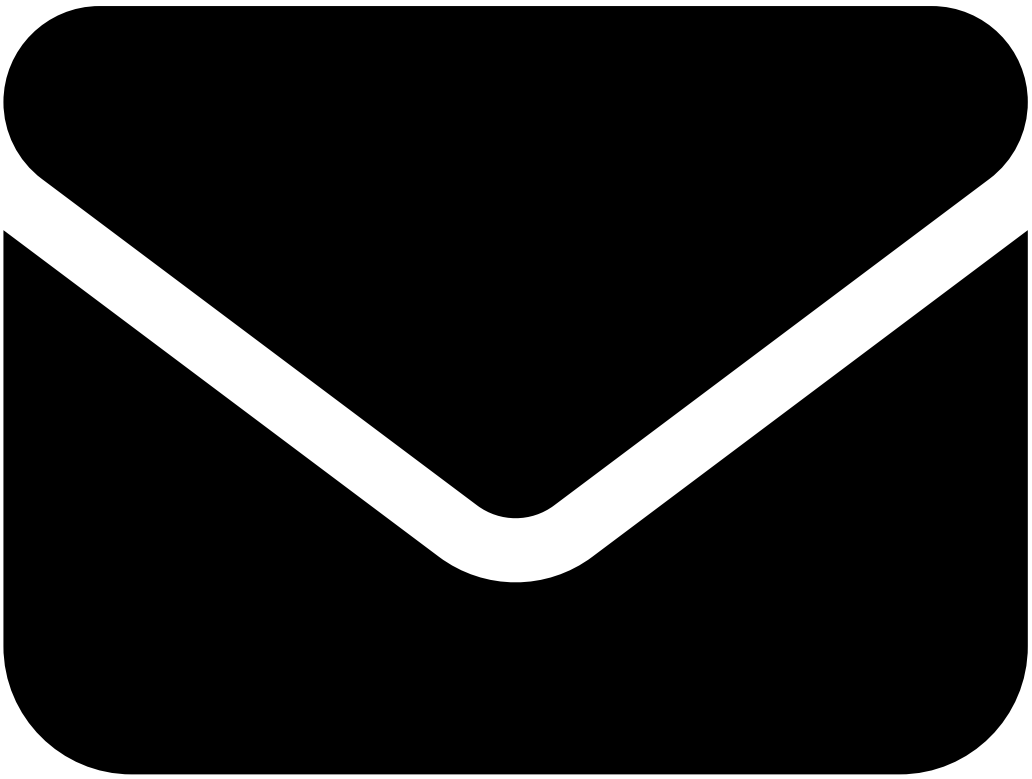
Traditional Linguine with Clams (Linguine alle Vongole)

Traditional Linguine with Clams (Linguine alle Vongole)

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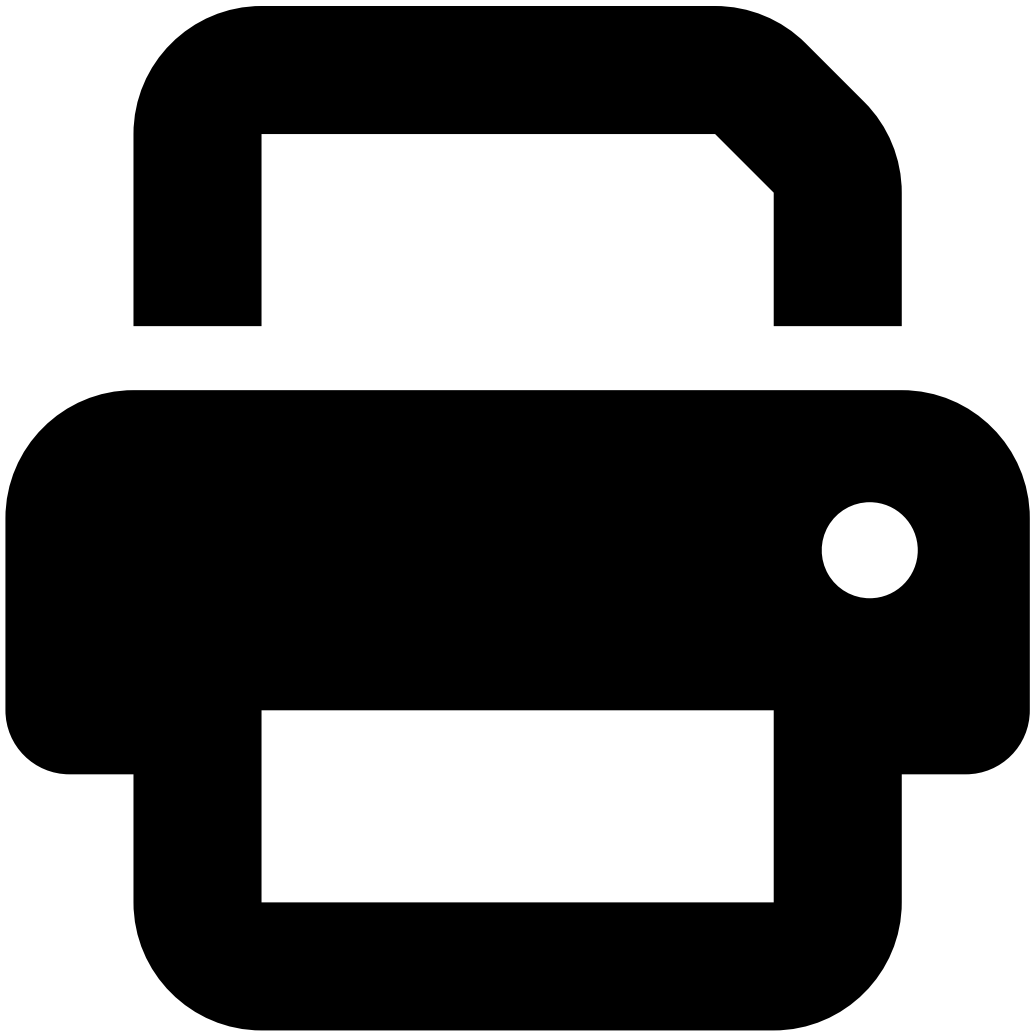









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Traditional Linguini with Clams, also known as *Linguine alle Vongole*, is a classic Italian seafood pasta made with tender clams, garlic, extra virgin olive oil, white wine, and fresh parsley. The simple ingredients come together to create a light, flavorful sauce that coats every strand of linguini.

I*n* the restaurant, linguini with clams was one of our favorite dishes to make. It was a classic on the menu, and there was something special about preparing it with fresh clams, fragrant garlic, white wine, and a little pasta water to bring the sauce together. It’s one of those traditional Italian dishes that doesn’t need a lot of ingredients to deliver incredible flavor.

Now, I’m sharing that restaurant-style recipe so you can make it at home. The secret is keeping the sauce light and letting the natural juices from the clams do the work. No heavy cream or complicated techniques are needed, just a few good

ingredients prepared the traditional Italian way.

Serve it straight from the skillet with fresh parsley and some crusty Italian bread to soak up every last bit of that delicious garlic and clam sauce. It’s an easy, elegant pasta dish that’s perfect for a special dinner or whenever you’re craving a taste of the Italian restaurant kitchen.

Good to Know

Can I use canned clams instead of fresh clams?

Yes. Fresh clams provide the most traditional flavor and presentation, but canned clams work when fresh ones aren’t available. Add the canned clams toward the end of cooking so they don’t become tough, and use some of their strained juice to enrich the sauce.

Can I make linguine with clams without wine?

Absolutely. Substitute seafood broth or clam juice for the wine. A small squeeze of fresh lemon juice at the end will add brightness.

What pasta can I use instead of linguine?

Spaghetti is another traditional choice. You can also use vermicelli or bucatini. Long pasta works best because it catches the light, garlicky sauce.

How do I store leftover linguine with

clams?

This dish is best served immediately, while the pasta is glossy and the clams are tender. If you have leftovers, transfer them to an airtight container and refrigerate within two hours. For best quality, eat within one to two days.

How do I reheat linguine with clams?

Reheat gently in a skillet over low heat with a splash of water or clam juice to loosen the sauce. Stir just until heated through. Avoid prolonged heating because it can make the clams rubbery.

Can I freeze linguine with clams?

I don’t recommend freezing the finished dish. The pasta can become mushy, and the clams may develop a tough texture once thawed.

Can I prepare linguine with clams ahead of time?

It’s best cooked just before serving. You can scrub the clams, chop the parsley, slice the garlic, and measure the other ingredients ahead of time to make dinner easier.

What to Serve with Linguine with Clams

Keep the rest of the meal simple and let the pasta shine. Here are a few delicious ideas to serve alongside it:

- Crusty Italian bread to soak up the garlic and clam

sauce.

- A fresh Italian green salad with homemade vinaigrette.
- Easy Homemade Focaccia Bread for a traditional Italian-inspired dinner.
- Classic Italian Antipasti if you’re serving guests.

More Italian Pasta Recipes to Try

If you love traditional Italian pasta recipes, here are a few more favorites to add to your dinner rotation.

Easy Authentic Spaghetti Carbonara (No Cream!)

A classic Roman pasta made with eggs, Pecorino Romano, cured pork, and black pepper.

Gnocchi in Tomato Burrata Sauce

Pillowy gnocchi tossed in tomato sauce with creamy burrata and fresh basil.

Italian Sausage and Lentil Pasta

A hearty Italian-inspired pasta dinner packed with savory flavor.

Kitchen Tools I Recommend

A few reliable kitchen tools make preparing this classic seafood pasta easier.

Large pasta pot with strainer insert

Perfect for cooking linguine and draining it while reserving some of the starchy pasta water.

Large stainless steel sauté pan with lid

Gives the clams plenty of room to steam and makes tossing the pasta with the sauce easier.

Stainless steel kitchen tongs

Ideal for tossing the linguine directly in the clam sauce so every strand gets coated.

Final Thoughts

Traditional Linguine alle Vongole is proof that some of the best Italian meals are made with just a few good ingredients. Fresh clams, garlic, olive oil, white wine, and perfectly cooked pasta come together in a light, flavorful sauce that’s simple enough for a weeknight but special enough for company.

Serve it hot with fresh parsley and crusty bread, and enjoy a little taste of an Italian restaurant favorite right at home.

If you make this linguine with clams recipe, I’d love to hear how it turned out! Leave a comment and a rating below, and let me know if you prefer your linguine alle vongole in bianco (without tomatoes) or in rosso (with tomatoes).

Traditional Linguine with Clams (Linguine alle Vongole)



Traditional Italian linguine with clams is a classic seafood pasta made with fresh clams, garlic, white wine, olive oil, and parsley. This restaurant favorite comes together in a light, flavorful sauce without cream.

- 1 Lb. linguine
- 2 Lb. fresh littleneck clams, scrubbed and cleaned
- 1/3 extra virgin olive oil
- 1 cup dry white wine
- 2 tsp red pepper flakes, optional
- 1/2 cup fresh Italian parsley, chopped
- 1 -2 cups reserved pasta water, as needed
- Salt and freshly ground black pepper, to taste

1. **Clean the clams.** Scrub the shells under cold running water. Discard any cracked clams or live clams that do not close when tapped.

2. **Cook the linguine.** Bring a large pot of salted water to a boil. Cook the linguine until just shy of al dente according to the package directions. Reserve at least 2 cup of pasta water before draining. (always reserve more pasta water than the recipe calls for)

3. **Sauté the garlic.** While the pasta cooks, heat the olive oil in a large skillet over medium-low heat. Add the sliced garlic and red pepper flakes, if using. Cook for about 1–2 minutes until fragrant, being careful not to brown the garlic.

4. **Add the wine and clams.** Pour in the white wine and add the clams. Cover the skillet and cook for approximately 5–8 minutes, shaking the pan occasionally, until the clams open.

5. **Add the pasta.** Transfer the linguine to the skillet. Add a splash of reserved pasta water and toss well, allowing the pasta to finish cooking in the clam sauce for 1–2

minutes.

6. **Finish the sauce.** Add the chopped parsley and toss again. Add more pasta water as needed to create a light, silky sauce. Taste and season with salt and pepper if needed.

7. **Serve.** Divide among four bowls and serve immediately with extra parsley and crusty Italian bread, if desired. Discard any clams that remain closed after cooking.



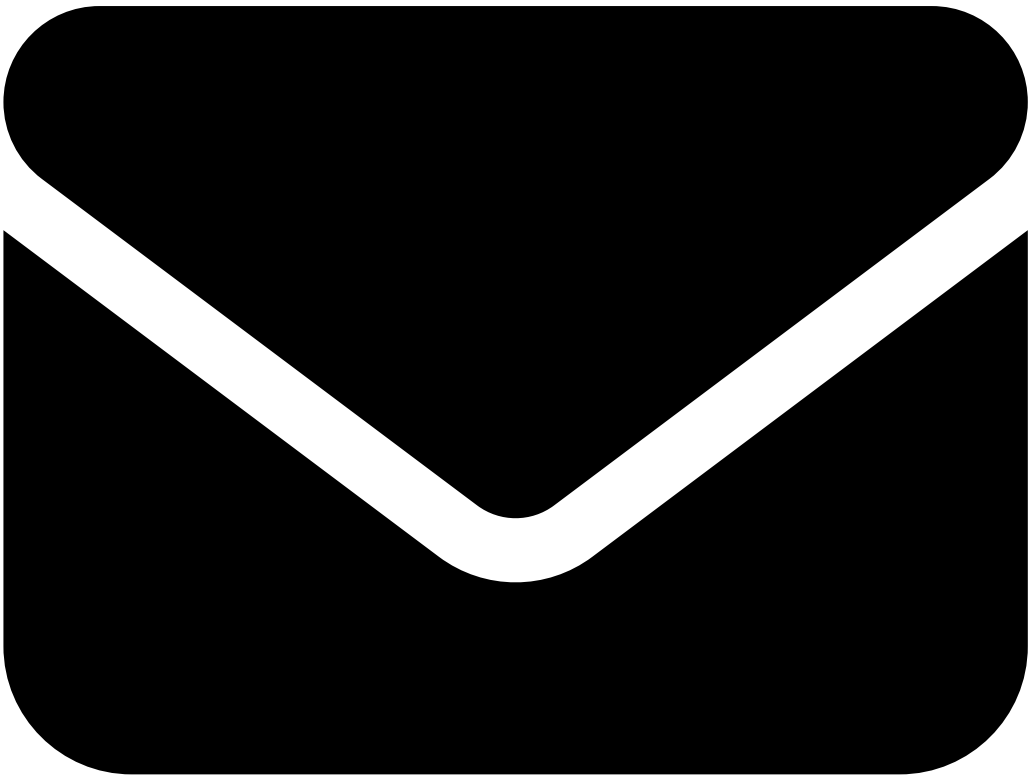
Use fresh clams: Littleneck or Manila clams work beautifully. Keep them refrigerated until ready to use. Don’t brown the garlic: Gently cooking it in olive oil creates the best flavor without bitterness. Save the pasta water: The starch helps the olive oil and clam juices come together into a silky sauce. Don’t overcook the clams: Remove them from the heat as soon as they open. Adjust the salt at the end: Clams and their juices are naturally salty, so taste before adding more. Skip the Parmesan: Traditional Italian seafood pasta is typically served without cheese.
Main Course
Italian
Italian linguine with clams

Easy Tuna Puttanesca Spaghetti

Easy Tuna Puttanesca Spaghetti

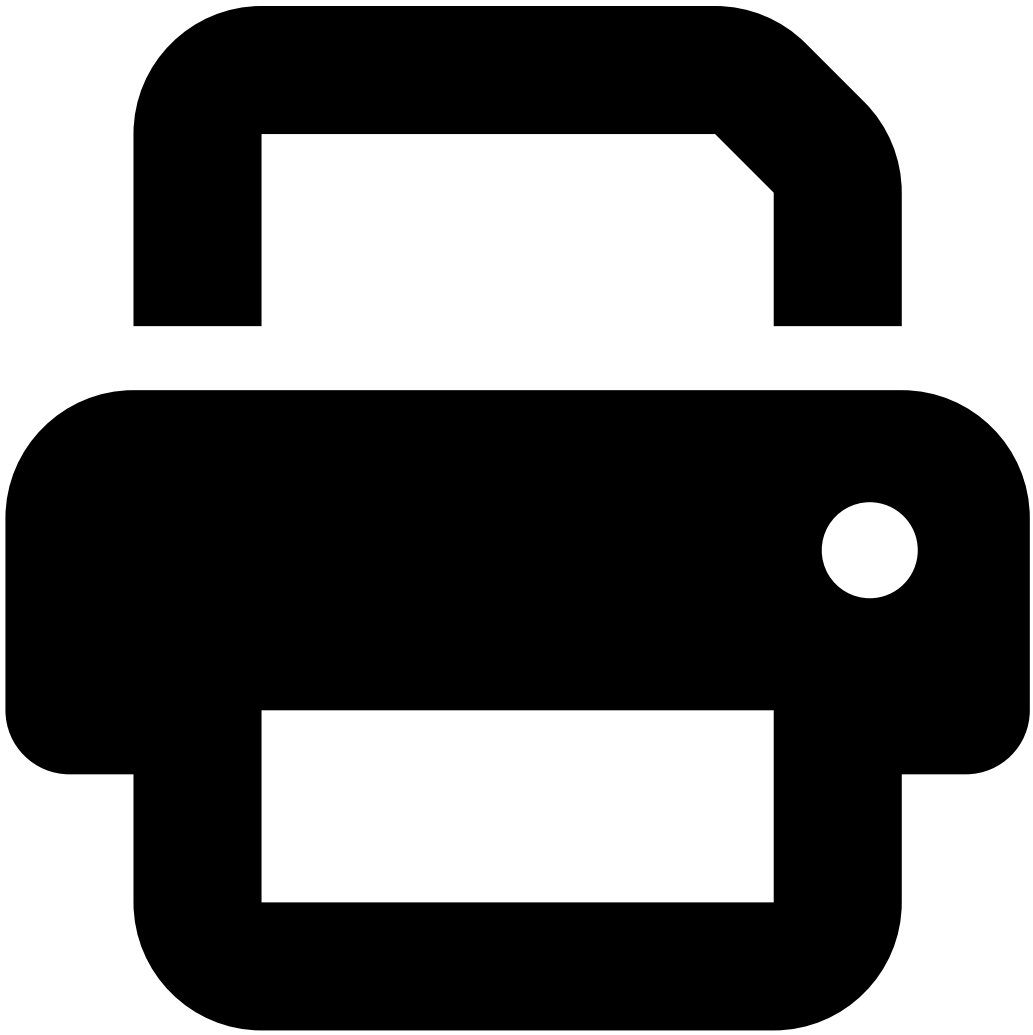
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This easy Tuna Puttanesca Spaghetti is a bold, flavorful Italian pasta dish that comes together in under 30 minutes, making it perfect for busy weeknights. Made with pantry staples like canned tuna, anchovies, briny olives, capers, garlic, and tomatoes, this hearty pasta delivers big Mediterranean flavor with very little effort.

Traditional pasta alla puttanesca is known for its rich tomato sauce and salty, savory ingredients. Its origins are surrounded by an intriguing story, with one popular legend claiming the sauce was created by Italian prostitutes to attract customers with its irresistible aroma. Whether that story is true or not, there’s no denying the appeal of this classic Italian dish!

I love how easily this tuna puttanesca comes together in one deep sauté pan. Tossed with spaghetti and coated in a robust, savory sauce, it’s an easy Italian dinner that proves you

don’t need complicated ingredients to make a delicious meal. Keep this quick tuna pasta recipe handy for those nights when you want something satisfying, flavorful, and a little different from your usual pasta dinner.

Things to Know About This Easy Tuna Puttanesca Spaghetti Recipe

Choose your favorite pasta. I used spaghetti for this tuna puttanesca, but you can use any pasta you like. Linguine, bucatini, penne, and rigatoni all work well. Long pasta is wonderful for twirling with the savory tomato sauce, while short pasta catches little pieces of tuna, olives, and capers.

Save your pasta water. Before draining the pasta, reserve a cup of the starchy cooking water. If the sauce seems too thick or dry, add a splash at a time until everything comes together. The starch helps emulsify the sauce, giving it a silky consistency that clings beautifully to the spaghetti.

Use good-quality olives. I chose Kalamata olives because I love their bold, briny flavor. Growing up, my mother used olives from our family farm in Tuscany. She cured them the traditional way, soaking them in a saltwater solution and changing the water every few days for weeks until the bitterness disappeared. They went from glossy purple olives to wrinkled, deeply flavorful ones, which she then marinated with olive oil, garlic, orange peel, and red pepper flakes. It was time-consuming, but the flavor was unforgettable!

That’s why I always say that good ingredients matter. In a simple sauce like puttanesca, quality olives add so much depth and bring all those salty, savory flavors together.

Make it your own. Traditional puttanesca gets its signature flavor from garlic, anchovies, olives, capers, and tomatoes. The tuna makes this version extra hearty and satisfying. you

might also like my Italian pasta recipes.

More Italian Pasta Recipes to Try

If you love easy Italian pasta dinners, here are a few more favorites to add to your dinner rotation!

- **Spicy Lobster Spaghetti** – Spaghetti tossed with tender lobster in a bold, garlicky tomato sauce with a little heat for a restaurant-worthy seafood pasta dinner.
- **Spicy Pasta alla Norcina** – A comforting Italian pasta made with spicy Italian sausage and a creamy Pecorino Romano sauce.
- **Mushroom Bolognese Bucatini** – A hearty, savory mushroom-based Bolognese tossed with thick bucatini for a delicious meatless twist on a classic Italian sauce.
- **Creamy Roasted Butternut Squash Orzo** – Creamy orzo with roasted butternut squash, fresh sage, spinach, and Parmesan for a cozy Italian-inspired dinner.
- **Carbonara** – A traditional Italian pasta with eggs, Pecorino Romano, cured pork, and freshly cracked black pepper, without a drop of cream.

How to Store Tuna Puttanesca Spaghetti

Refrigerator: Store leftover tuna puttanesca spaghetti in an airtight container in the refrigerator for up to 3 days.

Reheating: Warm leftovers gently in a skillet over medium-low heat with a splash of water or broth to loosen the sauce. You can also microwave individual portions, stirring halfway through.

Freezing: You can freeze the tuna puttanesca sauce separately in an airtight, freezer-safe container for up to 2 months. Thaw it overnight in the refrigerator and reheat gently. For the best texture, cook fresh pasta when you’re ready to serve.

I hope you give this easy Tuna Puttanesca Spaghetti a try! You

know the part I love most? Hearing from you. Please leave me a comment and let me know what you think. And don’t forget to tag me on Instagram when you make it. I love seeing your creations!

Easy Tuna Puttanesca Spaghetti



This easy Tuna Puttanesca Spaghetti is a bold, flavorful Italian pasta dinner made with canned tuna, anchovies, Kalamata olives, capers, garlic, and tomatoes. Ready in under 30 minutes, this pantry-friendly seafood pasta is perfect for busy weeknights when you want a satisfying Italian meal without spending hours in the kitchen.

- ½ lb Spaghetti
- 1 small chopped onion
- 1 tbsp minced garlic
- 4 anchovy fillets
- 2 cans albacore tuna in olive oil
- ½ cup capers
- 1 cup chopped kalamata olives
- 15 oz can chopped tomatoes
- 15 oz tomato sauce
- 1 cup reserved pasta water
- 1 tbsp each chopped Italian parsley, basil, thyme and red pepper flakes

- 2 tbsp olive oil

1. Cook pasta according to package directions reserving 1 cup pasta water
2. Mean while prepare your sauce by heating oil in a large deep saute pan, add onion and garlic, cook until tender and just beginning to brown
3. Add the anchovy fillets stir until anchovies disintegrate, then add both cans of tomatoes not drained and reserved pasta water.
4. Simmer covered for 20 minutes, add the Tuna, olives, spinach, capers, red pepper flecks and herbs, simmer 10 minutes longer
5. Always salt and pepper to taste
6. Toss with the drained spaghetti pasta

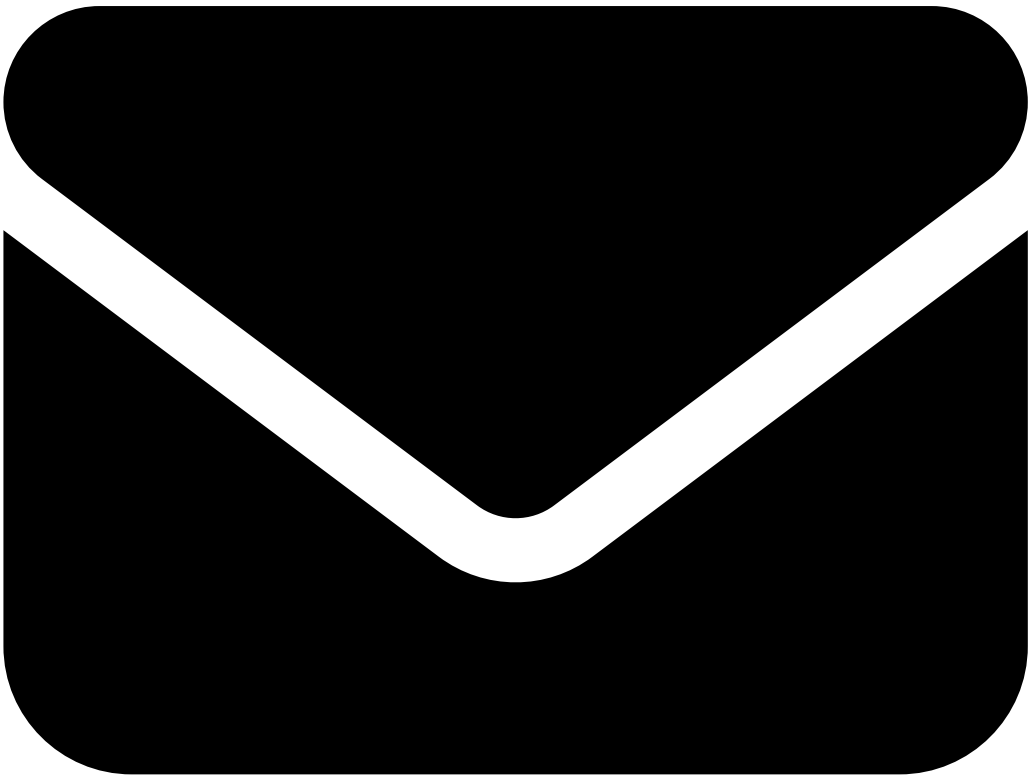
Reserve a cup of pasta water before draining the spaghetti. Add a splash to the puttanesca sauce as needed to help it cling to the pasta. Use good-quality Kalamata olives and don’t skip the anchovies—they melt into the sauce and add wonderful savory depth without making the dish taste overly fishy.
Main Course
Italian
Tuna Puttanesca Spaghetti

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15 Italian Tomato Recipes to Make with Fresh Summer Tomatoes

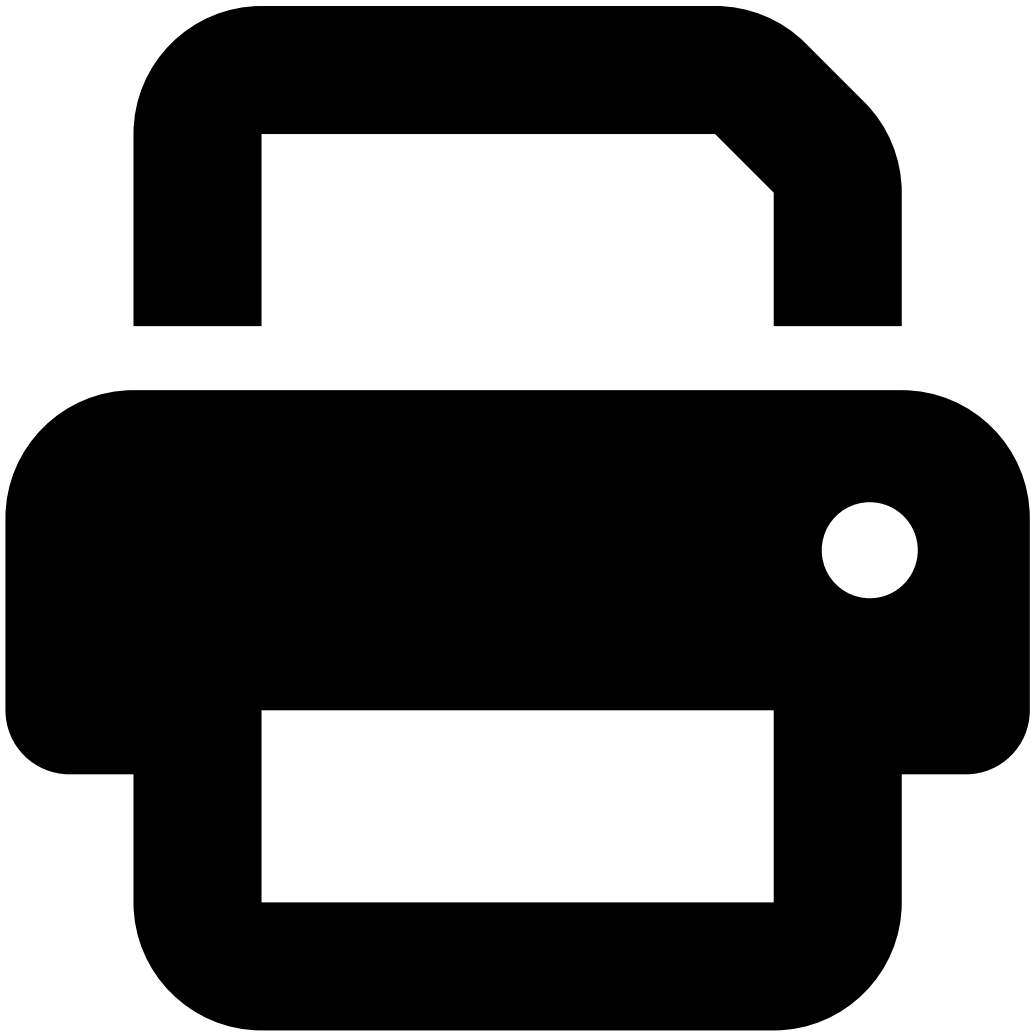
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August is tomato season, and there is nothing quite like a perfectly ripe summer tomato. Juicy, sweet, and full of flavor, fresh tomatoes are one of the ingredients I look forward to most this time of year.

Growing up in Italy, tomatoes were a part of summer cooking in so many different ways. Sometimes they were the star of the dish, and other times they were simply combined with a few other seasonal ingredients to create something delicious.

That’s the beauty of Italian cooking: when your ingredients are at their best, you don’t need to do much to them.

If your garden is overflowing with tomatoes right now, or you just brought home a beautiful basket from the farmers market, these Italian tomato recipes are a delicious way to enjoy them while they’re at their peak.

From simple tomato salads and bruschetta to pasta, baked

tomatoes, and easy summer dinners, here are 15 Italian-inspired recipes to make this August.

Easy Italian Tomato Salad with Heirloom Tomatoes

When summer tomatoes are perfectly ripe, sometimes the simplest preparation is the best. This Italian tomato salad combines juicy heirloom tomatoes with fresh basil, oregano, olive oil, salt, and pepper. It’s an easy summer side dish that lets the tomatoes do all the work.GO TO RECIPE

Classic Italian Tomato Bruschetta

Fresh tomatoes, basil, garlic, good olive oil, and toasted rustic bread come together in this classic Italian bruschetta. It’s one of those recipes that is especially delicious in August, when tomatoes are sweet and at their peak.

GO TO RECIPE

Caprese Spaghetti with Roasted Tomato Sauce

This pasta combines roasted summer tomatoes, garlic, fresh mozzarella, basil, and spaghetti. Roasting the tomatoes concentrates their sweetness and creates a flavorful sauce that’s perfect for a summer pasta dinner.GO TO RECIPE

Oven-Baked Tomatoes Oreganata

This is one of my favorite ways to use an abundance of summer tomatoes. Ripe tomatoes are topped with seasoned breadcrumbs, Parmesan, garlic, oregano, and olive oil, then baked until

tender and golden.

It’s simple, rustic Italian cooking at its best.GO TO RECIPE

Authentic Italian Stuffed Tomatoes with Rice and Potatoes

Known as *Pomodori Ripieni di Riso*, these Roman-style stuffed tomatoes are filled with rice, garlic, basil, and the tomatoes’ own juices, then baked with potatoes underneath.

The potatoes soak up all those delicious tomato juices, making this a complete and satisfying summer meal.GO TO RECIPE

Sugo Crudo – No-Cook Italian Tomato Sauce

When summer tomatoes are at their peak, this simple *Sugo Crudo* is one of the best ways to enjoy them. This no-cook Italian tomato sauce combines ripe tomatoes with olive oil, garlic, and fresh basil for a fresh, vibrant sauce that lets the natural sweetness of the tomatoes shine.

It’s delicious tossed with pasta or served with crusty bread for an easy taste of Italian summer.GO TO RECIPE

Authentic Pasta Portofino

Pasta Portofino brings together two of summer’s best flavors: fresh tomatoes and basil pesto. Cherry tomatoes create a light sauce that’s tossed with spaghetti, basil, pine nuts, and Parmigiano Reggiano.

It’s bright, simple, and ready in about 30 minutes.GO TO RECIPE

One-Pan Italian Chicken with Peppers and Tomatoes

Tender chicken, sweet peppers, juicy cherry tomatoes, garlic, and marinara come together in one skillet in this easy Italian-inspired dinner. Fresh mozzarella is added at the end for a melty finish.

It’s exactly the kind of simple meal that’s perfect for summer.GO TO RECIPE

Italian Chicken Breast Pomodoro

Chicken and tomatoes are a natural combination, and this easy Chicken Pomodoro is a great way to enjoy them together. The tomato-based sauce keeps the chicken tender while adding plenty of fresh Italian flavor.GO TO RECIPE

Italian Green Beans and Tomatoes

This is a classic Italian summer side dish that I grew up eating. Fresh green beans are gently cooked with tomatoes, garlic, onion, olive oil, and Italian parsley until everything comes together into a simple, flavorful dish.

It’s especially good when both the tomatoes and green beans are coming straight from the garden.GO TO RECIPE

Italian Potatoes, Tomatoes and Green Beans

Another simple Italian vegetable dish that makes the most of summer produce. Potatoes and green beans are combined with tomatoes, garlic, onion, olive oil, and marinara for a rustic side dish that can easily become a light meal.GO TO RECIPE

Ciambotta Italian summer vegetable Stew

Zucchini, potatoes, and tomatoes come together in this easy Italian vegetable stew. The tomatoes create a light, flavorful sauce while fresh parsley finishes the dish.

It’s a wonderful example of how Italian cooking turns a few seasonal vegetables into something satisfying.GO TO RECIPE

Traditional Melanzane a Funghetto

This Neapolitan eggplant dish is another wonderful way to use summer tomatoes. Eggplant and tomatoes come together in a simple preparation that’s full of Southern Italian flavor.

It’s rustic, seasonal, and exactly the kind of dish I love making when summer vegetables are abundant.GO TO RECIPE

Cod Puttanesca

Flaky cod simmered in a bold Italian tomato sauce with olives, capers, garlic, and anchovy makes this a quick and flavorful summer dinner.

The bright tomato sauce gives the delicate fish plenty of flavor without making the dish feel heavy.GO TO RECIPE

Italian Orecchiette with Sausage and Cherry Tomatoes

This Italian Orecchiette with Sausage and Cherry Tomatoes is an easy, flavorful pasta that makes the most of sweet summer cherry tomatoes. Juicy tomatoes are cooked with Italian sausage and tossed with orecchiette for a satisfying pasta

dinner that comes together with simple ingredients.

It’s hearty enough for a weeknight meal but still feels light and summery thanks to the fresh cherry tomatoes.

Tips for Choosing the Best Summer Tomatoes

The best tomato recipes start with the best tomatoes. Look for tomatoes that are fragrant, heavy for their size, and ripe without being overly soft.

For salads and bruschetta, I love using heirloom or vine-ripened tomatoes. Roma and plum tomatoes are excellent for sauces and baked dishes because they have a firmer texture and less water.

And when tomatoes are truly at their peak, don’t overcomplicate them. Good olive oil, fresh basil, garlic, salt, and pepper can be all you need.

How to Store Fresh Tomatoes

Keep tomatoes at room temperature until they’re ripe and ready to eat. I prefer not to refrigerate them because the cold can affect their flavor and texture.

If you have more tomatoes than you can use, make a batch of fresh tomato sauce, roast them, or preserve them so you can enjoy that summer flavor later.

Make the Most of Tomato Season

August is the time to take advantage of fresh tomatoes while they’re at their sweetest and most flavorful.

Whether you’re making a simple tomato salad, piling tomatoes

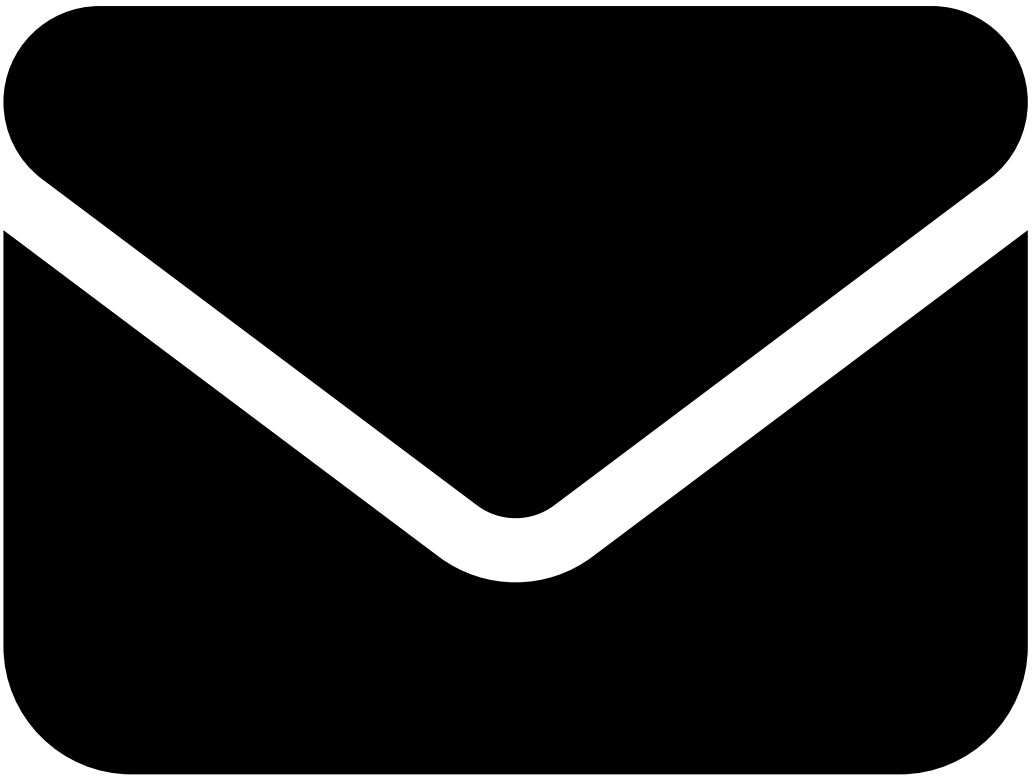
onto crusty bread for bruschetta, tossing them with pasta, or turning a basketful into homemade tomato sauce, these recipes are all about keeping things simple and letting seasonal ingredients shine.

So grab those summer tomatoes and start cooking. **Italian summer cooking doesn’t have to be complicated—it just needs good ingredients.**GO TO RECIPE

Cod Acqua Pazza with Olives (Italian Fish in Crazy Water)

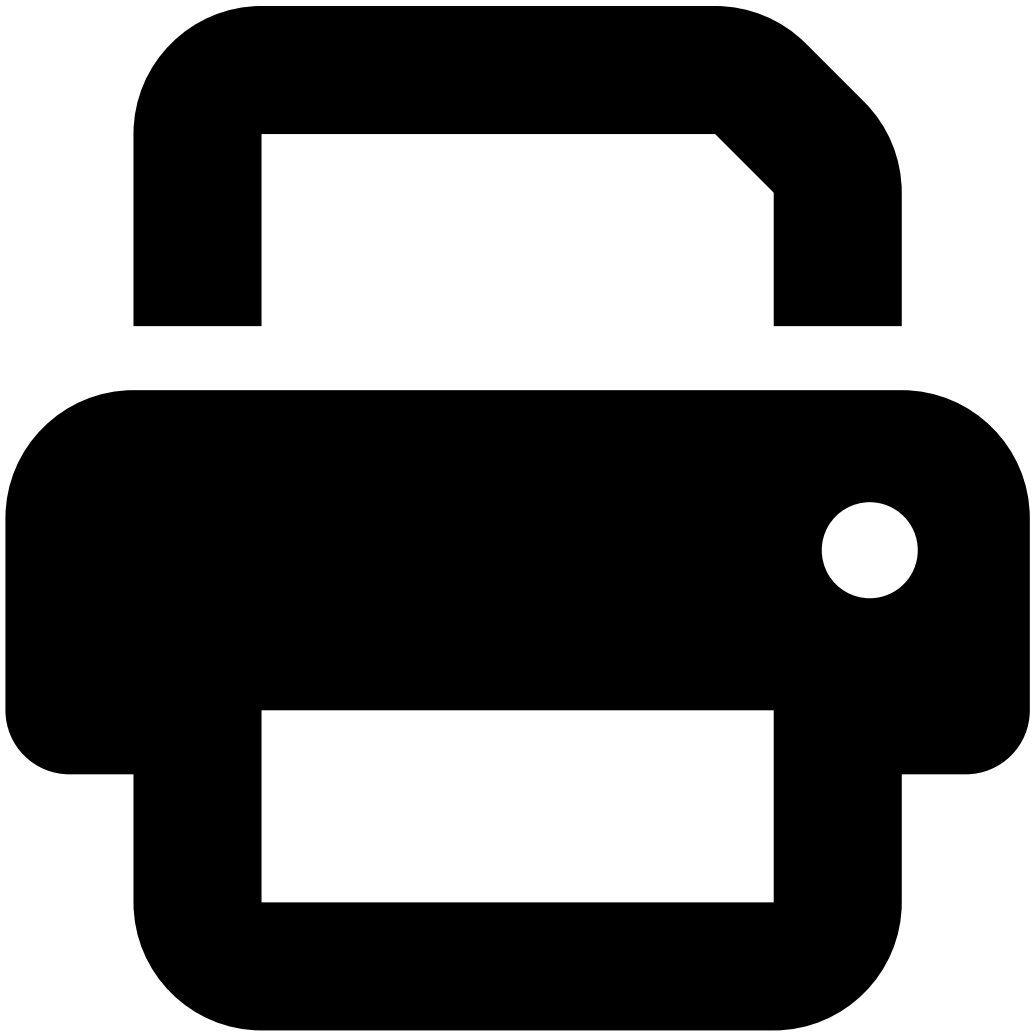
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The first time I heard Acqua Pazza translated as “fish in crazy water,” I expected something elaborate. But this classic Southern Italian seafood dish is actually one of the simplest and freshest ways to cook fish.

I actually grew up with a version of this dish. It wasn’t always called acqua pazza in my home, but the idea was the same: fresh fish gently simmered in a light tomato and garlic broth, always served with bread to soak up every last bit of sauce. It’s the kind of meal that feels both rustic and special at the same time.

In this version, I’ve added cherry tomatoes, white wine, and briny olives for extra depth, but it still stays true to that coastal Italian style — light, fresh, and full of flavor.

Tender cod cooks right in the broth until it’s flaky and delicate, soaking up all the flavors of the Mediterranean in

every bite.

Things to know about this Cod Acqua Pazza with Olives (Italian Fish in Crazy Water) recipe

Tips for the Best Acqua Pazza

- Don’t boil the fish — keep the broth at a gentle simmer.
- Use good-quality olive oil since the broth is simple.
- Cherry tomatoes work best because they naturally sweeten the sauce.
- Cod, halibut, sea bass, or snapper all work well here.

What to Serve with Cod Acqua Pazza

- Crusty Italian bread
- Roasted potatoes
- Simple arugula salad
- Angel hair pasta
- Grilled vegetables

Storage

Store leftovers in an airtight container in the refrigerator for up to 2 days. Reheat gently over low heat so the fish stays tender.

You might also love

If you enjoyed this Cod Acqua Pazza, here are a few more light

and flavorful Italian recipes from the blog:

- **Sicilian-Style Potato Salad (No Mayo)** – a bright, tangy side that pairs perfectly with seafood
- **Italian Shrimp and Orzo** – quick, garlicky, and full of coastal flavor
- **Zucchini alla Scapece** – fried zucchini marinated in vinegar, garlic, and mint
- **Roasted Zucchini Pasta with Tomatoes** – a simple summer pasta packed with flavor
- **Italian classic Tomato Bruschetta** – perfect for serving alongside this fish dish
- For this recipe, I love using a heavy-bottomed frying pan like my all clad 12 inch non stick saute pan – it holds heat evenly, keeps the garlic from burning, and gives you that perfect gentle simmer for the fish broth.

 If you make this recipe, leave a comment and rating below – and tell me if you added capers, extra olives, or a splash of lemon at the end.

Cod Acqua Pazza with Olives (Italian Fish in Crazy Water)



Tender cod simmered in a light tomato, garlic, white wine, and olive broth in this classic Italian acqua pazza recipe ready

in 30 minutes.

- 2 lbs. cod fillet
- salt and pepper to taste
- 3 Tbsp. olive oil
- 3 cloves minced garlic
- 2 Tbsp. minced shallots
- 1 pint cherry tomatoes halved
- 1 tsp red pepper flakes (more or less according to taste)
- 1/2 cup white wine
- 1 cup water or light fish sauce (if using water add 1 teaspoon of salt to the water)
- 1/2 cup pitted, and chopped Castelvetrano, Kalamata, or mixed olives
- 1/2 cup capers
- 2 Tbsp. chopped Italian parsley
- lemon slices and crusty bread (for serving)

1. Pat the cod dry and season both sides with salt and pepper.
2. Heat the olive oil in a large skillet over medium heat.
3. Add the shallots and garlic cook for about 1 to 2 minutes until fragrant .and soft but not brown
4. Stir in the cherry tomatoes and red pepper flakes. Cook for 5–7 minutes until the tomatoes begin to soften and release their juices.
5. Pour in the white wine and simmer for 2 minutes.
6. Add the salted water or fish stock along with the olives and capers. Bring to a gentle simmer.
7. Nestle the cod into the broth. Spoon some of the liquid over the fish, cover, and cook gently for 8–10 minutes,

or until the cod flakes easily with a fork.

8. Finish with chopped parsley and an extra drizzle of olive oil.
9. Serve immediately with crusty bread, grilled bread, or roasted potatoes.

Main Course
Italian
cod acqua pazza fish in crazy water Italian fish in crazy water Italian cod recipe

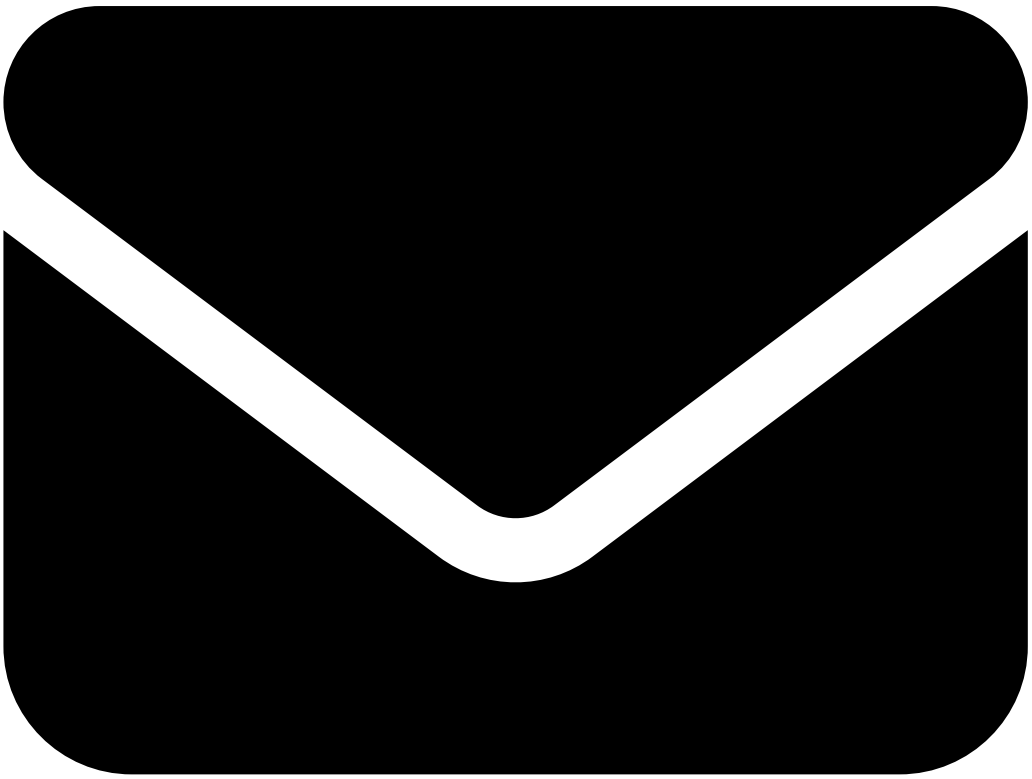
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15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes

15 Weeknight Italian Meals: Easy Recipes in Under 45 Minutes

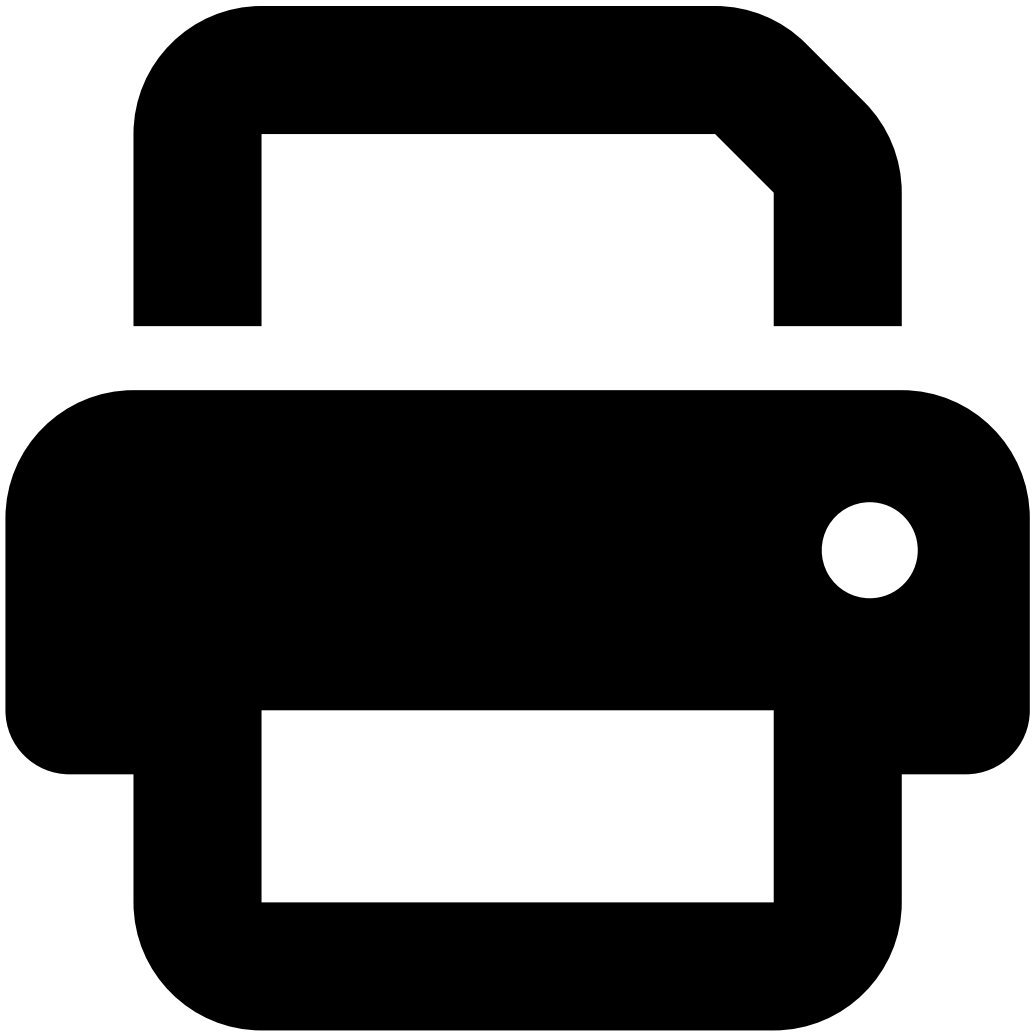
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Weeknight cooking doesn’t need to be complicated to be good. Some of the best Italian meals are built on simple ingredients, cooked well, and brought to the table without overthinking it.

This is the kind of food you make when you want something real—pasta that comes together in one pan, sauces that don’t take all day, and meals that feel comforting without being heavy. It’s not about perfection, it’s about flavor, timing, and knowing a few go-to recipes you can rely on.

Inside this 15 weeknight Italian meals guide, you’ll find a collection of easy weeknight Italian meals—from quick pastas and skillet dinners to cozy baked dishes and fresh, seasonal sides. Everything here is designed to work in real life, with recipes you can make in under 45 minutes and come back to again and again.

Lemon Asparagus Ricciarelle Pasta

Light, fresh, and full of spring flavors! This **Lemon Asparagus Pasta** features tender sautéed asparagus, bright lemon sauce, and Parmesan, perfect for an easy weeknight dinner or elegant spring meal.
GO TO RECIPE

One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This one-pot creamy zucchini pasta is a traditional Italian recipe where pasta cooks directly with zucchini, onion, and olive oil, creating a naturally creamy sauce with Parmesan and pasta starch.GO TO RECIPE

Spicy pasta Norcina Spicy Italian sausage pasta

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cookGO TO RECIPE

Pesto tortellini pasta salad

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.GO TO RECIPE

Authentic Italian Pasta e Fagioli

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. for many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It’s the ultimate ” cucina povera” dish- poor kitchen.GO TO RECIPE

Air Fryer Parmesan chicken Spiedini

Air fryer parmesan chicken spiedini are Italy’s version of skewers or kabobs. In this spiedini recipe boneless, skinless chicken thighs are marinated in a blend of Italian spices, cooked in the air fryer, and basted with a delicious garlic, parmesan butter sauce.GO TO RECIPE

Chicken Meatballs with marry me orzo

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

Pollo al Limone Italian lemon

chicken

Lemons are in peak season right now, and there’s no better way to celebrate their bright, zesty flavor than with this Italian Lemon Chicken. Known as *Pollo al Limone*, this dish is simple, rustic, and full of Southern Italian charm. With a golden sear, a light pan sauce, and a fresh lemon-parsley drizzle, it’s the kind of meal that tastes like summer.GO TO RECIPE

Best cod Francese Recipe- in 30 minutes

Best Cod Francese Recipe – in 30 Minutes is a lightly battered, pan-fried cod fillet in an elegant lemon, butter and white wine sauce. It’s similar to chicken piccata—but without the capers and with a velvety, lemon-butter sauce that clings to the golden crust. Cod Francese is a classic restaurant-style dish that’s surprisingly simple to make at home. The hallmark is the light coating of flour and egg that gives the fish a delicate, crisp texture—perfect for soaking up that tangy, buttery sauce.GO TO RECIPE

Shrimp spaghetti with basil tomato sauce

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

Authentic Italian shrimp oreganata

Crispy, garlicky, and straight out of an Italian kitchen.
This shrimp oreganata is all about simple ingredients—olive oil, lemon, breadcrumbs, and a heavy hand with oregano—baked until golden and perfect for scooping with bread.

It’s fast, it’s bold, and it tastes like something you’d order at your favorite spot… but better at home.

GO TO RECIPE

Crispy pan fried chicken cutlets

These crispy breaded chicken cutlet recipe are pan fried and they were a staple in my childhood growing up and in many Italian kitchens. They ae juicy, crispy delicious and so easy to make. Serve the cutlets along side a salad for a light lunch or dinner.GO TO RECIPE

The Best Italian-Style Fried Calamari

Golden, crispy, and impossible to stop eating.
This Italian-style fried calamari is light, crunchy, and finished with lemon and a pinch of salt—just the way it should be. No heavy batter, no fuss—just fresh squid, a quick fry, and that perfect crisp.

Serve it hot with marinara or straight up with lemon… either way, it’s gone in minutes.

GO TO RECIPE

Braised Fennel Oreganata with Pancetta

Braised fennel oreganata with pancetta is one of those simple Italian side dishes that feels both rustic and elegant – the kind of recipe that tastes like it came out of a cozy countryside kitchen. Fennel is one of my favorite seasonal ingredients to cook with this time of year. When it’s in season, it’s sweet, aromatic, and incredibly versatile, and I love finding ways to let its natural flavor shine.

GO TO RECIPE

One pan orzo with summer vegetables

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

At the end of the day, weeknight cooking should feel manageable—not like a project. These are the kinds of Italian meals you can lean on when you want something good without spending hours in the kitchen. Simple ingredients, a few solid techniques, and recipes that actually work on a busy night.

Whether it’s a quick pasta, a one-pan skillet, or something baked and cozy, this is the kind of cooking that becomes part of your routine—the meals you make without thinking twice, and the ones everyone looks forward to.

Save this guide so you always have a go-to list of easy weeknight Italian meals.

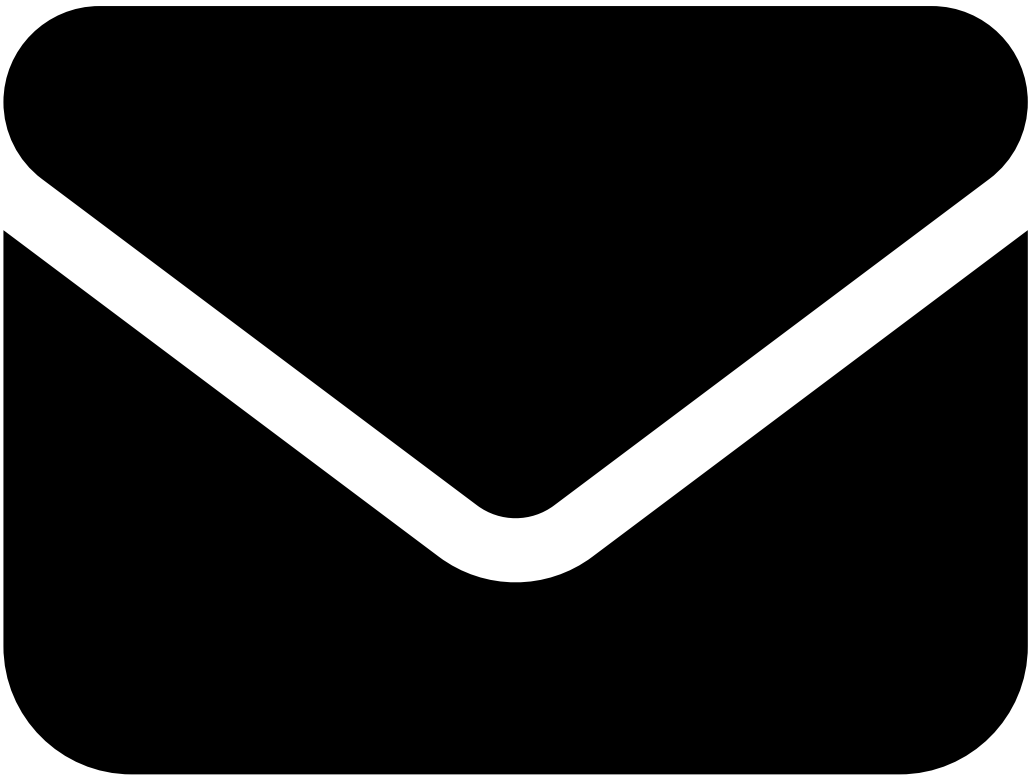
Pick a recipe to try this week, and come back when you need something new. For more simple, flavorful Italian recipes, explore the blog and find your next favorite.

Italian Lemon Cod Bites

Italian Lemon Cod Bites

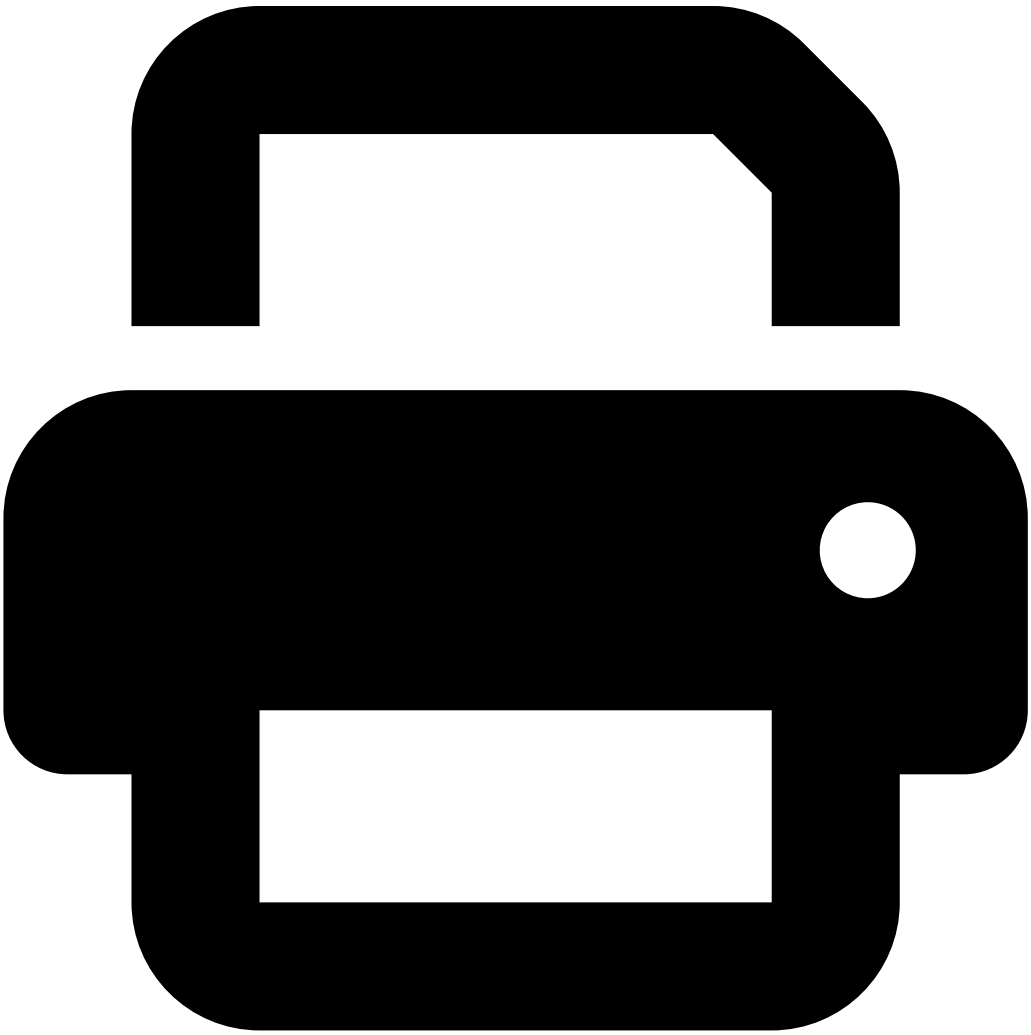
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SMS



This **Italian Lemon Cod** is a dish that brings me right back to my restaurant kitchen. It was one of those simple plates we made all the time—fresh, bright, and incredibly satisfying. Inspired by the same style used for classic lemon chicken in many Italian-American restaurants, tender cubes of **Pacific Cod** are lightly seared and finished in a silky lemon, garlic, and white wine sauce.

What made this dish so popular at the restaurant was its simplicity. With just a handful of ingredients and a quick cook time, the cod stays delicate and flaky while soaking up that vibrant lemon flavor. It’s the kind of dish that tastes elegant but is actually very easy to make at home.

If you love light seafood dishes that come together quickly, this restaurant-style lemon cod is one you’ll want to keep on repeat.

Things to now about this Italian lemon cod recipe

- **Use firm, fresh cod.** Cubes of **Pacific Cod** should look bright and smell clean like the ocean, not fishy. Fresh fish will hold its shape better when seared.
- **Pat the fish dry before cooking.** Removing excess moisture helps the cod develop a light golden sear instead of steaming in the pan.
- **Cook quickly over medium-high heat.** Cod is delicate and cooks fast. About 1–2 minutes per side is usually enough to keep it tender and flaky.
- **Use fresh lemon juice.** Fresh lemon gives the sauce its bright flavor and keeps the dish light and balanced.
- **Serve immediately.** This dish is best right out of the pan while the sauce is glossy and the fish is tender.

Storage

- **Refrigerate:** Store leftovers in an airtight container in the refrigerator for up to **2 days**.
- **Reheat gently:** Warm in a skillet over low heat with a splash of water, broth, or lemon juice to loosen the sauce. Avoid microwaving too long, as cod can become tough.
- **Freezing is not recommended.** Cooked cod tends to become watery and lose its delicate texture after freezing.
- Love simple seafood dishes like this **Italian Lemon Cod**? Be sure to explore more of my seafood recipes for easy,

Mediterranean-inspired meals you can make at home. From light pasta dishes to classic Italian fish preparations, there’s plenty of inspiration for your next dinner.

 Browse more of my seafood recipes : Easy Italian lemon shrimp

or for a restaurant quality meal at a fraction of the cost try my easy broiled lobster tails for two

Italian Lemon Cod Bites



Tender cubes of **Pacific Cod** are lightly seared and finished in a bright lemon, garlic, and white wine sauce. This simple Italian-style lemon cod recipe is light, fresh, and ready in just 20 minutes.

- 2 Lbs. wild cod (cut into 2 inch cubes)
- salt (to taste)
- pepper (to taste)
- 1/2 cup flour (for dredging)
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 2 cloves garlic (finely minced)
- 1/3 cup lemon juice (juice from 1 lemon)
- 1/2 cup white wine
- 1/2 cup chicken stock
- 1/4 cup Italian parsley (chopped)

1. **Pat the cod dry** and season with salt and pepper.
2. **Lightly dredge** the cubes in flour and shake off excess.
3. Heat olive oil and 1 tbsp butter in a skillet over medium-high.
4. Add the cod cubes and **sear about 1–1½ minutes per side** until lightly golden. Remove and set aside.
5. In the same pan add garlic and cook 30 seconds.
6. Deglaze with **white wine and lemon juice**, scraping the pan.
7. Stir in remaining butter and return cod to the pan **just 30–60 seconds** to coat in the sauce
8. Finish with parsley.

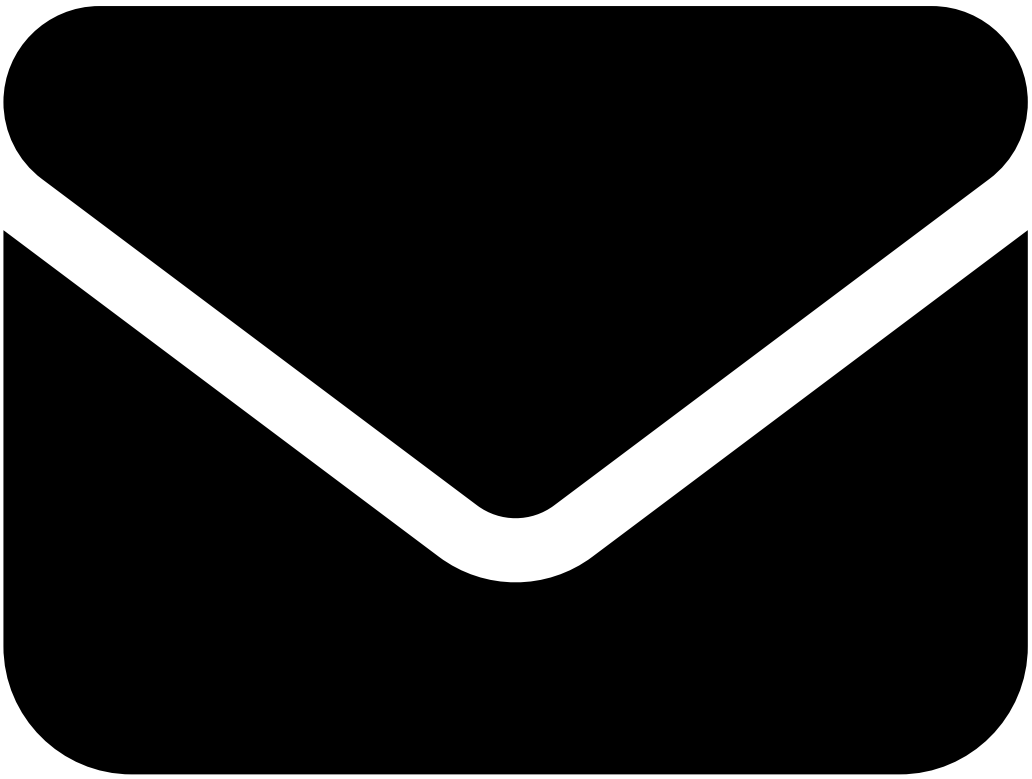
Main Course
Italian
lemon,cod, piccata, Italian

Lemon Cod Piccata (Light Italian Seafood Dinner)

Easy 30 minute Lemon Cod Piccata

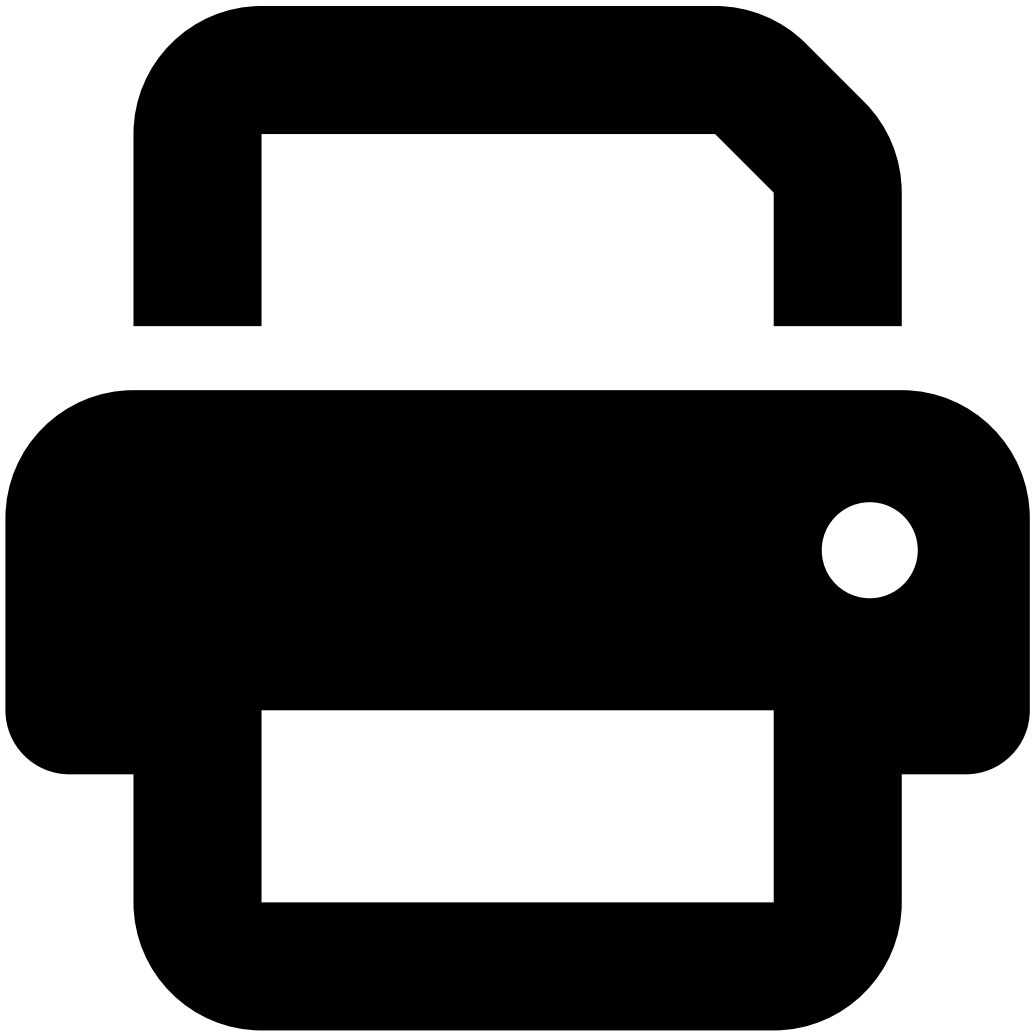
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If you love the bright, buttery flavors of **Italian piccata**, this **Lemon Cod Piccata** is a lighter seafood twist on the classic. Traditionally made with veal or chicken, piccata features a silky **lemon, butter, and caper sauce** that’s both tangy and rich. When paired with delicate **pan-seared cod**, the result is a restaurant-quality dish that comes together in about **30 minutes**.

This recipe is perfect for weeknights when you want something elegant but easy. The cod is lightly dredged in flour and seared until golden, then finished in a **lemony white wine piccata sauce** packed with briny capers and fresh parsley. Serve it with **pasta, roasted potatoes, or crusty bread** to soak up every drop of the sauce.

It’s simple, flavorful, and a great way to bring a classic **Italian seafood recipe** to your dinner table.

Things to know about this Lemon Cod Piccata (Light Italian Seafood Dinner)

Choose the right cod
Fresh cod works best for this recipe, but high-quality frozen cod (fully thawed and patted dry) also works well.

Don’t skip drying the fish
Removing moisture helps the fish develop that beautiful **golden crust** when searing.

Use fresh lemon juice
Bottled lemon juice won’t give the same bright flavor that makes piccata sauce so special.

Control the sauce thickness
If the sauce becomes too thick, add a splash of broth. If it’s too thin, simmer it another minute or two.

Great side dishes
This cod piccata pairs beautifully with:

- Angel hair pasta
- Garlic mashed potatoes
- Sautéed spinach
- Roasted asparagus

If you loved this **Cod Lemon Piccata**, be sure to explore more classic Italian recipes on the blog. Try my **Chicken Parmesan**, **Tuscan Kale and Potatoes**, or Italian – style meatloaf with roasted potatoes for more comforting Italian flavors.

And if you make this recipe, leave a comment and rating below—I'd love to hear how it turned out for you!

Lemon Cod Piccata (Light Italian Seafood Dinner)



Light and flavorful **Cod Lemon Piccata** made with pan-seared cod, lemon, butter, capers, and white wine. A quick Italian seafood dinner ready in 30 minutes.

- 4 6 oz. cod fillet
- salt and pepper to taste
- 1/2 cup flour
- 3 Tbsp extra virgin olive oil
- 3 Tbsp. butter
- 2 Tbsp. finely minced shallots
- 1 cup dry white wine
- 1 cup chicken stock
- 1/3 cup lemon juice
- 1/2 cup capers
- 1/3 cup freshly chopped Italian parsley

1. **1. Prepare the cod**Pat the cod fillets dry with paper towels. Season both sides with salt and pepper, then lightly dredge them in flour. Shake off any excess flour.

2. **2. Sear the fish** Heat olive oil and 1 tablespoon butter in a large skillet over medium-high heat. Add the cod fillets and cook for about **3–4 minutes per side** until golden and flaky. Remove from the pan and set aside.

3. **3. Build the piccata sauce** In the same skillet, melt another tablespoon of butter. Add the minced shallots and cook for about **30 seconds** until fragrant.

4. **4. Deglaze the pan** Pour in the white wine and scrape up the browned bits from the bottom of the pan. Let the wine simmer until reduced by about half.

5. **5. Add the lemon and capers** Stir in the chicken broth, fresh lemon juice, and capers. Let the sauce simmer for **3–4 minutes**.

6. **6. Finish the sauce** Whisk in the remaining tablespoon of butter to create a silky texture.

7. **7. Return the cod** Place the cod back in the skillet and spoon the sauce over the fillets. Let them warm in the sauce for **1–2 minutes**.

8. **8. Garnish and serve** Top with fresh parsley and lemon slices. Serve immediately with pasta, potatoes, or crusty bread.

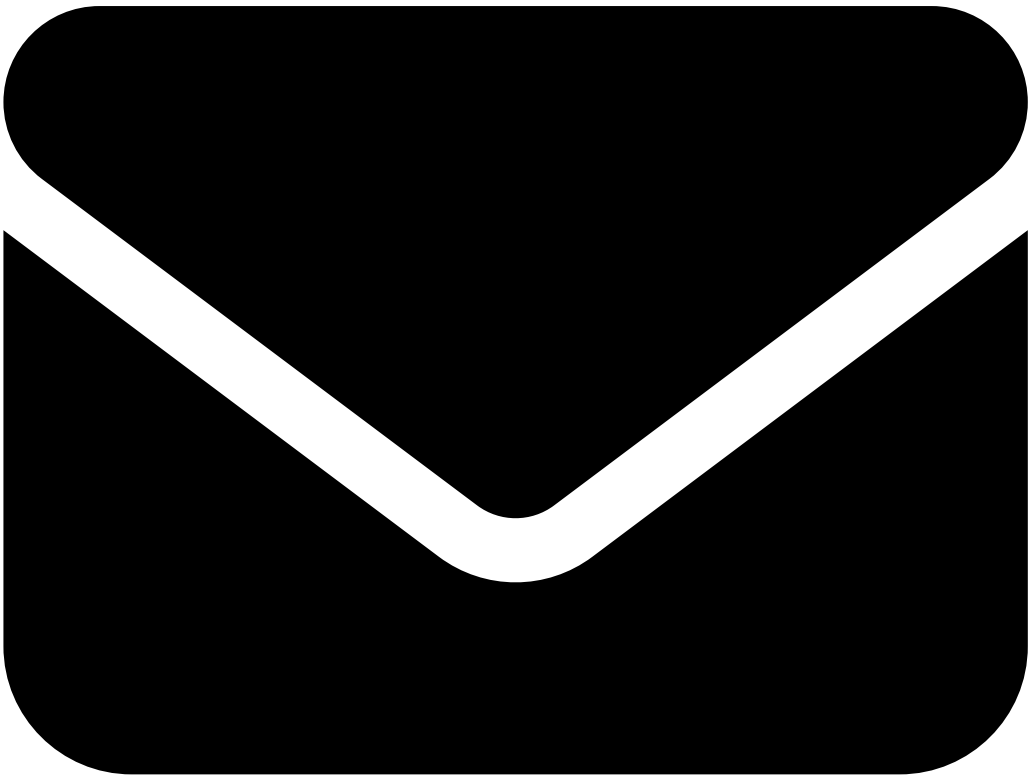
Main Course
Italian

Broiled Lobster Tails for Two – Easy Recipe

Broiled Lobster Tails for Two – Easy Recipe

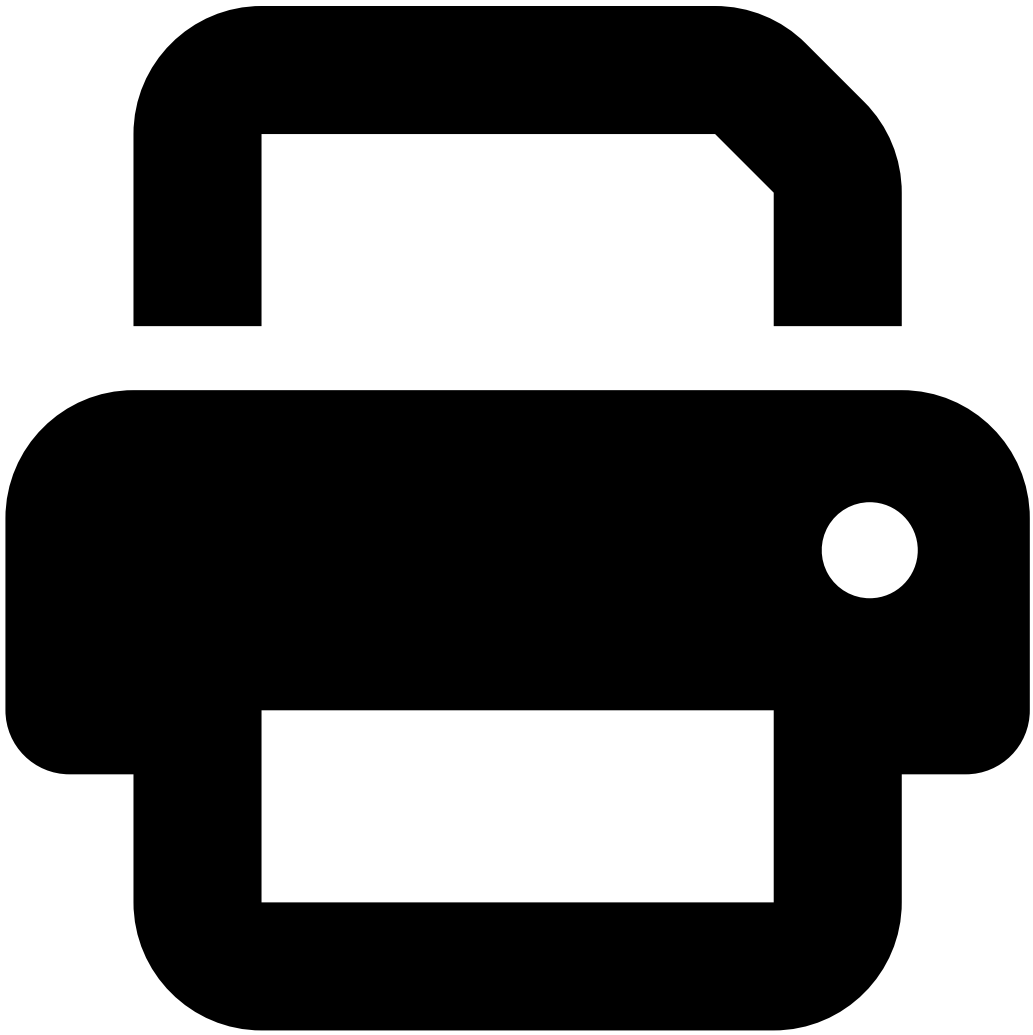
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Looking to make a restaurant-quality lobster dinner at home? These **broiled lobster tails** are simple, elegant, and full of flavor. With **butter, lemon, white wine, and a silky pan sauce**, this recipe is perfect for any special occasion—or just a treat-yourself night.

Even if you've never cooked lobster before, this method is easy to follow and yields a beautifully tender, juicy lobster tail every time. By propping the meat on top of the shell and broiling just long enough, you get a gorgeous presentation and maximum flavor with minimal effort. This is a recipe that feels fancy but doesn't require hours in the kitchen.

Things to know about this Broiled Lobster Tails for Two – Easy Recipe

- **Lobster tails cook quickly** – 6–8 minutes is usually enough for 4 oz tails; overcooking will make them tough.

- **Pan sauce tip:** Let the butter and wine emulsify after broiling for a silky, rich sauce.
- **Make it fancy:** Garnish with fresh herbs like parsley or chives for a beautiful presentation.
- **Scaling up:** This recipe can easily be doubled or tripled for a larger dinner party.

Tips & Variations

- Serve with pasta, roasted vegetables, or a simple salad.
- Garnish with lemon wedges for extra brightness.
- Perfect for **date nights, celebrations, or a special weeknight dinner**.
- Ready to complete your seafood dinner? Try pairing this broiled lobster with:
    - creamy leeks, peas and asparagus risotto– the perfect pasta side for buttery lobster sauce
    - Italian Roasted potatoes – add color and crunch to your plate
    - Homemade classic Italian tiramisu – creamy comfort to elevate your meal

Don’t forget to **save this recipe for your next special dinner night** !!

Broiled Lobster Tails for Two – Easy Recipe



These easy broiled lobster tails for two are tender, juicy, and full of buttery garlic flavor. Split lobster tails are brushed with melted butter, garlic, lemon juice, and seasonings, then broiled until perfectly cooked. This elegant seafood dinner is simple enough for a weeknight but special enough for Valentine's Day, an anniversary, or a romantic dinner at home.

- 2 lobster tails (8 oz each)
- 3 tbsp butter
- ¼ cup white wine
- 1 lemon sliced
- Salt, to taste
- Black pepper, to taste
- Paprika (optional)

1. **Preheat the broiler**, rack about 6 inches from the heat.
2. Add **butter, lemon slices and white wine** to a broiler-safe pan.
3. **Prep the lobster tails:**

   • Cut down the center of the shell with sharp kitchen shears, or knife. Cut away the legs from underneath

   • Loosen the meat away from the shell with your finger

and lift it up, resting it on top of the shell to prop it up.

4. **Season** with salt, pepper, and paprika if using.
5. **Place lobster over butter, lemons and wine** in the pan.
6. **Broil 6–8 minutes** until the meat is opaque and lightly golden (internal temp ~140–145°F).
7. **Remove lobster**, return the pan back to the oven let pan sauce emulsify, about 5-7 minutes and spoon over before serving.

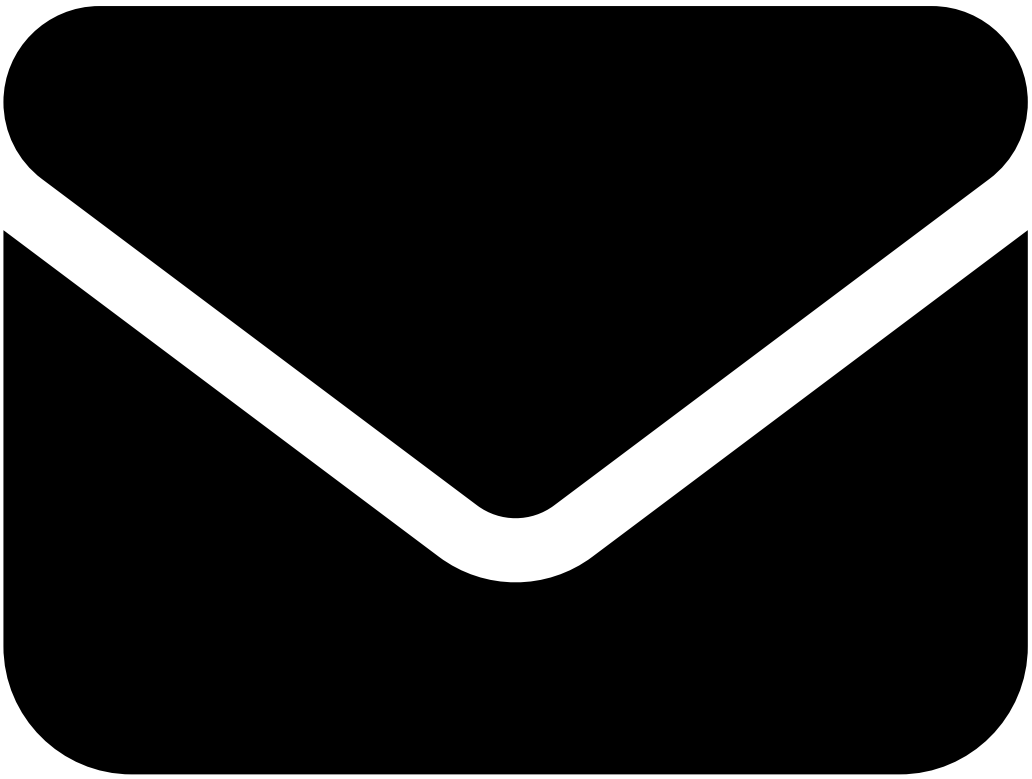
For tender, juicy lobster tails, keep a close eye on them under the broiler. Lobster cooks quickly, and even a minute or two too long can make the meat tough. Baste with garlic butter before broiling for the best flavor.
Main Course
American, Italian
easy broiled lobster

Crispy Italian Fried Baccala

Crispy Italian Fried Baccala

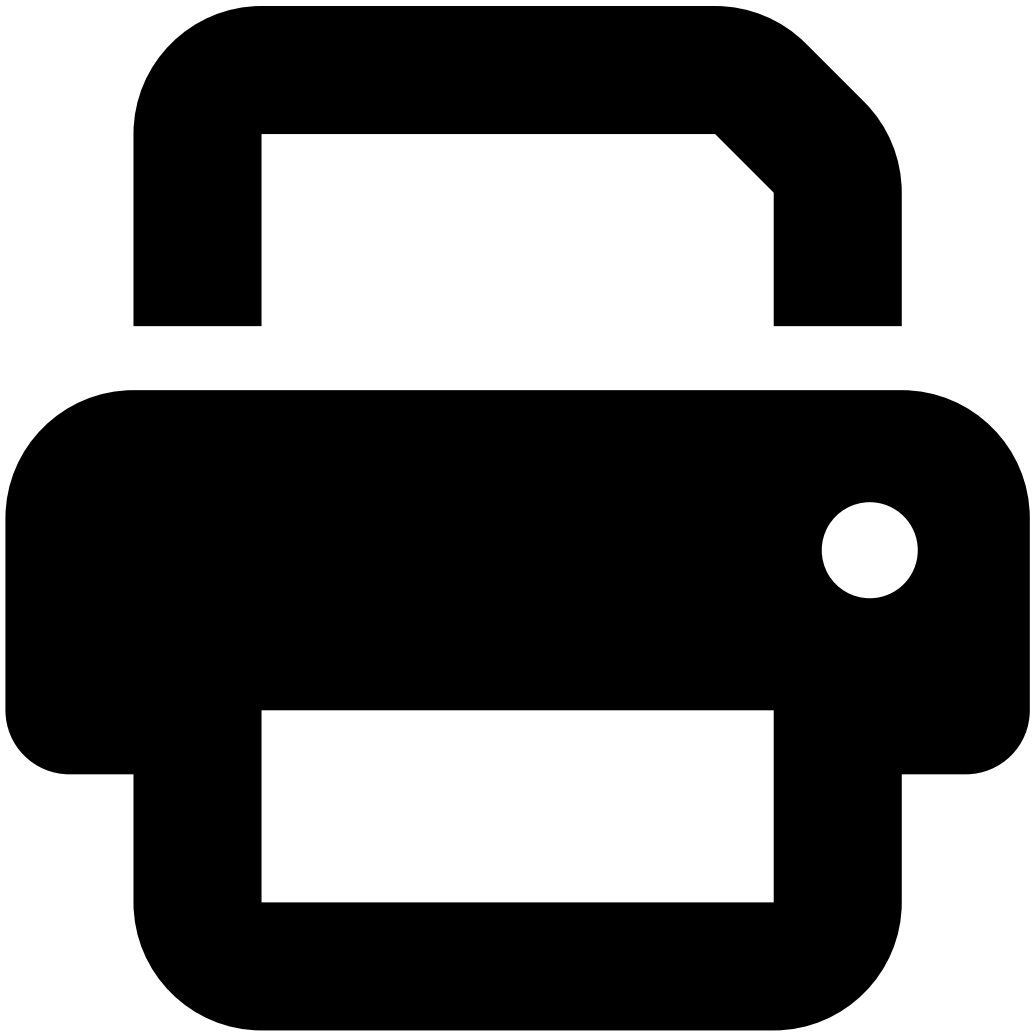
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Fried baccalà has always meant tradition in our home. It’s one of those dishes that instantly brings me back to the kitchen during the holidays, where the smell of hot oil and salt-cured cod filled the air and everyone hovered nearby, waiting for the first crisp piece to come out of the pan. This wasn’t fancy food—it was humble, honest cooking, passed down through generations and made with care and patience.

Baccalà itself has a long history in Italian cooking. Long before refrigeration, salt-curing cod made it possible to preserve fish for months, making it accessible even in inland regions of Italy. Over time, it became a staple for special occasions and meatless days, especially Christmas Eve. Each region has its own way of preparing it, but fried baccalà—lightly battered and golden—remains one of the simplest and most beloved preparations. With just flour and cold water, the batter stays delicate, allowing the fish to shine, exactly the way it was always meant to be enjoyed.

Things to know about this crispy Italian fried baccala

- **Soaking time matters:** Properly desalted baccalà should taste mild, not salty. Start tasting after 24 hours and continue soaking if needed.
- **Keep the batter cold:** Using ice-cold water creates a lighter, crisper coating when it hits the hot oil.
- **Don’t overcrowd the pan:** Fry in batches so the oil temperature stays steady and the baccalà fries evenly.
- **Serve immediately:** Fried baccalà is best enjoyed hot and crisp, straight from the pan.
- If you love traditional Italian seafood dishes, don’t miss my **Baccala with Potatoes** recipe or the best Italian- style fried calamari another classic that’s always on our table for Christmas Eve. Serve them together for a truly authentic Italian meal, and be sure to explore the blog for more time-honored Italian recipes passed down through generations.

Crispy Italian Fried Baccala



Crispy Italian Fried Baccalà is a traditional dish made with

salt cod that’s been soaked, flaked or cut into pieces, lightly battered, and fried until golden and crisp. Popular throughout Italy—especially during Christmas Eve (La Vigilia)—this classic seafood recipe is simple, rustic, and full of flavor. The salty richness of the cod is balanced by a light, airy coating, making it perfect served with lemon wedges, aioli, or a simple marinara sauce.

- 1½ pounds salt-cured baccala (cod), soaked and desalted
- 1¼ cups all-purpose flour
- 1 – 1¼ cups **ice-cold water**
- ½ tsp salt
- ¼ tsp black pepper (optional)
- 3 cups Vegetable oil or light olive oil, for frying
- Lemon wedges, for serving
- 2 Tbsp. Chopped fresh parsley (optional for garnish)

1. ## Soak the Baccalà

   Rinse the salt-cured baccala under cold running water. Place it in a large bowl, cover completely with cold water, and refrigerate for **24–48 hours**, changing the water **2–3 times daily**.Taste a small piece to ensure it’s properly desalted.

2. ## Prepare the Fish

   Drain the baccala well and pat it **very dry** with paper towels. Cut into **2–3 inch pieces** of similar thickness for even cooking.

3. ## Make the Batter

   In a bowl, whisk together the flour, salt, and pepper if using. Gradually add the **ice-cold water**, whisking just until a smooth, pourable batter forms.The consistency

should be similar to a light pancake batter—thin enough to drip, but thick enough to coat the fish.

4. ## Heat the Oil

   Heat about **1 inch of oil** in a wide, heavy skillet over **medium-high heat** until it reaches **350°F**.(If you don’t have a thermometer, a drop of batter should sizzle and float immediately.)

5. ## Batter the Baccalà

   Dip each piece of fish into the batter, letting excess drip off, then carefully place into the hot oil. Fry in batches—do not overcrowd the pan.

6. ## Fry Until Golden

   Fry for **3–4 minutes per side**, turning once, until the baccalà is crisp, golden, and puffed. The interior should be tender and flaky.

   Second

   And so on

Main Course
Italian
crispy Italian fried baccalà fried salt cod recipe

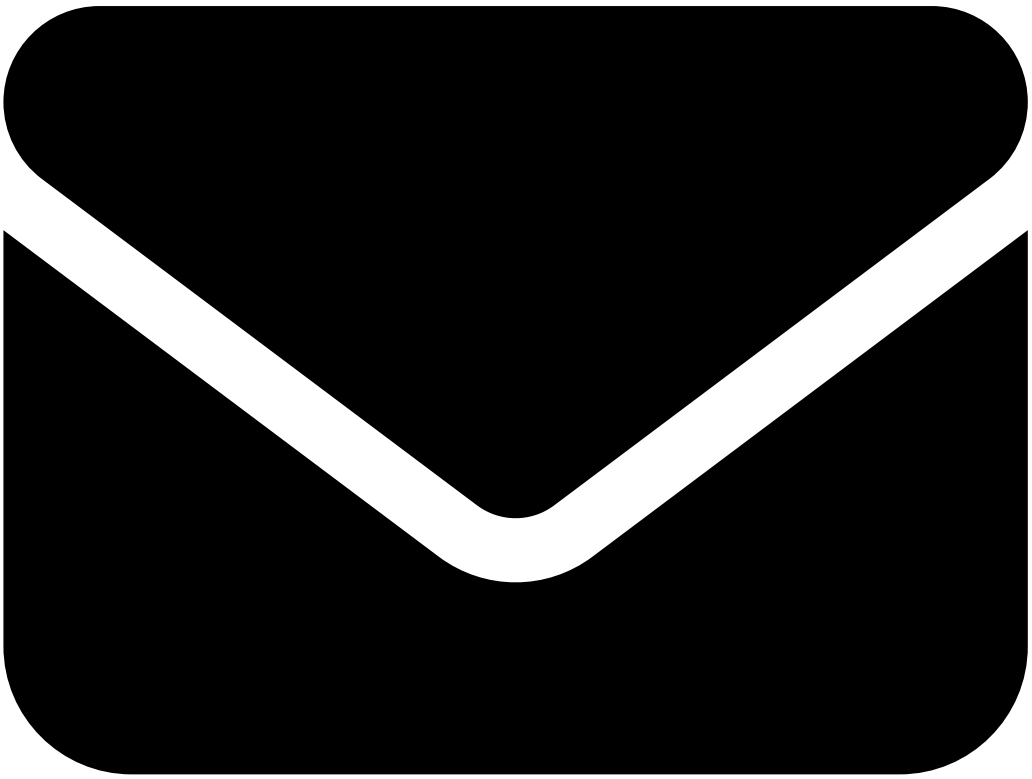
The Best Italian-Style Fried

Calamari

The best Italian style fried calamari

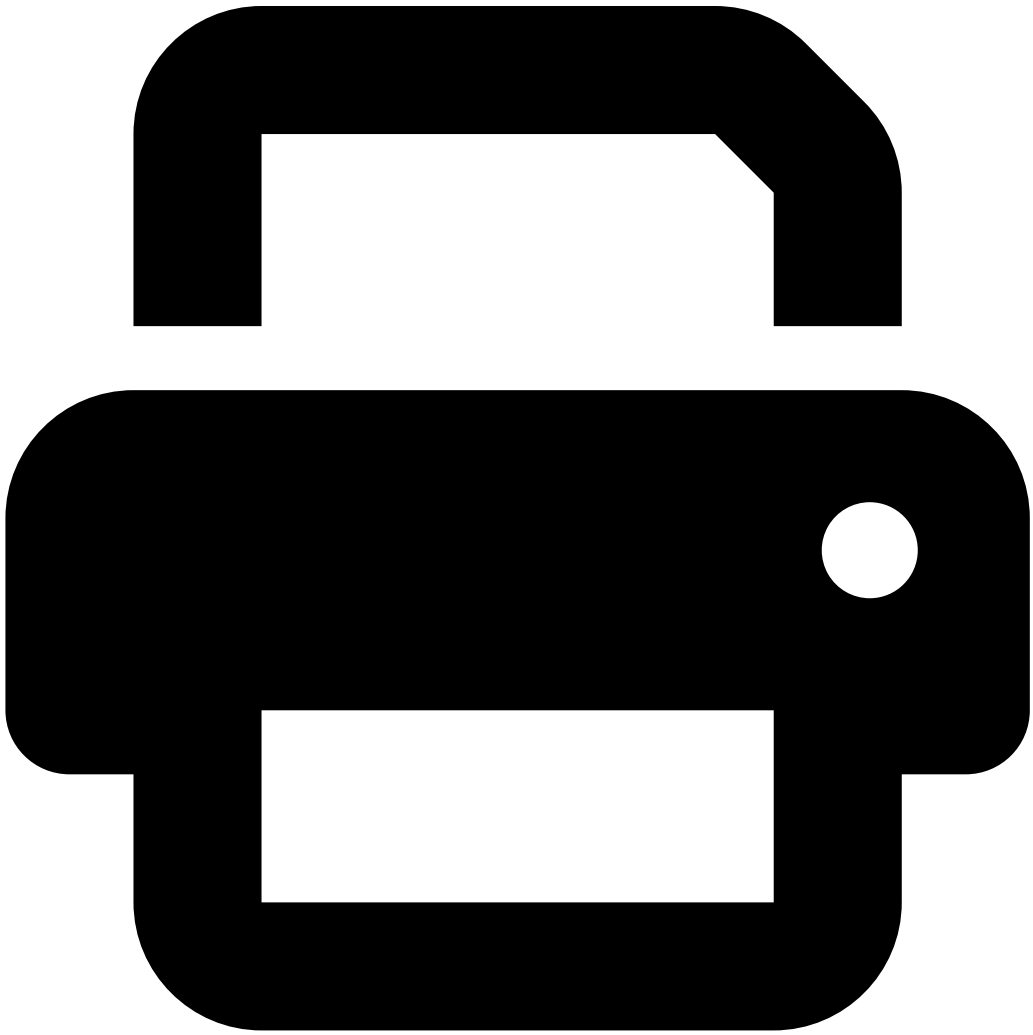
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Growing up, fried calamari was a true family affair. My mama always bought whole squid and cleaned every single one by hand — separating the tentacles, pulling out the quill, and rinsing everything until it was spotless. I can still see her at the sink, humming while she worked, making sure each ring would fry up perfectly tender.

These days, we're lucky. Most grocery stores and fish markets sell **calamari already cleaned** — tubes and tentacles prepped and ready to slice. And while nothing beats the love and tradition of doing it the old-school way, I'll be the first to admit that buying it cleaned makes this recipe come together in minutes instead of an hour.

Fried calamari has also always been a cherished part of our **Feast of the Seven Fishes** celebration — that beloved Italian Christmas Eve tradition where the table overflows with seafood. Whether you make this dish once a year for the feast

or all year long for your family, this recipe brings that same crisp, golden bite we all grew up loving.

Whether you're using ready-to-cook calamari or honoring the way our mamas did it, this classic Italian fried calamari delivers that same crisp, golden bite we all grew up loving.

Things to know about this Best Italian-Style Fried Calamari

- **Dry calamari = crisp calamari.**
  Pat the rings and tentacles *really* well with paper towels. Any moisture will make the coating soggy and cause the oil to splatter.

- **The flour mix matters.**
  A 50/50 blend of all-purpose flour and semolina gives that classic Italian trattoria crunch. Semolina helps the coating stay light instead of heavy or bready.

- **Keep the oil hot.**
  The magic temperature is **350–365°F**. If the oil drops too low, the calamari absorbs oil and turns greasy. Fry in small batches to keep the heat consistent.

- **Fast frying keeps it tender.**
  Calamari only needs **1½–2 minutes** in the oil. Any longer and it becomes chewy. Pull it out the moment it turns light golden.

- **Season immediately.**
  Sprinkle with a little salt right after frying — it sticks better while the calamari is still hot.

- **Serve right away.**
  Fried calamari is best eaten fresh from the fryer. It doesn't stay crisp long, so have your lemon wedges and marinara ready before you start cooking.

- If you love this crispy Italian fried calamari, don’t miss my other seafood favorites!

  Try my **Shrimp Oreganata**, , and **Shrimp Stuffed Calamari Steaks** for more Italian coastal flavors. And if you make this recipe, tag me on Instagram—I love seeing your kitchen creations!

The best Italian style Fried Calamari



This crispy fried calamari recipe delivers tender squid with a light, golden coating that's perfectly seasoned and irresistibly crunchy. Served with fresh lemon wedges and marinara sauce, it's an easy Italian seafood appetizer that's perfect for entertaining, holidays, or a restaurant-quality meal at home.

- 1½ pounds **calamari**, cleaned, **rings + tentacles**
- 1 cup **all-purpose flour**
- 1 cup **semolina flour**
- 1 tsp **kosher salt**, plus more for finishing
- 1 tsp **black pepper**
- ½ tsp **paprika** (optional, for color)
- 1 tsp **garlic powder**

- **Oil for frying** (peanut or light olive oil)
- **Lemon wedges**, for serving
- **Marinara**, for dipping

1. **Prep the calamari**

   Slice tubes into ½-inch rings. Pat rings **and tentacles** completely dry with paper towels.(Drying is key for crispness!)

2. **Make the coating**

   In a shallow bowl, whisk together: 1 cup all-purpose flour, 1 cup semolina flour, Salt, pepper, paprika, and garlic powder

3. **Heat the oil**

   Pour oil into a heavy pot or deep skillet about 2 inches deep.Heat to **350–365°F**.

4. **Coat the calamari**

   Toss the rings and tentacles in the flour–semolina mixture until lightly coated.Shake off excess.

5. **Fry in batches**

   Add calamari in small batches so the oil temperature stays stable.Fry **1½–2 minutes**—just until pale golden.(Over-frying = chewy.)

6. **Drain & season**

   Transfer to a paper towel–lined tray and sprinkle immediately with a pinch of salt.

7. **Serve**

   Enjoy hot with lemon wedges and marinara.

Appetizer
Italian
Best Fried Calamari Recipe