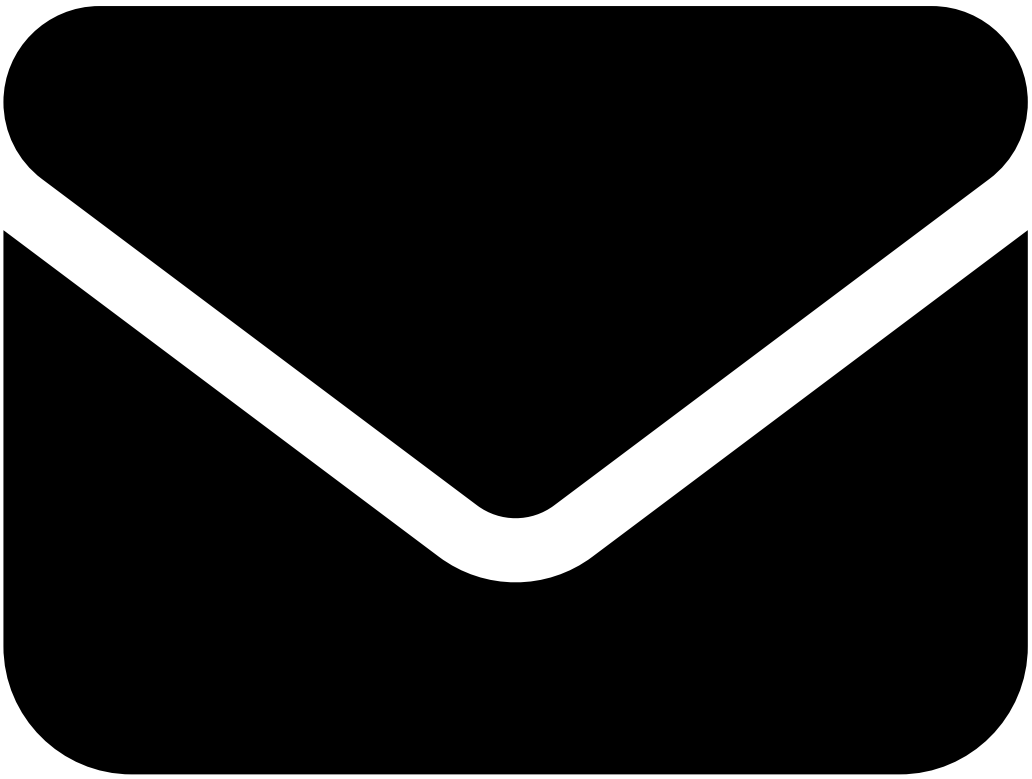
Main Course, Side Dish
Italian
Creamy Lemon Parmesan Zucchini Orzo

Sicilian Eggplant caponata rigatoni

Sicilian Eggplant Caponata Rigatoni

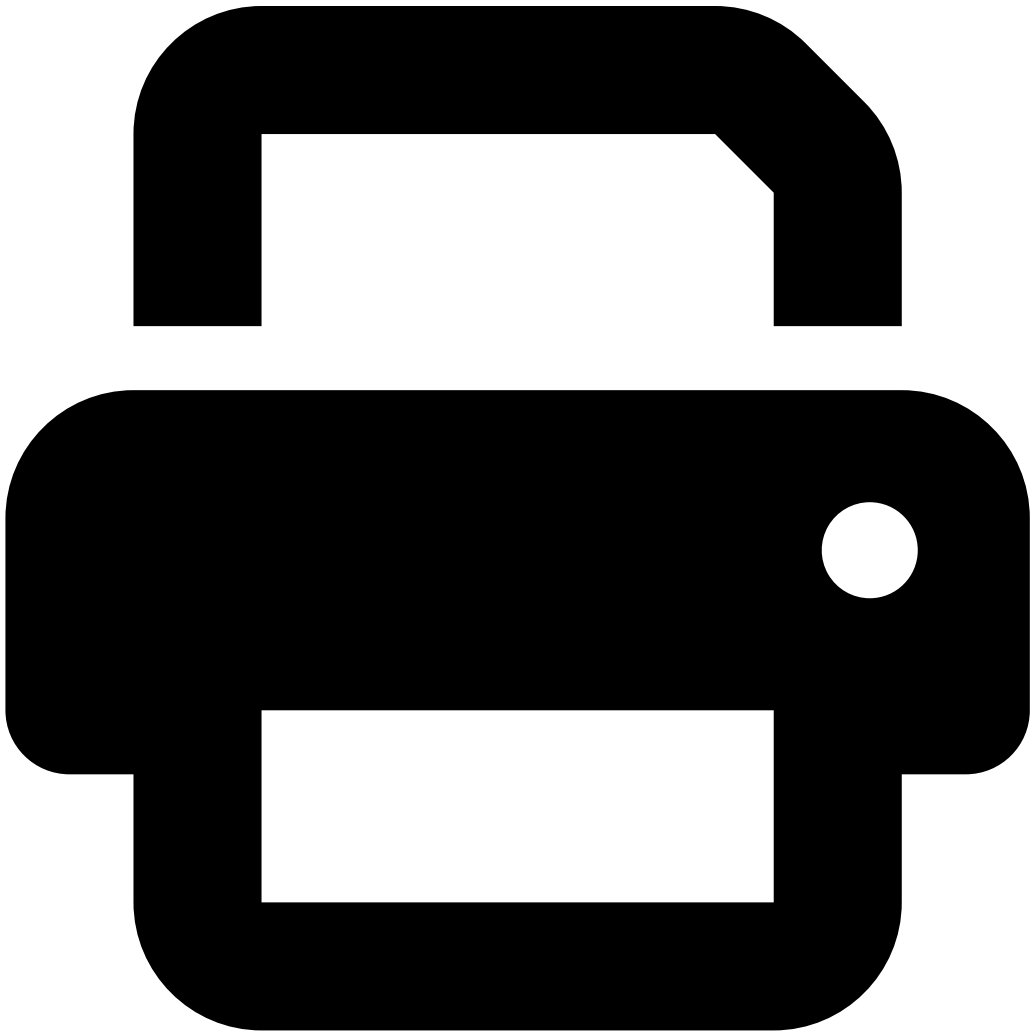
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Growing up, my mother made eggplant caponata every summer with farm-fresh produce straight from our garden. Glossy purple eggplant, juicy tomatoes, and fragrant basil were transformed into a vibrant, flavorful caponata—a classic Sicilian sweet-and-tangy relish that has always reminded me of summer.

Caponata is traditionally served as an antipasto or side dish, but I love turning it into a hearty pasta meal by tossing it with rigatoni. The sturdy pasta is perfect for capturing the rich tomato sauce and tender pieces of eggplant, while olives and capers add their signature salty, savory flavor.

Every bite is a delicious combination of sweet, tangy, and savory flavors, making this a wonderful way to use the abundance of summer produce. It’s simple, rustic Italian cooking at its best—and a recipe that brings a little taste of my childhood kitchen to the table.

Delicious variations for Sicilian eggplant caponata rigatoni

1. Meaty caponata Rigatoni: Add crumbled Italian sausage or ground beef for a heathier twist. Brown the meat along with the onions and garlic before adding the tomatoes and eggplant.
2. Seafood Caponata Rigatoni: For a coastal Italian touch, add sauteed shrimp or chunks of white fish like cod or halibut. These seafood compliments the briny capers and olives.
3. Creamy Caponata Rigatoni: For a luxurious twist, stir in a cup of ricotta cheese and 1/2 cup of heavy cream just before serving. This creates a velvety sauce that pairs beautifully with the bold flavors of the caponata.
4. Pasta Swap caponata: While rigatoni is perfect for holding on to the caponata sauce, you can easily swap it for other pasta shapes. Try penne, orecchiette, or even spaghetti for a different texture.

Sicilian eggplant caponata rigatoni is a celebration of bold flavors and simple ingredients, bringing a taste of Italy to your table. Whether you stick to the classic version or try one of the delicious variations, this dish is sure to become a family favorite. Give it a try and let me know in the comments how you made it you own!!! Share your creations and tag me- I’d love to see your take on this Sicilian – inspired pasta.

Sicilian Eggplant Caponata Rigatoni



Sicilian Eggplant Caponata Rigatoni combines a classic Sicilian eggplant caponata with hearty rigatoni for a rustic and satisfying pasta dish. Tender eggplant, tomatoes, olives, capers, and fresh basil simmer together in a rich sweet-and-tangy sauce before being tossed with pasta. It’s a delicious way to use summer produce and transforms a traditional caponata into a complete meatless meal.

- 12 0 z. rigatoni Pasta
- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 3 cup my easy marinara sauce
- 1 cup pasta water
- 1 cup chopped celery
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1 cup pitted and sliced green olives
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste
- 1/2 cup grated parmesan cheese for serving

1. In boiling salted water cook your pasta al dente
2. In a large saute pan over medium high heat in the olive

oil saute the onion and garlic until soft and translucent
3. Add the tomatoes and eggplant and cook until the tomatoes burst and the eggplant is tender.
4. mix the sugar with the vinegar and add to the eggplant mixture along with the capers, olives. pine nuts and marinara sauce let it simmer for 20-25 minutes.

5. Toss the rigatoni in this delicious vegetarian eggplant , top with grated parmesan and shredded basil.

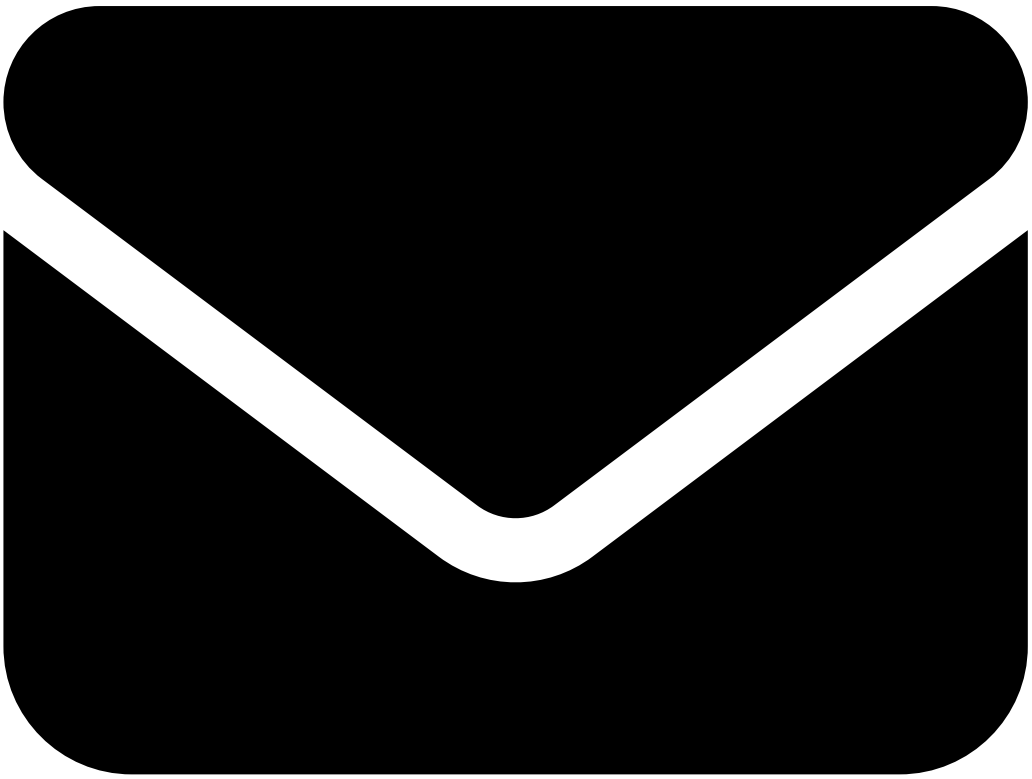
Main Course
Italian
Sicilian Eggplant Caponata Rigatoni,

Leeks peas and asparagus risotto

Leeks Peas and Asparagus Risotto

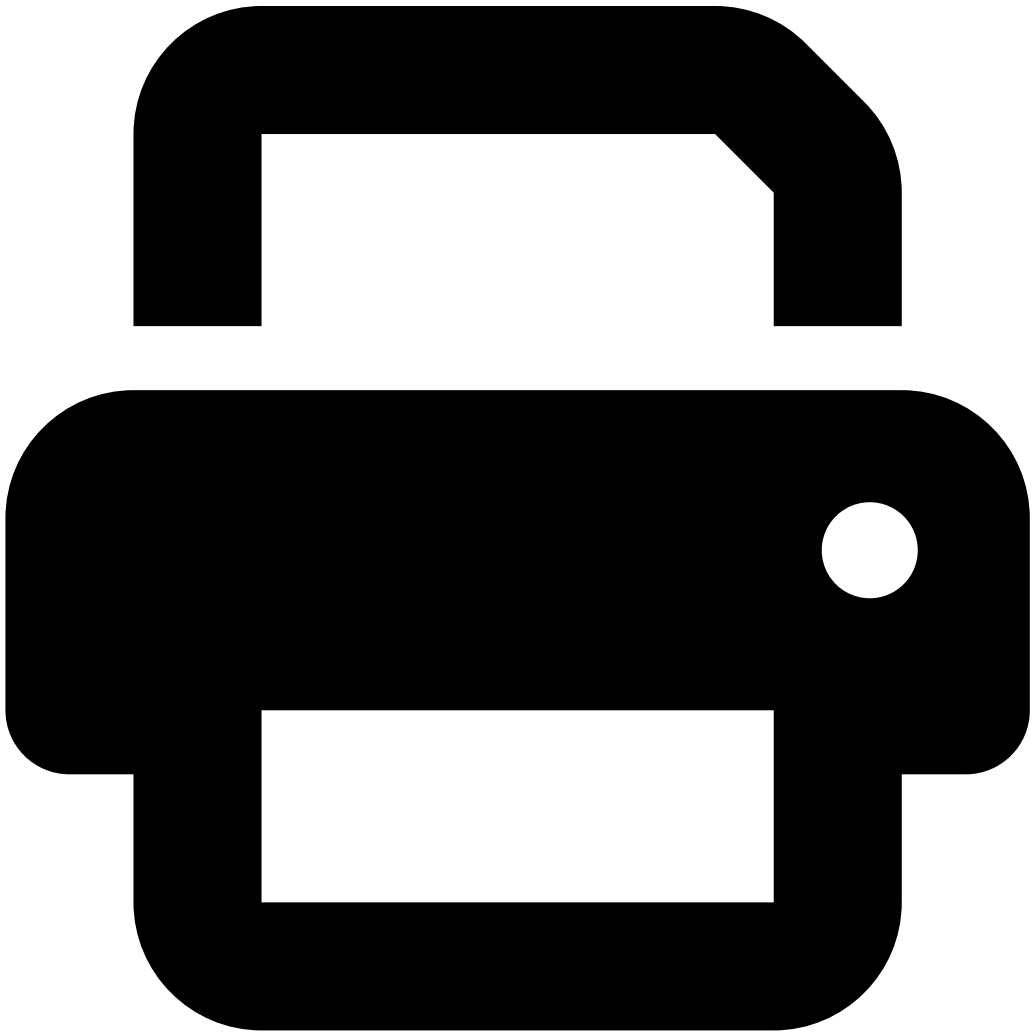
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This leeks peas and asparagus risotto combines tender leeks, crisp asparagus, sweet peas and a squeeze of lemon for a bright, zesty finish. Perfect for a light family dinner, a special brunch or simply celebrating the arrival of warmer days.

The leeks provide a subtle sweetness that pairs beautifully with the freshness of peas and the earthy bite of asparagus. As the rice slowly absorbs the warm broth, it transforms into a luscious, creamy dish that feels both indulgent and light. The lemony finish lifts the flavors, making each bite a delightful reminder of spring’s arrival.

- Whether you’re preparing a family dinner or hosting friends, this risotto is a versatile crowd-pleaser. Serve it as a comforting main course with a side of crusty bread, or pair it alongside grilled chicken or fish for a more elaborate spread. Its vibrant colors and fresh flavors will bring a touch of elegance to any

meal.

Things to know about this leeks peas and asparagus risotto recipe

- **Seasonal Ingredients:** Fresh leeks, peas, and asparagus are at their peak in spring, making this risotto a celebration of the season.
- **Creamy Comfort:** The traditional Italian method of slowly adding broth ensures a luxuriously creamy texture without needing cream.
- **Easy Elegance:** Perfect for a weeknight dinner or a special occasion, this risotto brings a touch of sophistication to your table.

Tips for the Perfect Risotto

- **Use Warm Broth:** Always keep your vegetable or chicken broth warm to maintain the cooking temperature of the rice.
- **Stir Consistently:** Stirring frequently helps release the starches from the rice, creating that creamy texture.
- **Taste as You Go:** Adjust salt, pepper, and lemon juice to your liking for the perfect balance of flavors.

This leeks, peas, and asparagus risotto pairs beautifully with a glass of chilled white wine and a side of crusty bread. It’s a delightful way to savor the fresh, bright flavors of spring. Give it a try and let the vibrant greens and creamy rice bring a bit of seasonal joy to your table.

Have you made this risotto? Share your experience in the comments or tag me on social media with your creations. I’d love to see how it turns out!

Leeks Peas and Asparagus Risotto



Creamy Italian risotto made with tender asparagus, sweet peas, and sautéed leeks. This simple spring-inspired dish is packed with fresh vegetables and finished with Parmesan for a rich, comforting flavor.

- 2 cups Arborio rice
- 1 leek cleaned and sliced
- 1 cup trimmed and chopped asparagus
- 1 cup fresh or frozen peas
- 4 cups hot vegetable or chicken stock
- 1/2 cup white wine
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 1/2 cup parmesan cheese
- Juice from 1 lemon
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

1. Saute the leeks : heat the oil and butter in a large skillet over medium high heat. Add the sliced leeks and saute until soft and fragrant.

2. Toast the rice: Stir in the Arborio rice and cook until lightly toasted 3-4 minutes
3. Deglaze the pan with the wine stirring until absorbed
4. Add the warm broth one ladle at a time, stirring constantly. allow the broth to absorb before adding

more.

5. After 15 minutes, stir in the asparagus and peas. Continue cooking until the rice is creamy and al dente.
6. Remove from the heat , stir in the parmesan cheese , squeeze in the lemon juice and Italian parsley.

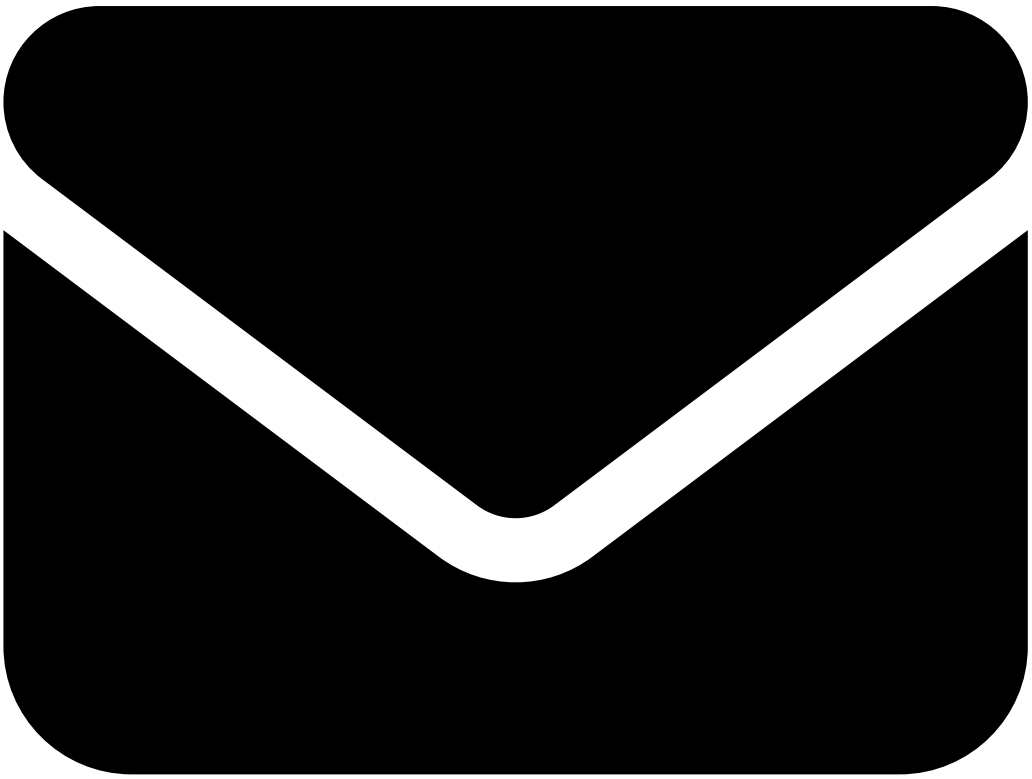
Appetizer, Main Course, Side Dish
Italian
leeks peas and asparagus risotto,

Pasta de Santo Giuseppe

Pasta de Santo Giuseppe

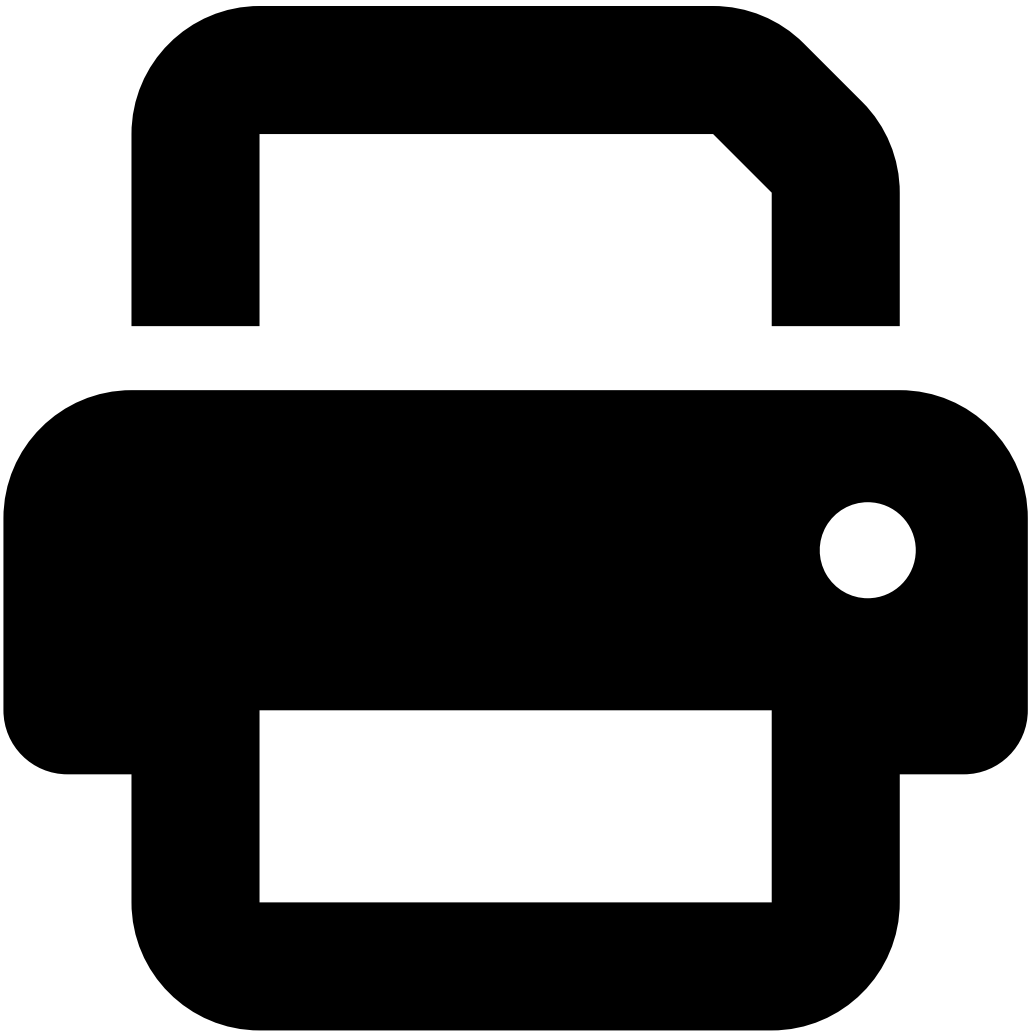
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Pasta di San Giuseppe has as many variations as there are regions in Italy, with each area adding its own traditional touch. One ingredient, however, remains essential: toasted breadcrumbs instead of grated cheese. The breadcrumbs represent the sawdust from Saint Joseph’s carpentry workshop, honoring him as a humble and hardworking carpenter.

This simple and delicious Italian pasta can be enjoyed year-round, but it holds special significance on March 19, when Italians celebrate La Festa di San Giuseppe, or Saint Joseph’s Day. While much of the world celebrates St. Patrick’s Day on March 17, Italians honor Saint Joseph, the patron saint of fathers, workers, and those in need. Because the feast traditionally falls during Lent, meatless dishes are often served.

The toasted breadcrumbs sprinkled over the pasta symbolize the sawdust of Saint Joseph’s workshop and serve as a reminder of

his humble life and devotion. In many parts of Italy, families also prepare elaborate St. Joseph's altars, filled with breads, fava beans, pastries, and other symbolic foods as an offering of gratitude for his protection and provision.

Three Variations of Pasta di San Giuseppe

Sicilian Sweet and Savory:
This traditional Sicilian variation combines pasta with anchovies, garlic, and wild fennel, then finishes it with toasted breadcrumbs sautéed in olive oil. The combination of savory anchovies, aromatic fennel, and crunchy breadcrumbs creates the distinctive sweet-and-savory flavor Sicily is known for.

Southern Italian Tomato-Based – My Version:
In parts of Southern Italy, Pasta di San Giuseppe is prepared with a light tomato sauce made with crushed San Marzano tomatoes, onions, and garlic. This version has a slightly richer flavor while still keeping the traditional toasted breadcrumb topping. It's the version I make and the one I'm sharing here.

Vegetarian Lentil and Fava Bean:
As a nod to Saint Joseph's role as a protector of the poor, some families incorporate lentils or fava beans into the dish. Both are traditional symbols of abundance and good fortune. The legumes add protein and a hearty texture, making this a satisfying meatless meal.

More Than Just a Pasta Dish

Pasta di San Giuseppe is more than just a dish—it's a symbol of Italian heritage, faith, and gratitude. Whether prepared with anchovies, tomatoes, lentils, or fava beans, the humble toasted breadcrumbs remain a constant, symbolizing the sawdust of Saint Joseph's carpentry workshop and reminding us of his

humility and hard work.

On March 19, families across Italy gather to celebrate his legacy, honoring tradition through food, family, and faith. No matter which variation you choose, this humble pasta is a delicious way to connect with Italy’s deep-rooted culinary and cultural traditions.

Pasta de Santo Giuseppe



Pasta di San Giuseppe is a traditional Italian dish served for Saint Joseph’s Day on March 19. This Southern Italian version features pasta tossed in a light tomato sauce with garlic and onion, then finished with toasted breadcrumbs in place of cheese. Simple, rustic, and flavorful, it’s a delicious meatless pasta rooted in Italian tradition.

- 12 oz. spaghetti
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 4 anchovy fillets
- 2 Tbsp (hot red pepper flakes)

- 2 cups cherry tomatoes
- 2 cups my easy marinara sauce
- 1 cup pasta water

1. In a large pot of salted rapidly boiling water cook the spaghetti al dente.

2. In a saute pan in 1 Tbsp. of butter and 1 tbsp. of olive saute 1 Tbsp. of minced garlic until soft and the bread crumbs and cook until the breadcrumbs are toasted and golden, remove from the fire add in the grated parmesan and 2 Tbsp. of freshly chopped Italian parsley and set aside,
3. In the same pan add the remaining 1 tbsp. of butter and olive oil add the remaining 1 tbsp. of minced garlic cook until soft and translucent, then add the cherry tomatoes cook until the tomatoes burst.
4. Add in the marinara and pasta water simmer until the sauce thickens about 15 minutes. Add some fresh torn basil leaves, then toss the spaghetti in the sauce.
5. Plate top with the breadcrumb mixture.

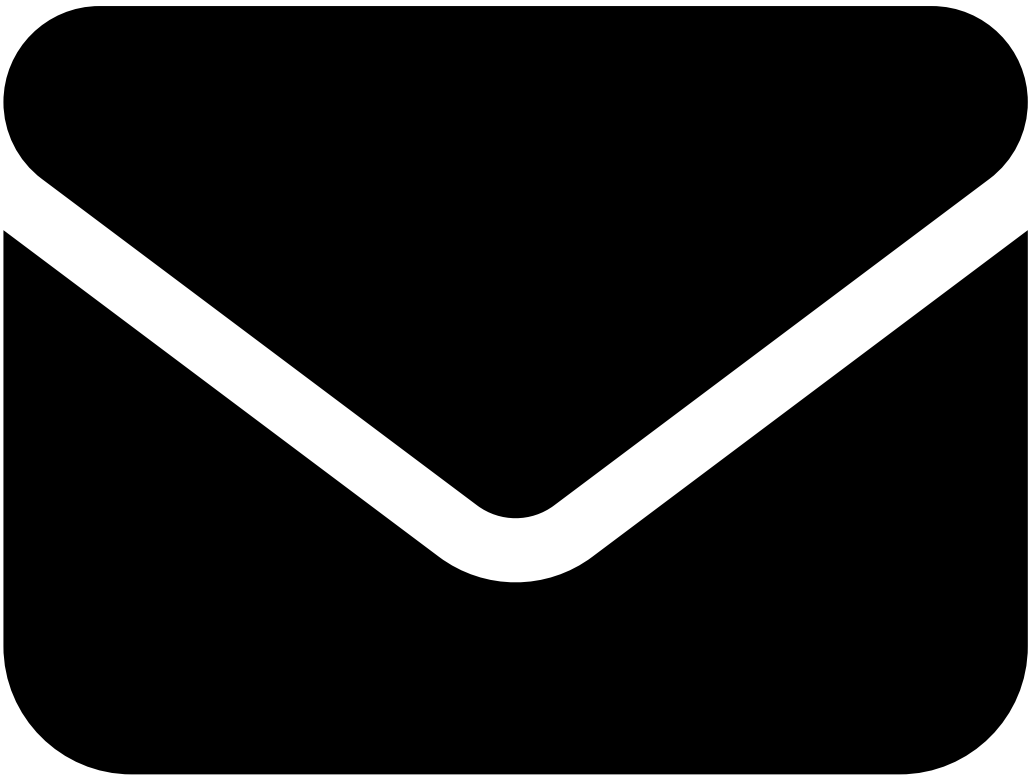
Main Course
Italian
Pasta di San Giuseppe, Saint Joseph’s Day pasta

Tomato piccata shrimp bucatini pasta

Tomato Piccata Shrimp Bucatini Pasta

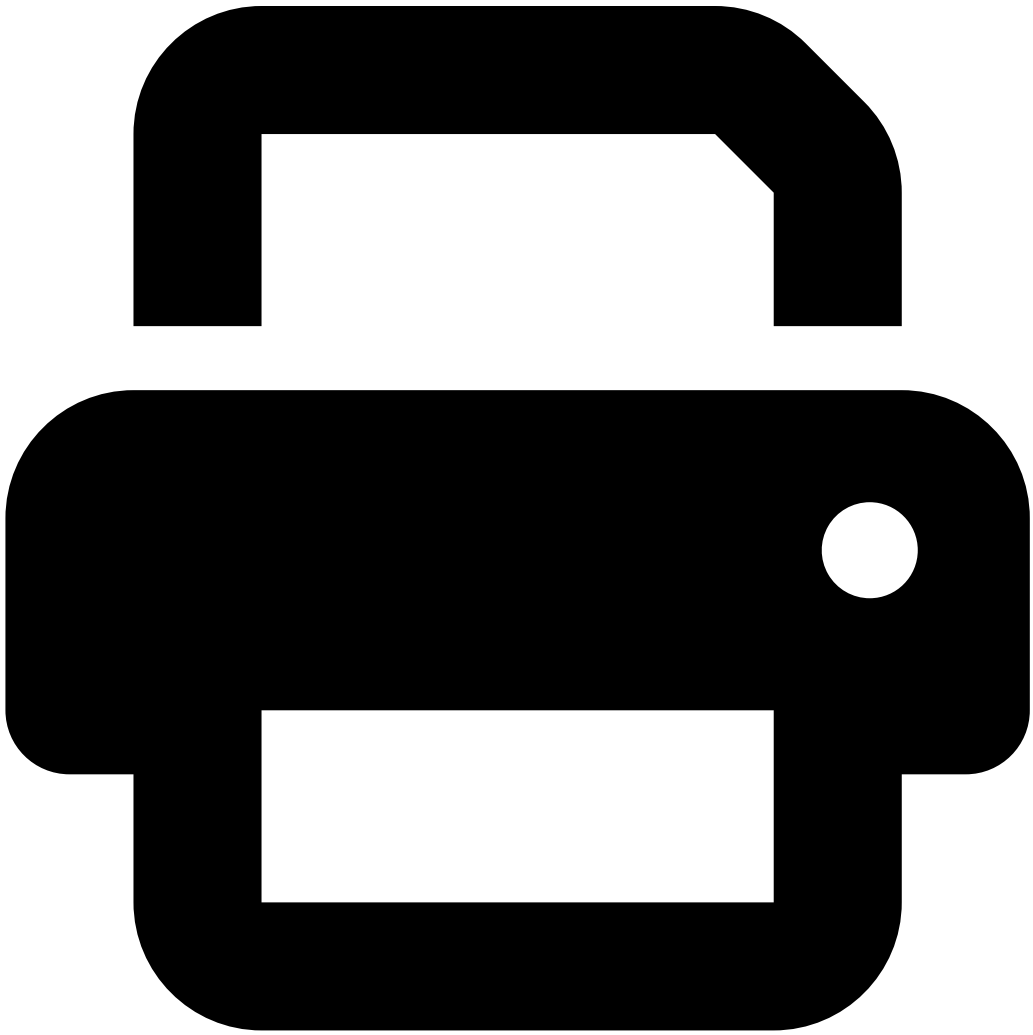
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If your looking for an easy yet elegant seafood pasta dish, this tomato piccata shrimp bucatini pasta is a must -try. Featuring tender shrimp, a bright and tangy tomato piccata sauce and perfectly al dente bucatini, this recipe is packed with bold flavors and comes together in under 30 minutes.

With every forkful, you'll experience a delicious blend of textures and flavors. The bucatini absorbs the garlicky , tomato sauce while maintaining its signature al dente bite. The shrimp remain plump and juicy, and the capers add a briny pop that enhances the natural sweetness of the tomatoes. The fresh basil ties everything together , making this dish feel like a restaurant- quality experience at home.

Why you'll love this tomato piccata shrimp bucatini pasta recipe

Quick and easy: Perfect for weeknights but fancy enough for

entertaining.

Bright and tangy: Lemon, capers and tomatoes bring a zesty zing to the dish.

Rich and creamy: garlic and pasta water add depth and silkiness to the sauce.

Perfect pasta pairing: Bucatini’s hollow center holds the sauce for an irresistible bite.

Pair this dish with a crisp green salad and a side of garlic bread for a delicious complete meal. If you make this tomato piccata shrimp bucatini pasta, let me know in the comments and please don’t forget to tag me on Instagram with your creations. I love hearing from you.

Tomato Piccata Shrimp Bucatini Pasta



Tomato Piccata Shrimp Bucatini is a bright and flavorful Italian-inspired pasta made with tender shrimp, bucatini, tomatoes, capers, garlic, and fresh lemon. The light, silky sauce coats every strand of pasta for an easy restaurant-quality meal that's ready for any night of the week.

- 12 oz. bucatini pasta
- 1 lb. large shrimp, peeled and deveined (16-20 per lb.)

- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 2 cups cherry tomatoes
- 1/2 cup white wine
- 1 cup chicken stock
- 1 cup reserved pasta water
- juice from 1 lemon
- 1/3 cup drained capers
- 1/4 cup torn basil
- salt and pepper to taste

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

2. Heat the olive oil and butter in a large skillet over medium high heat. Add the tomatoes, red pepper, and garlic cook until the tomatoes burst and the garlic is soft and translucent. About 5 minutes.
3. Deglaze the pan with the wine waiting until fully absorbed before adding the chicken stock, pasta water lemon juice and capers. Simmer until the sauce begins to thicken 7-10 minutes.
4. Add the shrimp, and cook 5 minutes or until the shrimp are cooked through. Then add in the pasta, top with fresh basil.

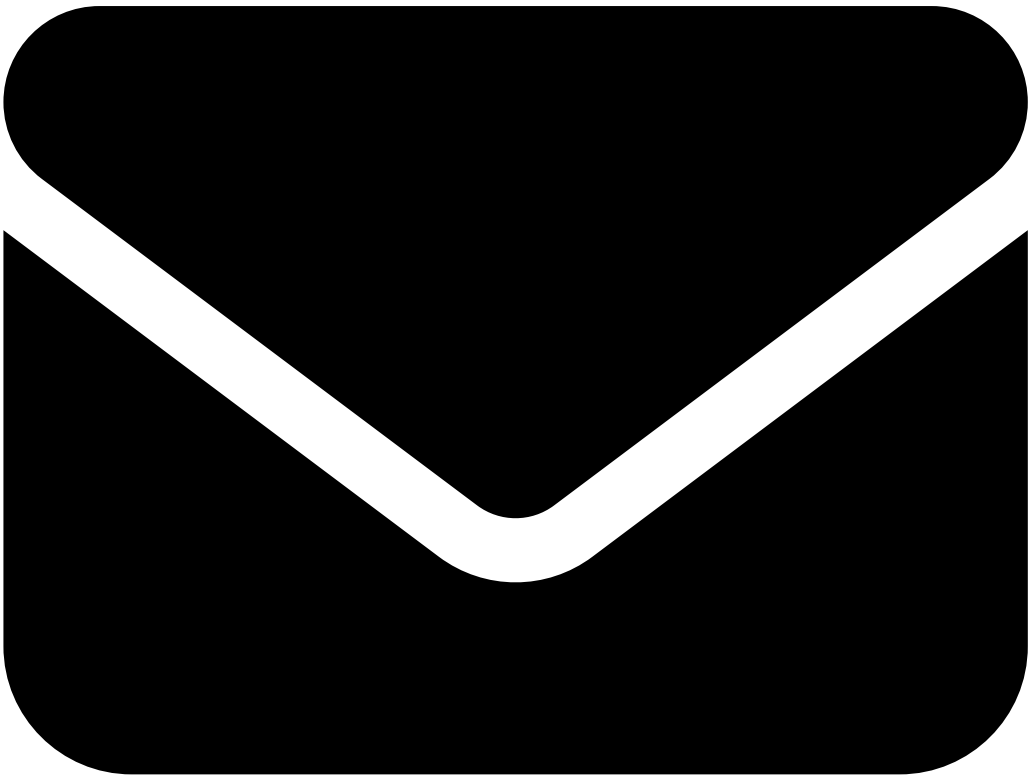
Main Course
Italian
tomato piccata shrimp pasta,

Caramelized onion pasta

Caramelized Onion Pasta

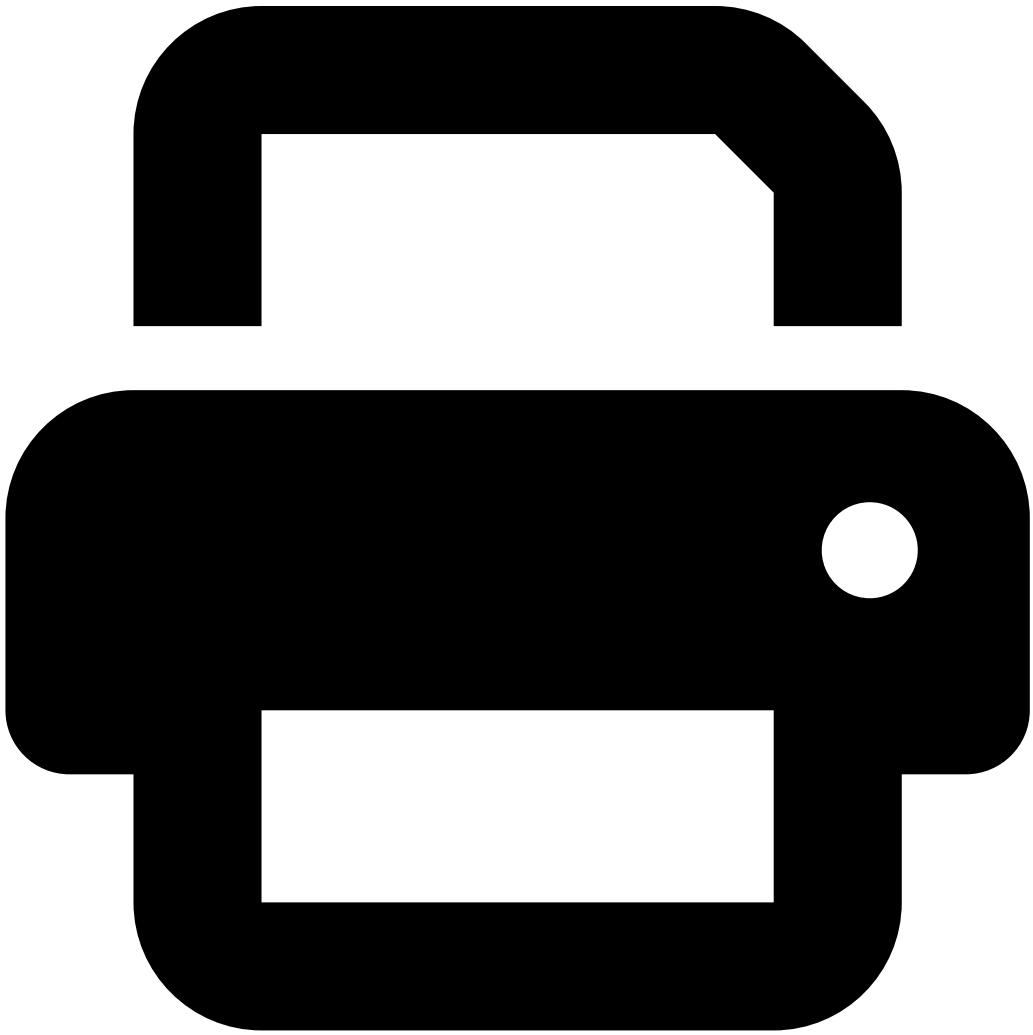
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SMS



If you love the deep, sweet-savory flavor of caramelized onions, this Caramelized Onion Pasta is about to become a new favorite comfort dish. Slowly caramelized onions, rich beef broth, and Parmesan cheese come together to create a silky, flavorful sauce that feels indulgent without being complicated. The onions add a natural sweetness that balances beautifully with the savory broth and salty Parmesan.

Made with just a handful of simple ingredients, this is an easy pasta dish that delivers plenty of flavor. The onions do take some time to caramelize, but most of that time is hands-off, making this a perfect recipe for a cozy weeknight dinner or a relaxed weekend meal.

Pro tips for the best caramelized

onion pasta

Low and slow is key- Cooking onions over low heat allows them to slowly develop their signature sweet , golden flavor.

Deglazing adds extra depth- the wine helps lift any flavorful bits from the bottom of the pan, enriching the sauce.

Make it creamy- Stir in a spoonful of mascarpone or heavy cream for a richer texture.

Add protein- Crispy pancetta or shredded beef would be a delicious addition.

This pasta pairs beautifully with a simple green salad or garlic bread for a complete delicious meal.

If you make this caramelized onion pasta, don’t forget to tag me on Instagram! I’d love to see your creations, it’s my favorite part!!!

Caramelized Onion Pasta



Caramelized Onion Pasta is a simple, comforting Italian-inspired dish made with slowly caramelized onions, savory beef broth, and Parmesan cheese. The onions become sweet and deeply flavorful as they cook, creating a rich, silky sauce that coats the pasta beautifully. Made with a handful of simple ingredients, this cozy pasta is easy enough for a weeknight

but feels special enough for entertaining.

- 3 large onions thinly sliced
- 2 Tbsp. butter + 1 olive oil
- 1 Tbsp. minced garlic
- 1 tbsp. flour
- 1/2 cup red wine
- 2 cups beef broth (vegetable broth if you want to keep it vegetarian)
- 1/2 lb. medium size shells
- 1/2 cup chopped Italian parsley
- 1/2 cup grated parmesan cheese
- salt and pepper to taste

1. In a Dutch oven or heavy stockpot heat the butter and olive oil over medium low heat. Add the onions with a pinch of salt and cook for 40 -45 stirring occasionally minutes until deep golden brown.
2. Stir in the garlic and flour cook for 1 minute. Deglaze the pot with the wine waiting until it evaporates before adding the beef or vegetable stock .
3. Bring to a simmer and add the pasta . Cook until the pasta is el dente (7-8 minutes) add in the grated parmesan cheese and Italian parsley.
4. Ladle into pasta bowls. Top with additional grated parmesan .

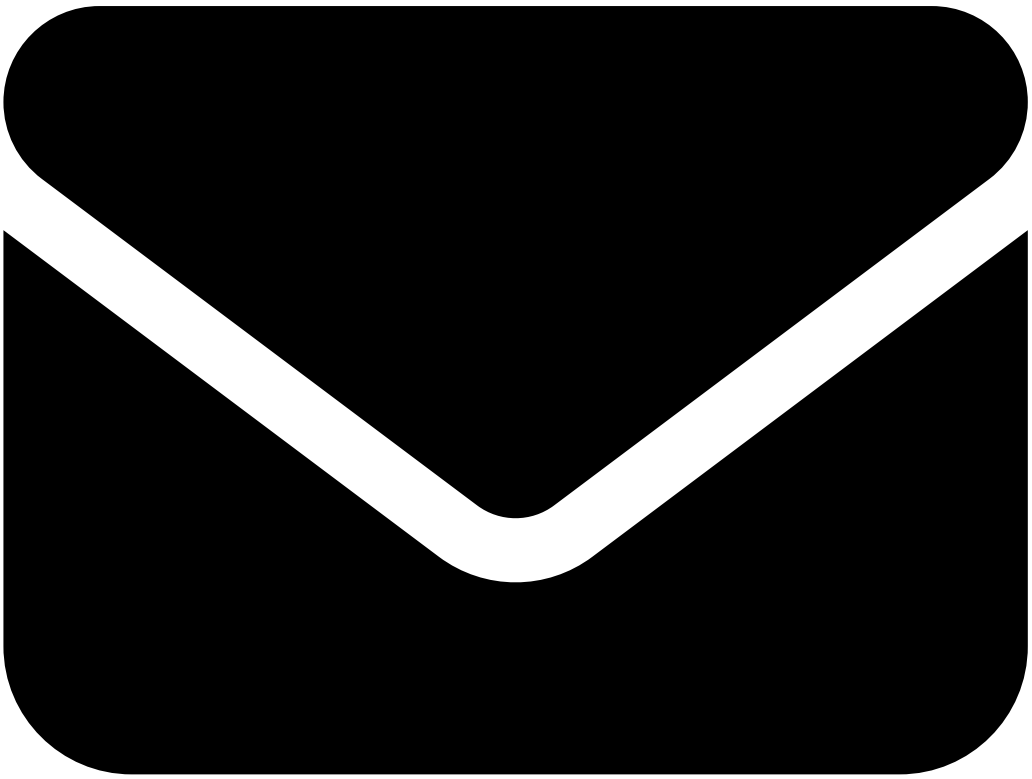
Main Course
Italian
caramelized onion pasta

Classic spinach ricotta gnudi

Classic Spinach Ricotta Gnudi

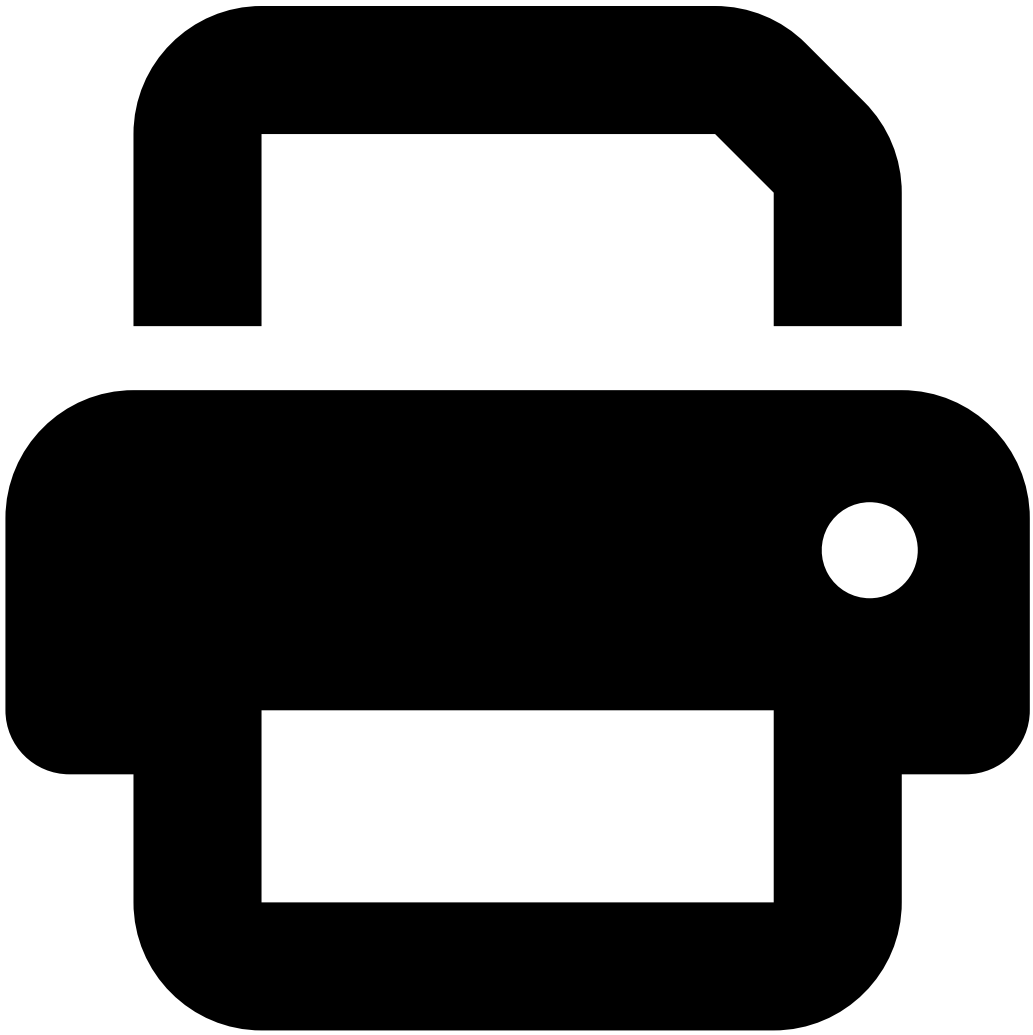
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If you love Italian food, you've probably heard of gnocchi- but have you ever tried gnudi? These delicate, ricotta – spinach based dumplings are a lesser -known Tuscan specialty, and they are as delicious as they are easy to make. Their name , "gnudi", literally means "naked " in Italian, as they are basically the filling of ravioli without the pasta shell. Light, pillowy, and melt-in-your-mouth delicious, gnudi are a must try for any pasta lover. Unlike gnocchi, which are made primarily with potatoes, gnudi are made with creamy ricotta, spinach and just enough flour to hold them together. The result is an incredibly tender bite far lighter than traditional pasta. Their delicate makes them perfect for absorbing rich sauces while still feeling light and airy.

Sauces for these classic spinach ricotta gnudi

One of the best things about gnudi is their versatility. They

can be served with a variety of sauces.

My easy marinara sauce– a simple yet robust tomato sauce provides a bright contrast to the delicate dumplings.

Classic sage butter-Browned butter with crispy sage leaves enhances gnudi's natural richness with a nutty aromatic flavor.

My Bolognese meat ragu– A slow- simmered hearty ragu transforms gnudi into a Tuscan comfort comfort dish that's perfect for chilly nights.

Light and fresh- serve with sauteed greens, lemon zest , grated parmesan and a drizzle of olive oil for a refreshing twist.

Classic spinach ricotta gnudi are a delicious example of how simple, high-quality ingredients can create an extraordinary dish. Their delicate yet satisfying taste makes them an irresistible option for any pasta lover looking to try something new.

Have you ever had gnudi before? What's your favorite sauce? Let me know in the comments below.

Classic Spinach Ricotta Gnudi



Classic Spinach Ricotta Gnudi are delicate Italian dumplings made with creamy ricotta, fresh spinach, Parmesan cheese, and

a touch of nutmeg. Soft and tender with a melt-in-your-mouth texture, these rustic Tuscan dumplings are traditionally served simply with butter and sage or a light sauce.

- 1 1/2 cups ricotta
- 4 cups clean spinach
- 1 large egg
- 1 cup flour + 1/2 cup for rolling
- 1/2 cup grated parmesan
- salt and pepper to taste

1. Clean and blanch the spinach in salted water. Let cool slightly then chop . Place in a colander over a bowl. Let sit in the refrigerator for 15 minutes to drain . Then use your hands to squeeze out as much of the liquid as possible.
2. In a bowl, wisk the egg then mix the in the ricotta, spinach, and grated parmesan, slowly add the flour until a soft, slightly sticky dough forms . Salt and pepper to taste.
3. With lightly floured hands roll the gnudi into balls roll in flour.
4. In a medium stock pot bring salted water to a gentle boil. Cook the gnudi in in batches until they float 2-3 minutes
5. Toss with my easy marinara sauce or sage butter. Top with additional grated parmesan and serve immediately.

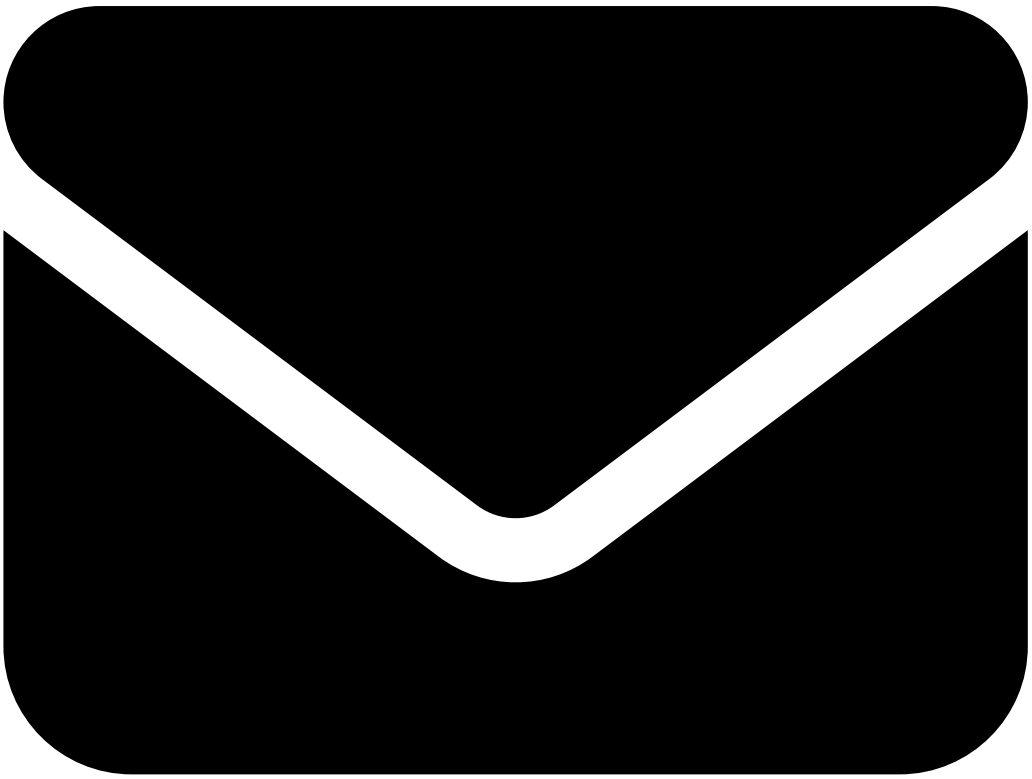
Appetizer, Main Course, Side Dish
Italian
spinach ricotta gnudi,

Easy cheesy stuffed shells

Easy Cheesy Stuffed Shells

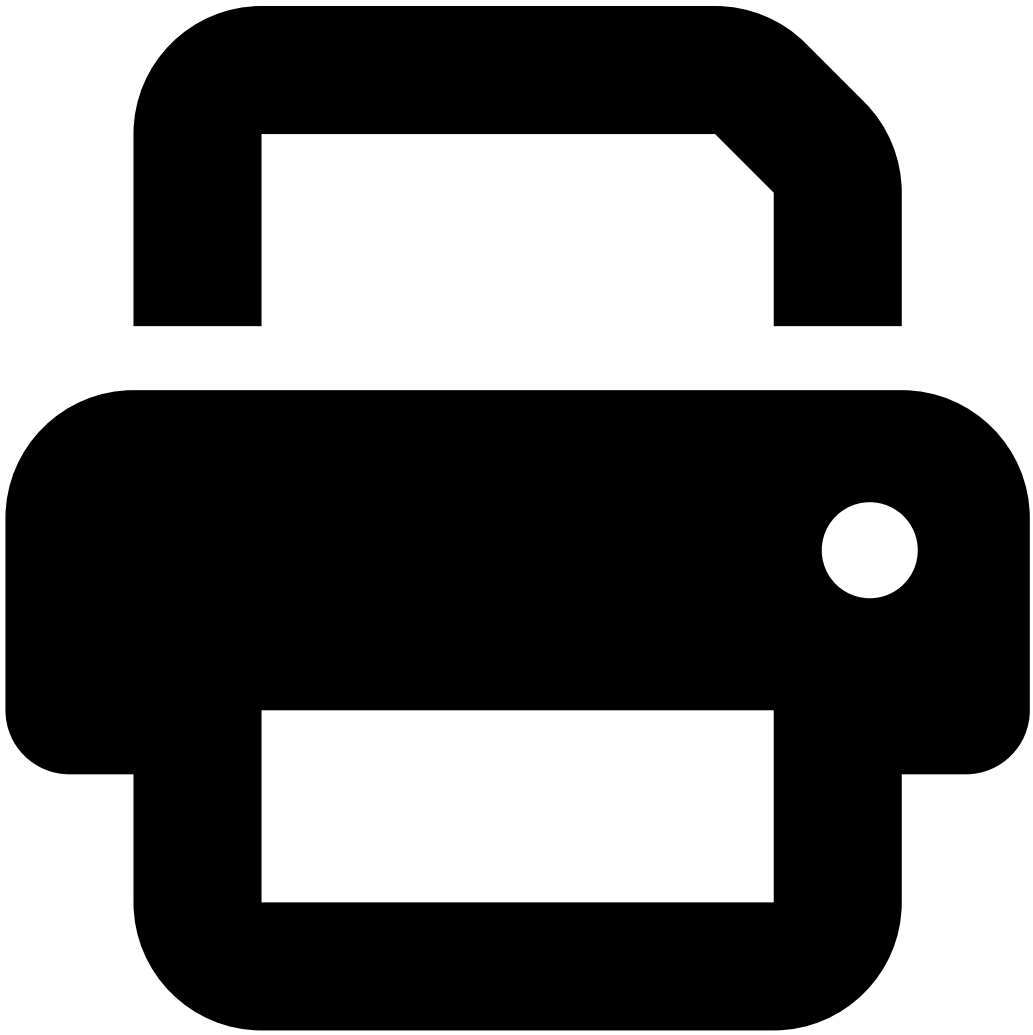
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SMS



When you’re craving a cozy, cheesy pasta dish that feels like a warm hug, these cheesy stuffed shells are the answer. This Italian classic combines tender pasta shells filled with a creamy ricotta blend, topped with my rich Bolognese sauce and baked to a bubbly perfection. It’s the kind of meal that brings everyone to the table wanting seconds.

One of the best things about this recipe is how make- ahead friendly it is. You can assemble the stuffed shells a day or two in advance, store them in the fridge, and simple bake when you’re ready to serve. It’s also freezer- friendly, making it perfect for meal prepping or having a ready – made meal for busy nights. I’m using my rich Bolognese sauce for extra heartiness, but you can easily keep it vegetarian by using my easy marinara sauce instead. Whether you’re planning for a weeknight dinner or hosting family and friends, these easy cheesy stuffed shells bring all the Italian flavors with minimal effort.

Why you will love this easy cheesy stuffed shell recipe

Simple ingredients: You probably have most of them in your pantry or fridge.

Make ahead friendly: Prefect for prepping ahead and popping it in the oven when needed.

Customizable: Add cooked ground beef or Italian sausage to the filling for a twist.

These easy cheesy stuffed shells are the perfect blend of creamy, hearty, and comforting – everything you want in a classic Italian meal. Whether you make them ahead for a busy night , serve them to guests for a cozy gathering, or freeze a batch for those days when you need something quick and delicious. With the option to keep it vegetarian with my easy marinara sauce or add a rich Bolognese sauce, these stuffed shells are as versatile as they are delicious.

Serve them with a simple salad and garlic bread and you have a meal that feels like a warm hug from your kitchen. I hope this recipe brings as much comfort to your home as it does my. Buon appetito!!!!

Easy Cheesy Stuffed Shells



These easy cheesy stuffed shells are filled with creamy

ricotta, mozzarella, and Parmesan, then baked in a rich tomato sauce until bubbly and golden. A comforting Italian classic that's simple enough for a weeknight dinner and perfect for feeding a family.

- 4 cups my Bolognese sauce
- 1 Lb. large shells
- 3 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups shredded mozzarella divided
- 1 egg
- 2 Tbsp. chopped Italian parsley

1. Start by cooking the shells in salted boiling water el dente
2. In a bowl mix the ricotta, spinach, parsley, egg, 1/2 the amount of parmesan and 1/2 the amount of mozzarella. Salt and pepper to taste
3. Fill a pastry bag or use a spoon to fill the precooked shells with the ricotta filling
4. Line an oven proof casserole dish with half of the Bolognese sauce. Place the stuffed shells in a single layer on top. Top the shells with the remaining Bolognese sauce, and the remaining parmesan and mozzarella cheese.
5. Bake in a preheated 375- degree oven for 30- 40 minutes, or until the cheese is bubbly.

Cook the shells just until al dente. They will continue cooking in the oven and are less likely to become too soft or fall apart when stuffed.

Main Course
Italian