

# Zucchini ricotta penne pasta

## Zucchini ricotta penne pasta

I love making easy pasta recipes in the summer that highlight the fresh ingredients of the season. This zucchini ricotta penne pasta recipe uses one of the most abundant Summer vegetables, zucchini.

The best part about this recipe is that the sauce and pasta are ready at the same time.

It may be easy and quick to make , but penne pasta with zucchini and ricotta is as delicious as any fancy restaurant dish.

This is Italian cooking at it's best easy unpretentious but really, really good.

## Customize this zucchini ricotta penne pasta recipe

There is so many reasons to love this zucchini ricotta penne pasta recipe easy, quick . delicious and customizable to fit your life style and taste.

First you can customize this recipe by using any shape pasta you like. I recently made this recipe using ditalini small tubular shaped pasta.

And you can experiment with ingredients too, You can saute pancetta or Italian sausage along with the zucchini. Fish lovers might like another variation where shrimp are saute with the zucchini.

# Ingredient

1/2 Lb. penne pasta

2 medium zucchini

2 Tbsp. olive oil

2 Tbsp. butter

2 Tbsp. minced garlic

1/2 cup chopped onion

2 cups ricotta cheese

Juice from one lemon

2 ladles pasta water

1/2 cup grated parmesan cheese

1/2 cup chopped Italian parsley

# Instructions

1. Cook your pasta *al dente*. meanwhile make the sauce. Start by washing and slicing the zucchini into half moons.
2. Then in the olive oil and butter saute the onion and garlic until soft and just beginning to brown.
3. Add the sliced zucchini and saute until zucchini is beginning to brown. Add the pasta water and lemon juice simmer until sauce thickens, about 10 minutes.
4. Mix the grated parmesan with the ricotta and add to the zucchini simmer just to heat through. Toss the penne in this vegetarian sauce. Add the parsley grate more cheese over the top. ENJOY!!!

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# **Easy Sicilian Pasta alla Norma**

# **Easy Sicilian Pasta alla Norma**

Pasta alla Norma also called pasta con le melanzane pasta with eggplant in English is a classic Sicilian pasta dish. It is an easy recipe that uses few ingredients and comes together in less than an hour.

It is made of pasta with tomato sauce fried eggplant and served with grated ricotta salata da grated cheese and basil.

This traditional Italian pasta is a satisfying vegetarian dinner, and it can be ready in under an hour.

## **Things to know about this Easy Sicilian pasta alla Norma recipe**

The first thing is to choose dense, heavy eggplants and slowly frying them until caramelized results in a tender, meaty eggplant texture.

Second if aged ricotta salata is unavailable, a combination of different cheeses can replicate it's salty, sharp taste. You could use Pecorino Romano or feta.

If you make this recipe, be sure to leave me a comment. Above all, I love to hear how the recipe turns out in your kitchen.

# Ingredients

- 1/2 Lb. rigatoni
- 1 medium eggplant
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups crushed tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 1/2 cup grated ricotta salada or parmesan
- a few basil leaves
- 3 cups olive oil canola blend for frying

# Instructions

1. Start by washing and drying the eggplant cut into medium size
  2. Bring the frying oil to medium high heat. fry the eggplant until golden brown. remove and drain on paper towels.
  3. Meanwhile cook the pasta el dente and start on the sauce
  4. In a saute pan add the 4 Tbsp. of olive oil. Then over medium high heat add the onion and garlic and saute until soft and just beginning to brown.
  5. Add the tomatoes, pasta water and red wine. simmer until sauce thickens about 20 minutes. Add the fried eggplant and simmer 10 minutes longer. Toss the pasta in the eggplant sauce add the basil.
  6. Plate grate the cheese over the top. ENJOY!!!!
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# Tomato and Spinach Fettuccine

## Tomato and Spinach Fettuccine – Easy Vegetarian Pasta Recipe

This Tomato and Spinach Fettuccine is a quick and delicious vegetarian pasta recipe that's perfect for weeknight dinners or entertaining guests. Made with colorful heirloom cherry tomatoes, fresh baby spinach, and fettuccine noodles, it comes together in under 30 minutes.

Burst tomatoes create a naturally sweet and vibrant sauce, finished with a touch of cream for richness. Tossed with wilted spinach and al dente pasta, this simple yet elegant dish brings out the best of fresh summer ingredients.

If you're looking for an easy creamy tomato pasta that's full of flavor and ready fast, this Italian-inspired recipe is the perfect choice!

### Variations for this Tomato and Spinach Fettuccine recipe

One of the easiest ways to change up this tomato and spinach fettuccine is by swapping the pasta shape. While fettuccine or other long noodles like linguine or spaghetti work beautifully, short pasta like penne, rigatoni, or farfalle are great options too.

If you're looking to add protein, this vegetarian pasta recipe pairs perfectly with grilled chicken or sautéed shrimp. Both are healthy and flavorful additions that keep the dish light and satisfying.

Finally, if you're not a fan of spinach, you can easily substitute it with broccoli, kale, or even zucchini.

Lastly, I love hearing from you it's my favorite part, so when you make this **Tomato and Spinach Fettuccine** please leave me a comment. Let me know your experience with the recipe, and please don't forget to tag me on Instagram with your

creations!!! If your looking for more easy vegetarian summer pasta recipes try my Vegetarian zucchini and tomato pasta, or my vegetarian orzo with asparagus and peas they are so good and easy to make. ENJOY!!!

## Ingredients

- 1 Lb. Fettuccine
- 1 pint heirloom cherry tomatoes
- 2 cups chopped spinach
- 1cup reserved pasta water (Always reserve more than the recipe calls for.)
- 1 cup heavy cream
- 1 cup vegetable stock
- 1 cup grated parmesan cheese
- 2 Tbls. each butter and olive oil
- 1 Tbls. chopped garlic
- 1/2 chopped yellow onion
- 1/4 cup each chopped Italian parsley and basil
- Pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook pasta according to package directions reserving 2 cups of the pasta water before draining
2. Meanwhile in a large saute pan over medium heat bring to butter and oil to medium heat
3. Add the garlic and onion saute until tender and just beginning to brown
4. Add the tomatoes sautéing until blistered smashing down with the back of a wooden spoon salt and pepper
5. Deglaze the pan with the vegetable stock scraping up the brown bits at the bottom of the pan.
6. Then add the nutmeg, cream and reserved pasta water.
7. Simmer covered for 15 minutes or until sauce thickens.

8. Add the chopped spinach, parmesan cheese, and basil simmer 5 minutes longer.
  9. Toss the fettuccine with creamy sauce, sprinkle with Italian parsley and additional parmesan.
  10. ENJOY!!!!
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## **Spaghetti alla Nerano**

## **Spaghetti alla Nerano**

Spaghetti alla Nerano is an Italian pasta dish invented in the village of Nerano on the Sorrento peninsula, made with spaghetti, fried zucchini, provolone and parmesan.

It's an easy vegetarian pasta recipe that can be ready in less than 30 minutes. If your craving pasta and want quick and easy too, this is the perfect recipe.

## **Things to know about spaghetti alla Nerano**

The key to getting the toasted sweet taste of the zucchini is by deep frying. I get questions about alternatives to frying, I tried roasting, baking, and air frying my conclusion? Sometimes you just have to deep fry not only to preserve the taste but most important the integrity of the recipe.

And there you have it a delicious dish of spaghetti alla Nerano, capturing the essence of Italian cooking right in your kitchen. With its simple ingredients and rich flavors, this pasta recipe is a testament to the beauty of Italian cooking,

where quality and simplicity go hand and hand.

## Ingredients

- 2 medium size zucchini
- 1/2 lb. spaghetti
- 2 cups canola olive oil blend for frying
- 1/2 cup torn basil leaves
- 3 Tbsp. butter
- 1 Tbsp. finely minced garlic
- 2 Tbsp. minced shallots
- 1 cup freshly grate parmigiana Reggiano cheese
- 1 cup freshly grated provolone cheese
- 2 cups pasta water
- salt and pepper to taste

## Instructions

1. Bring the oil to medium high heat
  2. slice the zucchini into thin slices or small dice
  3. Fry the zucchini until golden brown. remove and drain on paper towels add the torn basil leaves to the fried zucchini salt and pepper to taste.
  4. Make the sauce while you are cooking the spaghetti el dente- by adding the butter to a clean pan, then add the garlic and shallots and cook until soft and translucent.
  5. Add the pasta water lower the heat and simmer until sauce thickens add the cheese cook just until cheese melts, just a few minutes. Then add the zucchini reserve some to garish the plate. Toss the spaghetti in this delicious vegetarian sauce. Grate more cheese over the top and ENJOY!!!!
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# Easy Mediterranean Puttanesca Pasta Salad

## Easy Mediterranean Puttanesca Pasta Salad

Easy Mediterranean Puttanesca pasta salad is a bold and zesty classic, combining the briny, savory flavors of traditional puttanesca sauce with the ease of a chilled pasta salad. Made with al dente pasta, juicy cherry tomatoes, olives, capers, garlic, and a touch of anchovy, it's tossed in a light vinaigrette and finished with fresh herbs. Perfect for summer picnics, potlucks, or a quick Mediterranean-inspired lunch.

**This Easy Mediterranean Puttanesca Pasta Salad** sauce might have a scandalous past, history has it was made by prostitutes, for it's powerful aroma, used to draw customers.

I don't know how much is fact and how much is fiction, I love the history behind the recipe.

I know growing up we referred to it as the sauce of the prostitutes. The combination of garden fresh tomatoes, anchovies, olives and capers, gives this Puttanesca sauce a robust rich flavor, with aroma that still draws people to a different room,... The kitchen.

I like simple recipes, that come together in less than an hour, but from the looks of the meal we can tell our friends it took hours. Serve it up in pretty white dinner plates add some festive napkins and you have a beautiful table and meal, that comes together in 30 minutes, is quick and easy for

family weekday dinners and just fancy enough for Saturday date night.

It's a simple raw sauce with bold flavors, created by strong flavored ingredients.

## **Things to know about this Easy Mediterranean Puttanesca Pasta Salad**

I used large shells, in this puttanesca pasta recipe you can use any shape pasta you like, even gluten free, also I used kalamata olives, I love their pungent taste.

Traditionally the olives used by mother were picked on our family farm in Tuscany, she would cure them in a salt and water solution she changed every few days, for weeks.

until the bitterness was drawn out. They went from a shiny purple to a shriveled up olive, she marinated in olive oil, garlic, orange rind, and red pepper flakes, they were delicious and time consuming.

Although you can customize this recipe to fit your lifestyle and taste, it's important in this recipe to use flavorful olives, and don't omit the anchovies this raw sauce needs the salty goodness they provide. One more thing, you should use albacore tuna.

I hope you try this and the part I like best....Let me know how you liked it!!!!

## **Ingredients**

- 1/2 lbs. large shell pasta cooked according to package directions (el Dente) reserve 2 cups of pasta water before draining

- 1 cup olive oil
- 1/3 cup balsamic vinegar
- 1 small chopped red onion
- 2 Tbs. chopped garlic
- 4 anchovy fillets
- 1/2 cup capers
- 1/2 cup chopped kalamata olives
- 4 cups chopped mixed tomatoes
- 2 cans albacore tuna packed in oil undrained
- 1 Tbs. each chopped Italian parsley, basil, thyme and red pepper flakes
- 1 cup crumbled feta cheese
- Salt and pepper to taste

## **Instruction**

1. Cook pasta according to package directions reserving 1 cup of the water
2. Mean while prepare your dressing
3. Add onion, garlic, herbs, salt and pepper to the olive oil and balsamic vinegar
4. Then Add the Tomatoes let sit for 10 minutes
5. Add the rest of the ingredients except the feta cheese
6. mix in the pasta and reserved pasta water
7. Salt and pepper to taste
8. Top with the feta cheese and Enjoy!!!!

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## **Shrimp fra Diavolo recipe**

# Shrimp fra diavolo recipe

Shrimp fra diavolo recipe is a delicious Italian dish made with large juicy shrimp cooked in a hearty, spicy tomato sauce with garlic, white wine and Italian herbs.

This spicy shrimp recipe is ready in 20 minutes, making it an easy weeknight. But also fancy enough for date night or Saturday dinners with friends.

## About this Shrimp Fra diavolo recipe

Unlike regular spaghetti sauce , fra Diavolo sauce is spicy. How spicy depends on your taste. It's also thicker and more concentrated. And although its loaded with flavor the ingredients are simple.

Unlike Arrabiata sauce , which is also spicy, fra Diavolo sauce never includes basil or capers, and is usually paired with shrimp.

I like to serve this with crusty Italian bread to sop up all the delicious sauce, or pasta for a complete satisfying meal.

Shop the recipe

large shrimp

dried oregano

extra virgin olive

## Ingredients

- 1 Lbs. large shrimp peeled and deveined (16-20)
- salt and pepper to taste
- 2 tsp. red chili flakes

- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped garlic
- 1 Calabrese red chili pepper sliced
- 1 cup white wine
- 3 cups cherry tomatoes
- 2 cups marinara sauce
- 1 Tbsp. dried or fresh oregano
- 1/2 cup chopped Italian parsley

## Instructions

1. Clean the shrimp wash and pat dry season with salt, pepper and the 2 tsp. red pepper flakes
2. Over medium high heat add 2 Tbsp. of the olive oil. Add the seasoned shrimp and saute for 1 minute remove. Don't overcook. The shrimp finishes cooking in the sauce.
3. In the same pan add the remaining oil heat until shimmering . reduce the heat to medium add the onions, garlic , and the Calabrese chili saute until soft and translucent.
4. Add the cherry tomatoes saute for 5 minutes before deglazing the pan with the white wine. Wait until the wine is completely evaporated before adding the marinara sauce and the oregano
5. Simmer the sauce for 15 minutes. use a potato masher to mash the tomatoes. Return the shrimp to the sauce just to heat through add the Italian parsley. ENJOY!!!



Tubettini Pasta Salad (Italian pasta fredda)

April 30, 2026

Tubettini Pasta Salad (Italian pasta fredda)



Authentic Pasta al Limone (Italian Lemon Pasta)

April 28, 2026

Authentic Pasta al Limone (Italian Lemon Pasta)



Authentic Pasta Portofino – Simple Pesto Tomato Pasta  
April 24, 2026

Authentic Pasta Portofino – Simple Pesto Tomato Pasta



Easy Italian Vinaigrette Recipe (Better Than Store-Bought)  
April 23, 2026

Easy Italian Vinaigrette Recipe (Better Than Store-Bought)



Thin No-Knead Focaccia Rolls (Light & Crispy)

April 22, 2026

Thin No-Knead Focaccia Rolls (Light & Crispy)



Authentic Italian Stuffed Tomatoes with Rice and Potatoes  
(Roman Recipe)

April 20, 2026

Authentic Italian Stuffed Tomatoes with Rice and Potatoes  
(Roman Recipe)



**15**  
**WEEKNIGHT**  
**ITALIAN MEALS**  
**easy recipes in**  
**under 45minutes**

15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes  
April 16, 2026

15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes



Blanched & Pureed Lemon Loaf (Bakery-Style Citrus Cake)

April 15, 2026

Blanched & Pureed Lemon Loaf (Bakery-Style Citrus Cake)

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# Italian Tortellini Antipasti

# Pasta Salad

## Italian Tortellini Antipasti Pasta Salad

The weather in Northern California is heating up, when that happens it gets me thinking about cool pasta dishes for those Summer night meals.

This Italian Tortellini Antipasti pasta Salad recipe is a perfect side dish for hot weather cooking, or if you like me it could be the whole meal.

This pasta dish can be on your table in less than thirty minutes, perfect for last minute dinner, lunch or a quick side for those barbecues.

I make it the day before, it tastes better to me after a few hours.

Another thing about this recipe you don't have to stick to the recipe 100%. If you don't have all the ingredients add something else.

Make it your own by blending different ingredients and different pasta, it's easy.

Start with the dressing and build from there, adding or subtracting ingredients to make it yours. If you like salami add more or if you don't add less or if you hate salami leave it out all together. You get the idea.

If you're going to use tortellini they cook quickly, 2 to 3 minutes, don't over cook. To stop the cooking process after draining run under cold water.

Add grilled protein to make it a meal.....ENJOY

## **A few things to know about this Italian Tortellini pasta salad**

I make this cold Tortellini pasta salad the day before, it taste better to me after a few hours in the refrigerator for.

Another thing about this Italian cold tortellini recipe is you don't have to stick to the recipe 100%. if you don't have all the ingredients add something else.

Make it your own by blending different ingredients and different pasta, it's easy.

Start with the dressing and build from there, adding or subtracting ingredients to make it yours.

If your going to use tortellini they cook quickly, 2 to 3 minutes, don't over cook. To stop the cooking process after draining run them under cold water.

One more thing you can add grilled protein to make it a meal.....ENJOY

# Ingredients

- 1/2 Lb. store bought spinach tortellini
- 1 cup each chopped cherry tomatoes, black and green olives, and spinach
- 1 cup chopped salami and pepperoni
- 1 cup each chopped mozzarella and provolone
- 1 cup chopped pepperoncini
- 1 cup chopped red onion

## • Instructions

- Make the dressing By combining 2 Tbs chopped garlic
- 1 tablespoon each mixed herbs basil Italian parsley and thyme
- 1 tablespoon Dijon mustard
- 1/2 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1/4 cup lemon juice
- Salt and pepper to taste
- Whisk all ingredients for the dressing together set aside
- AssembleCook tortellini according to package directions reserving 1 cup of pasta water before draining
- Add all ingredients to the vinaigrette dressing , add cooled tortellini and reserved pasta water last
- Toss to blend, refrigerate to combine flavors.
- Top with additional cheese and ENJOY !!!

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# Spring Pasta E Piselli

# Spring Pasta e Piselli

Of all my childhood pasta dishes this Spring pasta e Piselli was my favorite, and still is!!! It's a simple vegetarian Italian pasta recipe your whole family will love.

I have fond childhood memories of my mom, two older sisters and I sitting around a wooden picnic table my father build, shelling fresh from the garden Spring peas.

If you don't have access to fresh peas, frozen peas are a great alternative and can be used when a recipe calls for peas.

As far as pasta shape, any short tubular pasta such as tubetti or ditali works well in this recipe.

My family's version of Pasta e Piselli is vegetarian. You can add pancetta or bacon to the onion mixture, if you want.

The most important ingredients in this few ingredient pasta and peas are freshly ground black pepper and freshly grated parmesan cheese.

## Why I love this Spring pasta e Piselli recipe

The first and most important reason I love this Spring pasta e piselle (Pasta and peas) recipe is, it's delicious!!

Not only is this vegetarian pasta dish delicious, the second reason I have had a life long love affair with this Pasta e Piselli recipe it's super easy, uses few ingredients and my whole family loves it !!

Happy Summer my friends!!! Give this recipe a try and please don't forget to leave me a comment with your experience. I love hearing from you, it's my favorite part!!

# Ingredients

- 1/2 Lbs. small pasta
- 3 cups peas
- 4 cups Chicken or vegetable stock
- 3 Tbs. olive oil
- 1 yellow onion chopped
- 2 Tbs. minced garlic
- 2 Tbs. chopped Italian parsley
- 1 Tbs. red pepper flakes
- 1 cup grated parmesan
- Salt and freshly ground pepper to taste

# Instructions

1. In a medium size stock pot bring the olive oil to medium heat
  2. Add the onion, parsley, garlic and red pepper flakes saute until tender, fragrant and just beginning to brown
  3. Add the peas saute 5 minutes salt and pepper
  4. Add the Stock simmer for 10 minutes
  5. Remove 2 cups of the pea and broth mixture and either blend in a blender or use an immersion blender to blend to a smooth consistency. Then return back to the pot.
  6. Add the pasta and simmer until the pasta is al dent, about 7 minutes.
  7. Add a generous amount of freshly grated parmesan and freshly ground black pepper
  8. ENJOY!!!!
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# Pesto chicken farfalle pasta

## Pesto chicken farfalle pasta

This pesto chicken farfalle pasta recipe is made with farfalle pasta, basil pesto, chicken and broccoli, it is a delicious pasta meal complete with juicy chicken and healthy broccoli. Not only is it healthy it is easy and delicious. And the best part??? This past dish can be on your table in thirty minutes.

The addition of fresh or store- bought pesto and a good quality parmesan cheese takes this humble dish to a new level. This easy pasta dish comes together in under 30 minutes and makes a great weeknight family dinner!!!

## Variations on pesto chicken farfalle pasta

1. Pesto chicken farfalle pasta with spinach: Stir in 4 cups of chopped baby spinach the last few minutes along for extra greens .
2. Spicy pesto chicken farfalle pasta : Mix in some red pepper flakes or chopped fresh chilis along with the onion and garlic for a spicy kick.
3. Lemon pesto chicken farfalle pasta: Add a squeeze of fresh lemon and lemon zest from one lemon for a bright citrus flavor.
4. Shop the picture: stainless Steele oil can

## Ingredients

- 1/2 lb. farfalle pasta
- 2 boneless, skinless diced chicken breast

- 1 Tbsp each onion, garlic, onion and paprika powder
- 4 cups cut and washed broccoli florets
- 2 Tbsp. olive oil + 2 Tbsp. butter
- 2 Tbsp. minced garlic + 1 cup chopped onion
- 1 cup white wine
- 1 cup fresh or store bought basil pesto
- 1 cup pasta water
- Salt and pepper to taste

## Instructions

1. Start by washing the chicken pat dry
  2. cut the chicken into medium size dice add to a bowl season with salt, pepper, onion, garlic and paprika powder. Massage the spice mixture into the chicken . set aside while you make the sauce and the pasta is cooking.
  3. Cook your pasta in salted boiling water el dente add the cut broccoli the last 5 minutes.
  4. In a saute pan in the oil and butter over medium high heat saute h onion and garlic until soft and translucent. Turn the fire up to medium high add the seasoned chicken and saute until golden brown.
  5. lower the fire back to medium deglaze the pan with the white wine waiting until absorbed before adding the pasta water. Simmer until sauce thickens about 10 minutes.
  6. Add the pasta and broccoli to the pan sauce. mix in the grated parmesan cheese
  7. Ladle into pasta bowls top with more cheese and ENJOY!!!
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# Pasta e Piselli rosso

## Pasta e Piselli rosso

Pasta e Piselli rosso is a classic Italian pasta dish that is quick and easy to make. With just a few simple ingredients, this comforting vegetarian pasta can be ready in about 30 minutes.

Small pasta, cherry tomatoes, onion, garlic and fresh or frozen peas are the main ingredients and although simple the results are delicious!!!

Just like pasta e piselli in white sauce this pasta e piselli rosso is easy to make and since it uses simple ingredients you probably have on hand it's a recipe you can pretty much make anytime.

## A few tips when making pasta e piselli rosso

As with all produce, it is a special treat to use farm fresh shelling peas in this recipe. However, frozen peas work great if you can't find fresh peas, especially during the colder months. I often freeze my own if I have left overs from the market or my garden.

Add fresh basil to give the pasta a burst of fresh fragrant flavor and a good quality parmigiana reggiano

## Ingredients

- 1/2 Lb. medium size shells
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic

- 1/2 cup chopped onion
- 1/2 cup chopped Italian parsley
- 4 cups cherry tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 3 cups of peas
- 1 cup grated parmesan cheese

## Instructions

1. Cook your pasta al dente in boiling salted water according to package directions.
2. In a pan in the olive oil sauté the onion and garlic over medium high heat until soft and translucent.
3. Add the cherry tomatoes, tomato sauce and the pasta water, Simmer until the tomatoes soften, then use a potato masher to smash the tomatoes. Simmer until sauce thickens about fifteen minutes.
4. Add the peas the parmesan cheese and simmer five minutes longer.
5. Add the drained shells to the sauce, adjust your seasonings and ENJOY!!!