Italian Bread Meatballs (Polpette di Pane

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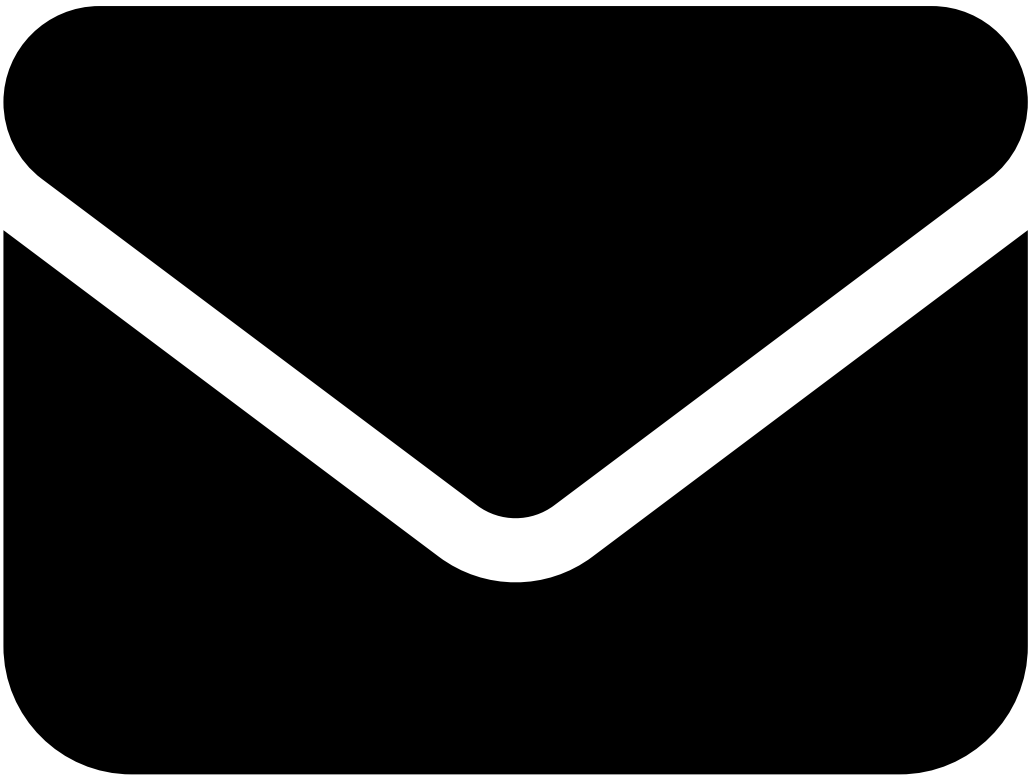




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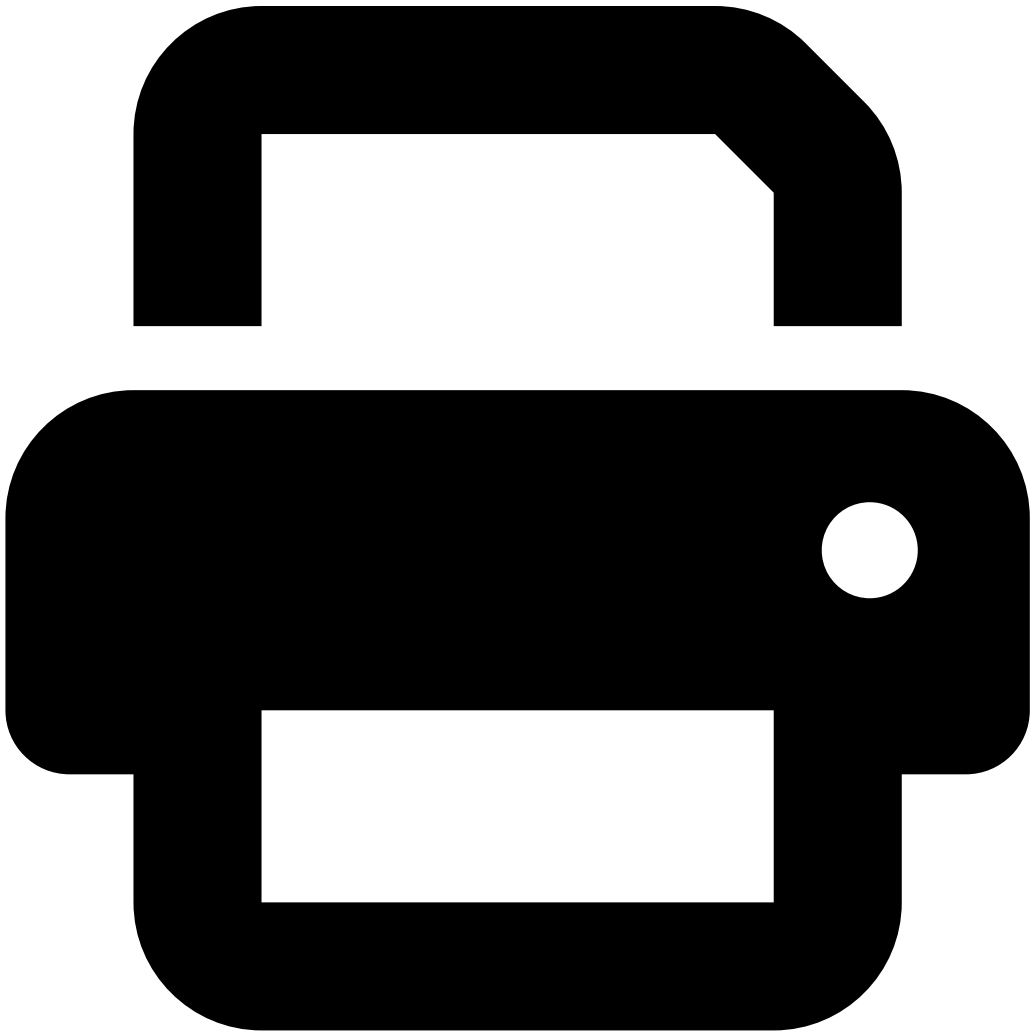

These Italian bread meatballs, also known as *polpette di pane*, are a delicious way to turn stale bread into something special. Made with simple ingredients like Italian bread, eggs, Parmesan cheese, garlic, and fresh parsley, these meatless meatballs are crispy on the outside and soft on the inside.

Growing up with Italian cooking, you learn pretty quickly that good bread never needs to go to waste. Recipes like these are a perfect example of *cucina povera*, the traditional Italian way of making delicious meals from simple, affordable ingredients you already have in your kitchen.

I love serving these bread meatballs as an appetizer, a side dish, or gently simmered in homemade tomato sauce. They’re simple, comforting, and full of old-fashioned Italian flavor. If you’ve never tried meatballs without meat, this is a recipe you need to make!

Why You'll Love These Italian Bread Meatballs

- **A great way to use stale bread:** Give leftover Italian bread a delicious second life.
- **Simple ingredients:** You probably have most of what you need already.
- **Meatless and satisfying:** Parmesan, garlic, and parsley add plenty of flavor.
- **Versatile:** Serve them as an appetizer, side dish, or with your favorite Italian tomato sauce.

Tips for Making the Best Bread Meatballs

- **Remove excess milk.** Too much moisture can make the mixture difficult to shape.
- **Use your hands to mix.** This makes it easier to feel whether the mixture is holding together properly.
- **Adjust the consistency.** If the mixture is too wet, add a little more Parmesan or breadcrumbs. If it's too dry, add a small amount of milk.
- **Fry a test piece.** Cook a small portion first to check the seasoning and make sure the mixture holds together before frying the entire batch.

What to Serve with Italian Bread Meatballs

These traditional Italian bread meatballs are delicious served straight from the skillet while they're still warm and crispy.

You can serve them as an appetizer with marinara sauce for

dipping, alongside roasted vegetables, or as a side dish with your favorite Italian meal.

For a softer, saucier version, add the fried bread meatballs to a pot of homemade tomato sauce and simmer gently for a few minutes. Handle them carefully because bread meatballs are more delicate than meat-based meatballs.

Frequently Asked Questions

Are Italian bread meatballs made without meat?

Yes! Traditional polpette di pane are meatless bread-based meatballs made with ingredients such as stale bread, eggs, cheese, and herbs. Recipes vary by region and family.

Why are my bread meatballs falling apart?

The mixture may be too wet or may not have enough binding ingredients. Squeeze excess milk from the bread and make sure the eggs and cheese are thoroughly mixed in. If necessary, add a little more Parmesan or breadcrumbs.

Can I make bread meatballs ahead of time?

You can prepare the mixture ahead of time and refrigerate it in a covered container until you’re ready to shape and fry the meatballs. Keep it refrigerated and cook within a day for the best quality.

Can I cook bread meatballs in tomato sauce?

Yes, but frying them first helps them develop a golden crust and hold their shape. Add them to gently simmering sauce near the end and avoid vigorous stirring.

How to Store and Reheat

Refrigerator: Store leftover cooked bread meatballs in an airtight container in the refrigerator for up to 3 days.

Reheating: Reheat in a skillet over medium-low heat until warmed through. If they're in tomato sauce, warm them gently in the sauce. An oven or air fryer can help bring back some of their crispness when reheating them without sauce.

Freezing: Bread meatballs are best enjoyed fresh. If freezing, cool them completely and freeze in a single layer before transferring to a freezer-safe container. Their texture may soften after thawing.

A Little Taste of Traditional Italian Cooking

Italian bread meatballs remind me that some of the best recipes come from making the most of what you have. With a few everyday ingredients, you can turn leftover bread into something the whole family will enjoy.

If you make these *polpette di pane*, leave me a comment and let me know how you served them. I love hearing how these traditional Italian dishes find their way into your kitchen!

More Italian Recipes You'll Love

If you love these traditional Italian bread meatballs, here are a few more recipes from my kitchen you might enjoy! From homemade tomato sauce to comforting pasta dishes, these are the kinds of recipes I love sharing with my family.

- **Homemade Italian tomato Sauce** – Perfect for serving with

these bread meatballs.

- **Italian Meatballs** – A classic Italian favorite for Sunday dinner.
- **Homemade Italian Breadcrumbs** – Another great way to use leftover bread.
- **Homemade Italian Focaccia** – Soft, flavorful bread to serve alongside your favorite Italian meal.
- **Easy Italian Pasta Recipes** – Find more comforting pasta dishes for your next family dinner.

My Favorite Kitchen Tools

You don’t need fancy equipment to make these Italian bread meatballs, but a few kitchen essentials make preparing them easier. Here are some helpful tools you can find on Amazon.

- **Large Mixing Bowl** – Plenty of room to mix the soaked bread, eggs, cheese, and seasonings.
- **Stainless Steel Skillet** – Ideal for frying the bread meatballs until golden brown.
- **Stainless Steel Tongs** – Helpful for gently turning the meatballs as they fry.
- **Box Grater** – Perfect for freshly grating Parmesan cheese.
- **Spider Strainer** – Makes it easy to lift the fried bread meatballs from the hot oil.

Italian Bread Meatballs (Polpette di Pane)



These traditional Italian bread meatballs are made with stale Italian bread, eggs, Parmesan cheese, garlic, and parsley. Fried until golden brown, they're crispy on the outside, soft inside, and a delicious way to use leftover bread.

- 6 cups stale Italian bread, torn into small pieces
- 1-11/2 cups milk, as needed
- 2 large eggs
- 1/2 cup freshly grated Parmesan cheese
- 2 cloves garlic, minced
- salt and pepper to taste
- olive oil for frying

1. **Soften the bread.** Place the torn stale bread in a large bowl. Pour the milk over the bread a little at a time, allowing it to soften. You want the bread moist but not soaking wet. Squeeze out any excess milk with your hands.

2. **Prepare the mixture.** Add the eggs, grated Parmesan cheese, minced garlic, chopped parsley, salt, and black pepper to the softened bread. Mix thoroughly with your hands until everything is well combined. The mixture should hold together when pressed. If it feels too wet, add a little more Parmesan cheese or breadcrumbs.

3. **Shape the bread meatballs.** Scoop up portions of the mixture and roll them into small balls, or gently flatten them into patties. Press them firmly enough to hold their shape without compacting them too much.

4. **Heat the oil.** Pour enough olive oil into a large skillet to cover the bottom generously. Heat over medium heat until the oil is hot but not smoking.

5. **Fry the bread meatballs.** Carefully place the meatballs in the skillet in batches, leaving space between them. Fry for approximately 3–4 minutes per side, turning gently, until golden brown and crisp on the outside. Adjust the heat as needed so they brown without burning.

6. **Drain and serve.** Transfer the cooked bread meatballs to a paper towel-lined plate to drain any excess oil. Serve hot as an appetizer or side dish, or add them to gently simmering homemade tomato sauce for a softer, saucier version.

Squeeze excess milk from the bread so the mixture holds together. If the mixture is too wet, add a little Parmesan or breadcrumbs. Fry a small test piece first to check the seasoning and consistency. Turn gently to keep the bread meatballs from breaking apart.
Main Course, Side Dish
Italian
traditional Italian bread meatballs a

Homemade Restaurant Mushroom Risotto

Homemade Restaurant Mushroom risotto

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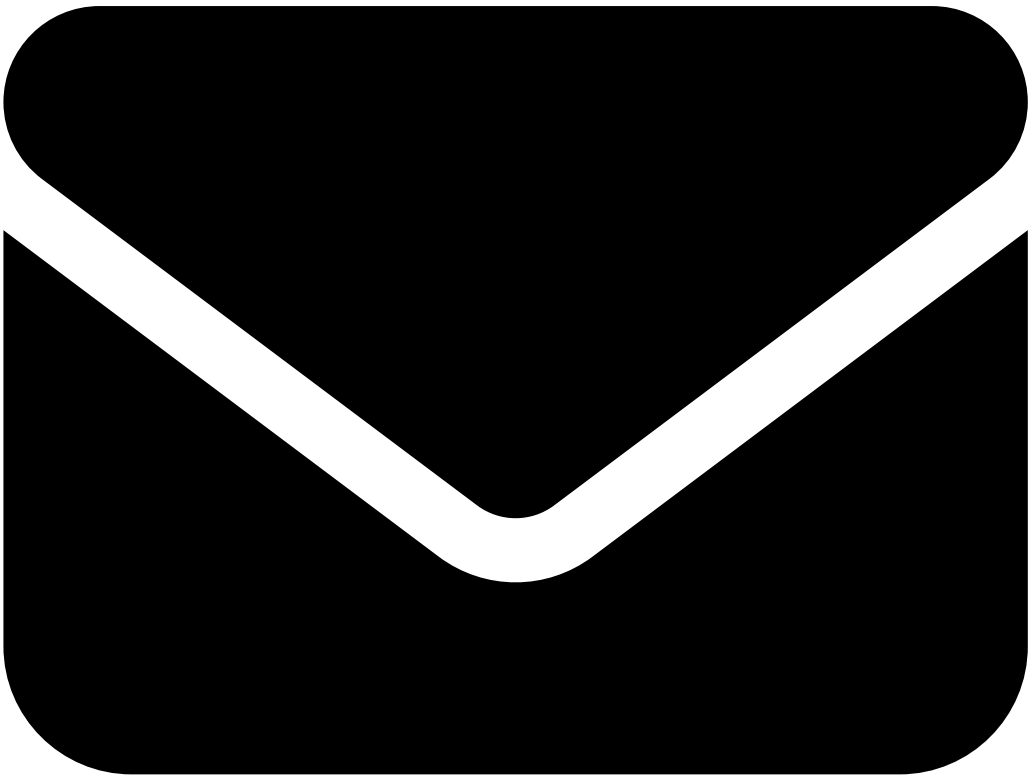




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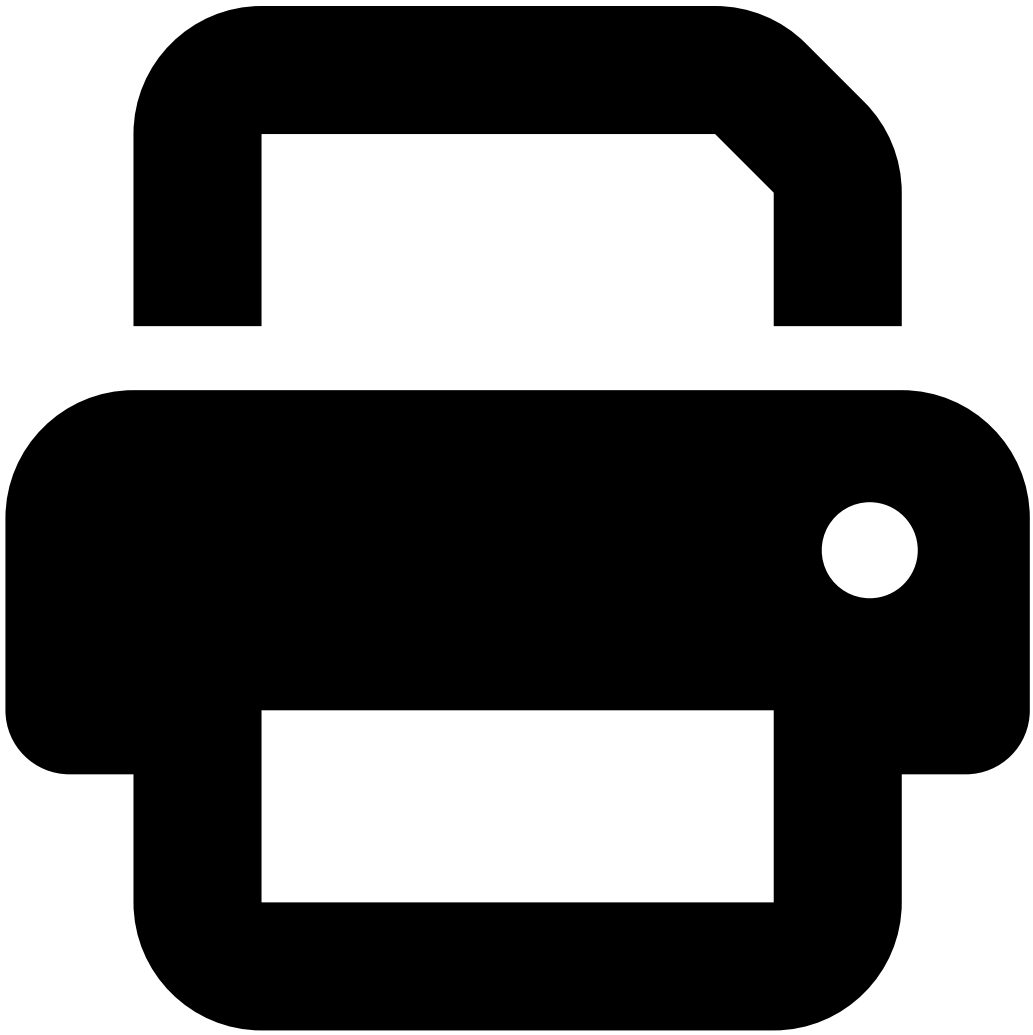

Have you ever ordered creamy mushroom risotto at an Italian restaurant and wished you could make it just as delicious at home? I’m here to tell you that homemade mushroom risotto is easier to make than you might think! With Arborio rice, tender mushrooms, savory broth, and a little patience, you can make a restaurant-quality risotto right in your own kitchen.

Risotto is a classic Northern Italian rice dish known for its rich, creamy texture. Unlike other rice dishes, risotto is made by gradually adding warm broth to the rice as it cooks, allowing the grains to release their starch and create that signature creaminess. I use chicken broth for this mushroom risotto, but vegetable broth works just as well if you prefer a vegetarian version.

What I love about this creamy mushroom risotto is that it’s elegant enough to serve at a holiday dinner or when entertaining friends, yet simple enough to enjoy as part of a

weeknight meal. Serve it as a main course or alongside roasted chicken, steak, or your favorite seafood for a delicious Italian-inspired dinner.

This risotto is best enjoyed freshly made, when the rice is creamy and tender. If you have leftovers, you can refrigerate them for another meal or freeze portions for later. Just add a splash of warm broth when reheating to help bring back that creamy consistency.

For a little restaurant-style atmosphere at home, serve your mushroom risotto on classic white dinner plates with cloth napkins and your favorite drink. It’s a simple way to turn an everyday meal into something special without leaving home!



Tips for Success When Making Homemade Mushroom Risotto

Use the right rice. For creamy mushroom risotto, I recommend Arborio rice, a short-grain Italian rice with a high starch content. As the rice cooks, it releases starch that gives risotto its signature creamy texture while keeping the grains slightly firm in the center.

Toast the rice first. Once the mushrooms and aromatics are cooked, stir in the rice and let it toast in the olive oil and butter for 1–2 minutes before adding the broth. This helps coat the grains and develop a deeper flavor.

Keep the broth warm. Warm your chicken broth in a separate saucepan before you begin. Add it to the rice one ladleful at a time, stirring frequently and allowing most of the liquid to absorb before adding more. This gradual process helps create a creamy mushroom risotto without overcooking the rice.

Let the risotto cook at its own pace. Keep the rice at a gentle simmer and stir frequently as you add the broth. You don’t need to stir constantly, but stay nearby and check the texture as it cooks. The finished risotto should be creamy, with tender rice that still has a slight bite.

Serve it while it’s hot. Risotto thickens as it sits, so serve it as soon as it’s ready. If it becomes too thick, stir in a little warm broth just before serving to loosen it.

How to Store and Reheat Mushroom Risotto

Mushroom risotto is best served fresh, but leftovers can be saved for another meal.

- **Refrigerator:** Transfer cooled leftovers to an airtight container and refrigerate within two hours. Enjoy within 3–4 days.

- **Reheating:** Add the risotto to a saucepan with a splash of chicken broth or water. Warm over medium-low heat, stirring gently until heated through. For individual portions, use the microwave, stirring halfway through and adding liquid as needed.
- **Freezing:** Freeze in airtight, freezer-safe containers for up to 2 months for best quality. Thaw overnight in the refrigerator and reheat with a little broth. Keep in mind that the rice may be softer after freezing.

What to Serve With Mushroom Risotto

Creamy mushroom risotto makes a wonderful side dish for chicken or pork, or you can serve it as a main course with a fresh salad.

Here are a few Italian-inspired dishes to serve alongside it:

- Oven-Fried Lemon Chicken Cutlets – crispy, flavorful chicken that pairs beautifully with creamy risotto.
- Italian Roasted Lemon Chicken Dinner – a comforting roasted chicken dinner for the whole family.
- Bone-In Pork Chops Piccata – tender pork chops with a bright, savory sauce.

If you're planning an Italian-inspired dinner, you can also serve the risotto alongside one of my homemade Italian soups for a comforting meal.

Helpful Tools for Making Risotto

You don't need special equipment to make homemade mushroom risotto, but a few kitchen basics make the process easier.

- Arborio rice – the essential ingredient for classic creamy risotto.
- Heavy-bottomed saucepan – helps distribute heat evenly and prevents hot spots.
- Stainless steel ladle – makes adding warm broth

gradually much easier.
- Airtight food storage containers – useful for keeping leftover risotto fresh.

If you make this homemade restaurant-style mushroom risotto, I'd love to hear how it turned out! Leave me a comment and rating below, and don't forget to tag me on Instagram when you make it. I love seeing what you're cooking, and your feedback helps other home cooks, too!



Homemade Restaurant Mushroom risotto



This homemade restaurant-style mushroom risotto is rich, creamy, and full of savory mushroom flavor. Made with Arborio rice, sautéed mushrooms, broth, butter, and Parmesan cheese, this classic Italian dish is perfect for a weeknight dinner, an elegant side dish, or a special holiday meal.

- 2 cups Italian short grain rice
- 2 cups sliced mushrooms
- 1 Tablespoon olive oil and 2 tablespoons butter
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach (optional)
- 4 cups chicken stock or vegetable stock
- 1 cup white wine
- 1 cup grated parmesan
- 2 tablespoons chopped Italian parsley
- salt and pepper to taste

1. Heat chicken or vegetable stock keep warm with the white wine

2. In a deep saute pan heat the butter and olive oil to medium heat. Add onion and garlic, saute until tender and just beginning to brown
3. Add the mushrooms saute until golden
4. Add rice cook rice until golden, salt and pepper to taste,
5. Add hot stock slowly a little at a time waiting until the stock is absorbed before adding more while stirring

continuously.

6. Cook until risotto is firm to the bite about 20 minutes. Add parmesan cheese, and chopped spinach if using the last five minutes . Sprinkle with more Italian parsley and grated parmesan.

Use Arborio rice for the creamiest texture, keep the broth warm, and add it gradually while stirring frequently. Risotto is best served immediately while it’s creamy and tender.
Main Course, Side Dish
Italian
restaurant-style mushroom risotto

Oven-Dried Garden Tomatoes in Olive Oil

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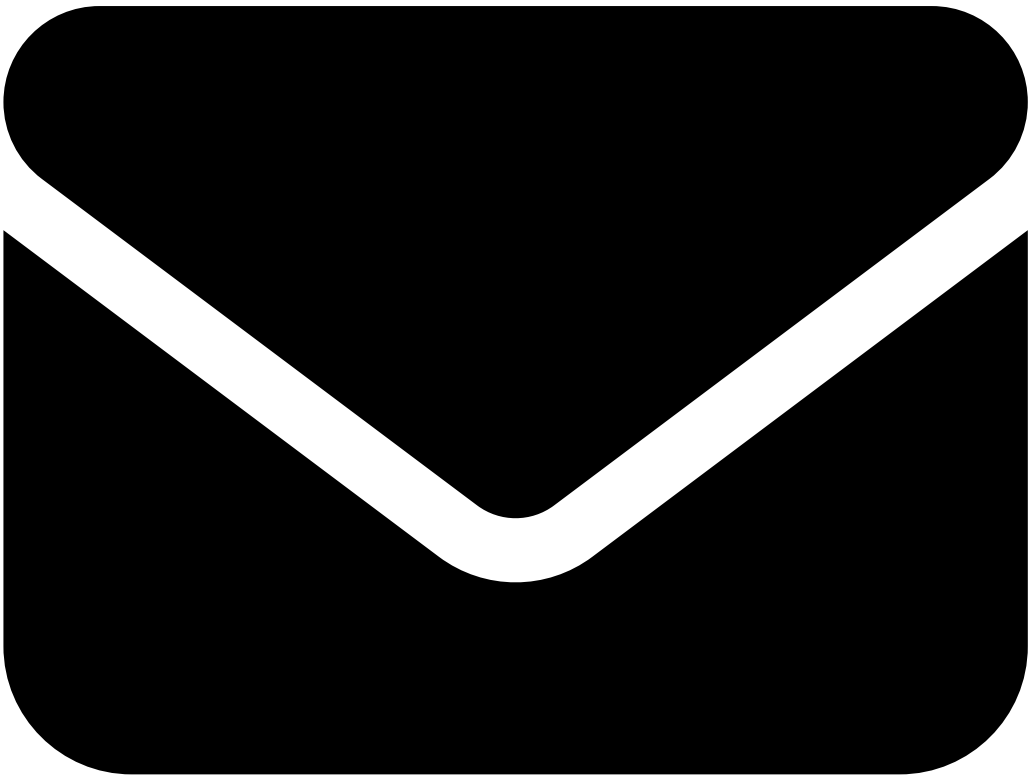




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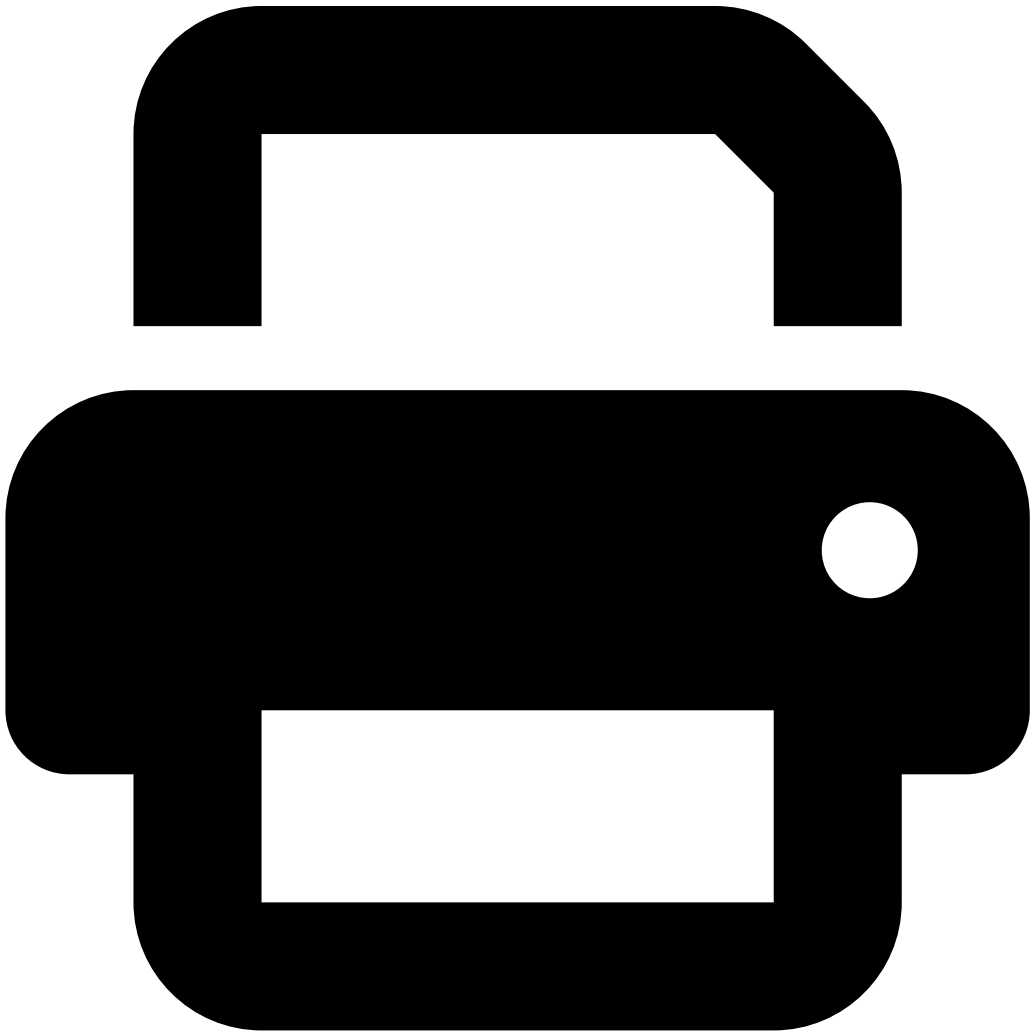

If you have more tomatoes from your garden than you know what to do with, these **oven-dried garden tomatoes** are one of my favorite ways to preserve them. They’re simple to make, packed with flavor, and so much better than anything you can buy at the store.

I used a variety of tomatoes picked fresh from my garden. Cherry tomatoes, Roma tomatoes, plum tomatoes, and other small garden varieties all work beautifully. The key is to cut them into pieces that are roughly the same size so they dry at about the same rate.

After the tomatoes are slowly dried in the oven, I pack them into jars with extra virgin olive oil and a little more oregano. The result is tender, intensely flavored tomatoes that are wonderful in pasta, salads, sandwiches, appetizers, or simply served with crusty Italian bread.

Why You'll Love These Oven-Dried Tomatoes

- A delicious way to use an abundance of garden tomatoes
- Easy to make with just a handful of ingredients
- Slow oven drying concentrates the natural sweetness of the tomatoes
- Wonderful for pasta, salads, sandwiches, bruschetta, and appetizers
- The olive oil becomes infused with tomato and oregano flavor

Things to know about this oven dried tomato recipe

Good to Know

The tomatoes will shrink considerably as they dry. Don't be surprised when a full baking sheet of fresh tomatoes turns into a much smaller amount. This is exactly what you want—the drying process concentrates the tomatoes' natural sweetness and flavor.

For the best results, don't overcrowd the baking sheet. Leave a little space between the tomatoes so the moisture can evaporate evenly. And since different varieties contain different amounts of water, some tomatoes may finish before others. Simply remove the ones that are ready and let the others continue drying.

Important: Tomatoes packed in oil should be refrigerated. This recipe is not intended as a shelf-stable canning method.

How to Use Oven-Dried Tomatoes

There are so many ways to enjoy these tomatoes. Try them:

- Tossed with pasta and Parmesan

- On bruschetta or crostini
- In sandwiches and panini
- Chopped into salads
- With fresh mozzarella
- On pizza
- Stirred into risotto
- Alongside grilled or roasted chicken
- Served with crusty Italian bread

And don’t throw away that tomato-infused olive oil! Use it to dress pasta, drizzle over vegetables, or make a simple vinaigrette.

More Italian-Inspired Recipes You’ll Love

If you have a garden full of summer produce, here are a few more recipes to try:

Homemade Italian roasted Tomato Sauce – A simple, flavorful sauce that’s perfect for pasta and so many Italian dishes.

Classic Bruschetta– Fresh tomatoes, good olive oil, and crusty bread make this an easy Italian appetizer.

Pasta al Forno– A comforting baked pasta that’s perfect for turning homemade tomato sauce into a hearty meal.

Spaghetti Aglio e Olio– One of the simplest Italian pasta dishes, made with garlic, olive oil, and pasta.

Italian Sausage, Peppers & Potatoes– A rustic, comforting dinner that’s perfect for a family meal.

Bring a Little Taste of Summer to Your Table

If you have tomatoes growing in your garden right now, don’t

let them go to waste. Dry a batch, pack them in olive oil, and enjoy that concentrated summer flavor in your favorite Italian-inspired dishes.

Looking for more easy, homemade Italian recipes? Browse the full recipe collection for more simple dishes made for home cooks.

Oven-Dried Garden Tomatoes in Olive Oil



These easy oven-dried tomatoes are made with fresh garden tomatoes, extra virgin olive oil, oregano, salt, and pepper. Slowly dried in the oven until concentrated and slightly chewy, they’re packed in olive oil for a delicious addition to pasta, salads, sandwiches, bruschetta, and more.

- 2-3 lbs. assorted fresh tomatoes
- 2 Tbsp. **extra virgin olive oil** for drizzling the tomatoes before drying.
- 1 Tbsp. dried oregano
- 1 1/2 cups Extra virgin olive oil, or enough to completely cover the tomatoes
- salt and pepper to taste

Prepare the tomatoes

Wash the tomatoes and dry them well. Cut them into pieces that are approximately the same size. If using larger tomatoes, cut them into wedges or smaller pieces. Smaller tomatoes can be halved.

Arrange the tomatoes in a single layer on a parchment-lined baking sheet.

2. ## Season the tomatoes

Drizzle the tomatoes lightly with extra virgin olive oil. Season with salt, black pepper, and oregano.

You don't need a lot of oil at this stage—a light coating is all you need.

3. ## Slowly dry the tomatoes

Place the baking sheet in a **225°F oven** and slowly dry the tomatoes until they have lost much of their moisture and are concentrated and slightly chewy, but not completely hard or brittle.

Depending on the variety, size, and moisture content of your tomatoes, this can take approximately **4–7 hours**. Start checking them around the four-hour mark.

Because tomatoes vary so much, use their appearance and texture as your guide rather than relying strictly on the clock.

4. ## Cool the tomatoes

Remove the tomatoes from the oven and allow them to cool completely before packing them into jars.

1.

5. ## Pack the jars

   Place the dried tomatoes into clean jars. Sprinkle in a little additional dried oregano as you layer the tomatoes.

   Pour extra virgin olive oil over the tomatoes until they are completely covered.

   Make sure the tomatoes remain submerged beneath the oil.

6. ## Refrigerate

   Seal the jars and refrigerate.

   For the best quality, use the tomatoes within **about 1–2 weeks**. Always use a clean utensil when removing tomatoes from the jar, and discard them if you see mold, notice an off smell, or see other signs of spoilage.

Don’t try to dry all of your tomatoes to exactly the same texture. Different varieties contain different amounts of water, so some may finish before others. Remove the tomatoes as they reach that concentrated, slightly chewy texture and let the others continue drying.
Appetizer, Side Dish
Italian

My Mom’s Italian Vegetarian

Stuffed Eggplant

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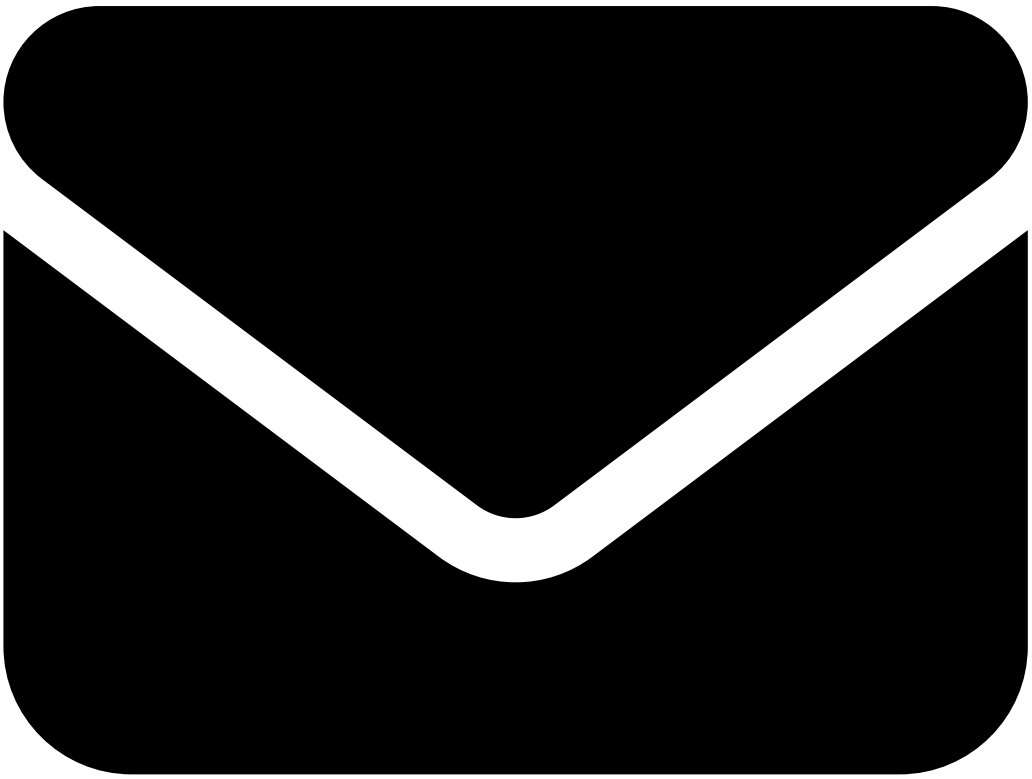




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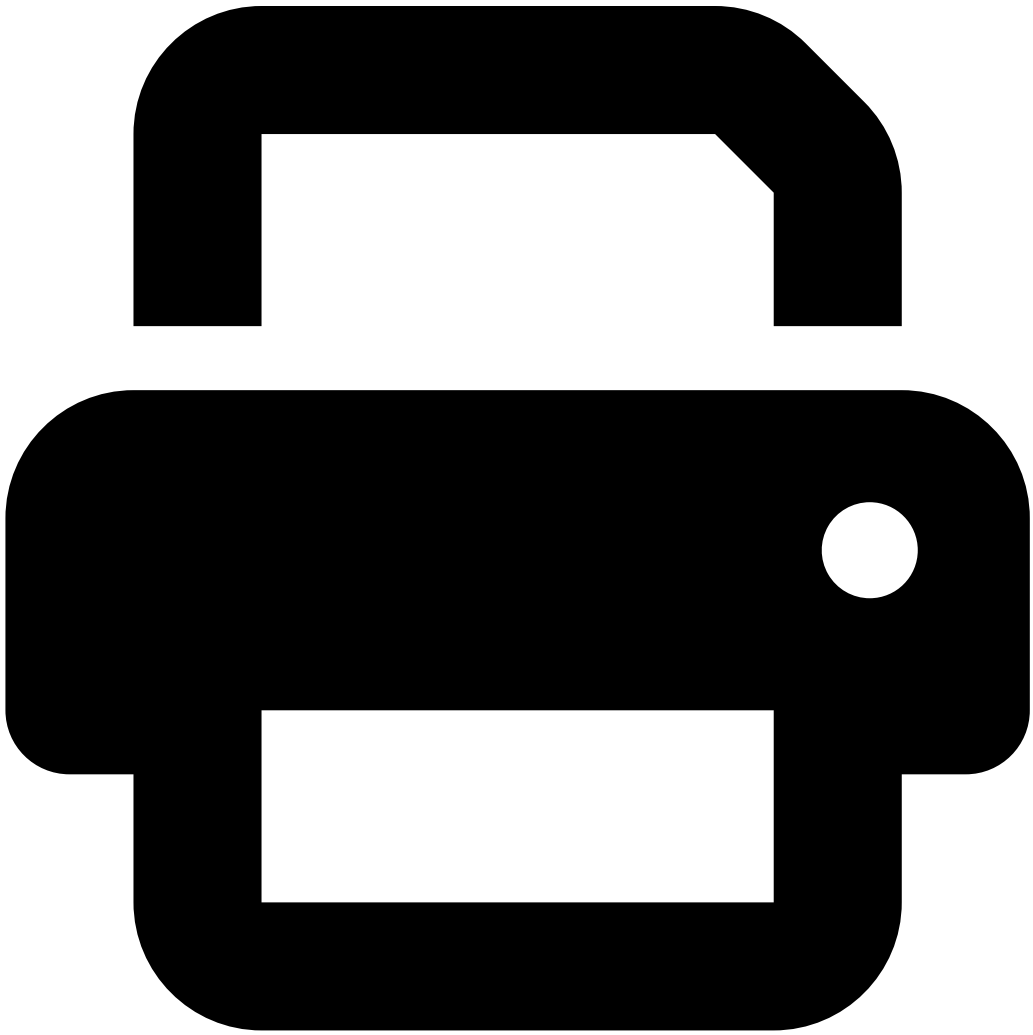

There are some recipes that stay with you because they taste like home. This is one of those recipes for me.

Every summer, when the eggplants are growing in my garden, I think of my mom and these little stuffed eggplants she used to make. **There’s something especially satisfying about picking the eggplant right from the garden and turning it into a recipe that has been part of my family for years.** She would hollow out the small eggplants and use the flesh to make the filling, so nothing went to waste.

The chopped eggplant is sautéed with onion, garlic, and a few sweet cherry tomatoes, then combined with breadcrumbs, Parmesan, fresh parsley, and egg. The shells are roasted first until just tender, then filled with the savory mixture.

Finally, they’re topped with my homemade marinara and shredded mozzarella and baked again until the cheese is melted and

bubbling.

It’s simple, old-fashioned Italian cooking at its best—**a recipe that brings together the garden, my mom’s kitchen, and the flavors I grew up with.**

Why You’ll Love This Recipe

- A traditional-style Italian vegetarian eggplant recipe
- Uses the entire eggplant—nothing goes to waste
- The eggplant shells are roasted before stuffing for extra flavor
- The filling is made with breadcrumbs, Parmesan, parsley, and egg
- Homemade marinara and melted mozzarella make it extra comforting
- Perfect as a vegetarian main course or hearty side dish

Good to Know

Choose small eggplants. They have tender skin and flesh and are the perfect size for stuffing. I like using small Italian or baby eggplants rather than large globe eggplants for this recipe.

Don’t hollow the shells too much. You want enough eggplant around the edges so they hold their shape while roasting and baking.

Let the filling cool slightly before adding the egg. You don’t want the hot vegetables to cook the egg before everything is mixed together.

The filling should be flavorful on its own. Taste it before stuffing and adjust the salt and Parmesan if needed.

Use a good marinara. Since the sauce goes over the eggplant

and into the baking dish, homemade marinara makes a big difference.

Serving Suggestions

These stuffed eggplants make a wonderful **vegetarian Italian main course** with a simple green salad and crusty Italian bread.

They're also delicious served as a side dish alongside roasted chicken, grilled meats, or fish.

And honestly, they're even better the next day after the flavors have had time to come together.

A Taste of Home

My mom's cooking was never about complicated ingredients or fancy techniques. It was about taking simple vegetables and turning them into something the whole family would want to sit down and eat.

That's exactly what I love about these stuffed eggplants. **The eggplant becomes both the vessel and part of the filling, while the tomatoes, garlic, Parmesan, and marinara bring everything together.**

It's the kind of Italian recipe that reminds me that some of the best food doesn't need to be complicated—it just needs to be made with love.

Frequently Asked Questions

Can I make these stuffed eggplants ahead of time?

Yes. You can prepare and stuff the eggplants, cover them, and

refrigerate them for up to 24 hours. Add the mozzarella just before baking for the best result.

Can I use regular breadcrumbs?

Absolutely. Plain Italian breadcrumbs work beautifully. If using plain breadcrumbs, you can add a little extra parsley and Parmesan for more flavor.

Can I use a different cheese?

Mozzarella is my choice for the melted topping, but you can add a little provolone or Pecorino Romano for a stronger Italian flavor.

Are these vegetarian?

Yes. The filling contains no meat. The eggplant is stuffed with its own flesh, vegetables, breadcrumbs, Parmesan, parsley, and egg, then topped with marinara and mozzarella.

More Italian Recipes You'll Love

If you love simple Italian recipes made with fresh vegetables and classic ingredients, here are a few more recipes from my kitchen you might enjoy. **These are the kinds of dishes I love making with the vegetables growing in my garden and the Italian flavors I grew up with.**

- **Italian Green Beans, Potatoes & Tomatoes** – A simple, rustic vegetable dish simmered in a light tomato sauce.
- **Italian Zucchini Fritters** – Crispy on the outside, tender inside, and a delicious way to use fresh zucchini.
- **Easy Homemade Italian Marinara Sauce** – My go-to tomato sauce for pasta, baked dishes, and recipes like these

stuffed eggplants.
- **Italian Vegetable Recipes** – More simple Italian-inspired ways to turn fresh vegetables into something special.

If you make these stuffed eggplants, I'd love to hear how they turned out! Leave a comment below and let me know if they remind you of something your mother or grandmother used to make.

My Mom's Italian Vegetarian Stuffed Eggplant



Small Italian eggplants are hollowed and roasted until tender, then filled with their own sautéed flesh, cherry tomatoes, onion, garlic, breadcrumbs, Parmesan, parsley, and egg. Topped with homemade marinara and mozzarella, they're baked until bubbling and golden. A comforting vegetarian family recipe inspired by my mom's cooking and made even more special with fresh eggplant from the garden.

For the Eggplant

- 4 small eggplants
- 2 Tbsp. extra virgin olive oil
- salt and pepper

For the Filling

- The chopped eggplant flesh from the shells
- 1/2 cup onion, finely chopped
- 2 cloves garlic , minced
- 1 cup Italian-seasoned or plain breadcrumbs
- 1/2 cup grated Parmesan cheese
- 1/3 cup fresh Italian parsley, chopped
- 1 large egg
- salt and pepper to taste

For Topping

- 2 cups homemade marinara sauce
- 1 cup shredded mozzarella
- Fresh parsley or basil, for serving

1. ## Prepare the Eggplant

   Preheat the oven to **400°F**.

   Wash and dry the eggplants. Cut them in half lengthwise. Using a small spoon or paring knife, carefully hollow out the center, leaving enough flesh around the edges so the shells remain sturdy.

   Chop the eggplant flesh into small pieces and set aside.

   Place the eggplant shells cut-side up on a lightly oiled baking sheet. Drizzle with olive oil and season with salt and pepper.

   Roast for about 10-15 **minutes**, or until the shells begin to soften but still hold their shape.

2. ## Make the Filling

   While the shells roast, heat the olive oil in a large

skillet over medium heat.

Add the chopped onion and cook until softened. Add the garlic and cook for about 30 seconds.

Add the chopped eggplant and cherry tomatoes. Season with salt and pepper and sauté until the eggplant is tender and the tomatoes have softened.

Remove from the heat and allow the mixture to cool slightly.

Transfer to a bowl and stir in the breadcrumbs, Parmesan, parsley, and egg. Mix until everything is well combined.

The filling should be **moist enough to hold together but not wet**. Add a little more breadcrumbs if needed.

3. ## Stuff the Eggplant

Spoon the filling generously into the roasted eggplant shells, gently pressing it into the cavities.

line a baking dish with half of the marinara sauce , arrange the stuffed eggplant on top

Spoon marinara sauce over each eggplant, then sprinkle generously with shredded mozzarella.

4. ## Bake Again

Reduce the oven temperature to **375°F**.

Bake for approximately 40 – 45 **minutes**, until the filling is heated through and the mozzarella is melted and lightly golden.

For a more browned, bubbly top, place the eggplant under the broiler for the last 1–2 minutes, watching

carefully.

Let them rest for a few minutes before serving.

Main Course, Side Dish
Italian
Italian stuffed eggplant, vegetarian stuffed eggplant,

Spaghetti Aglio e Olio Recipe (Authentic Italian Garlic & Olive Oil Pasta)

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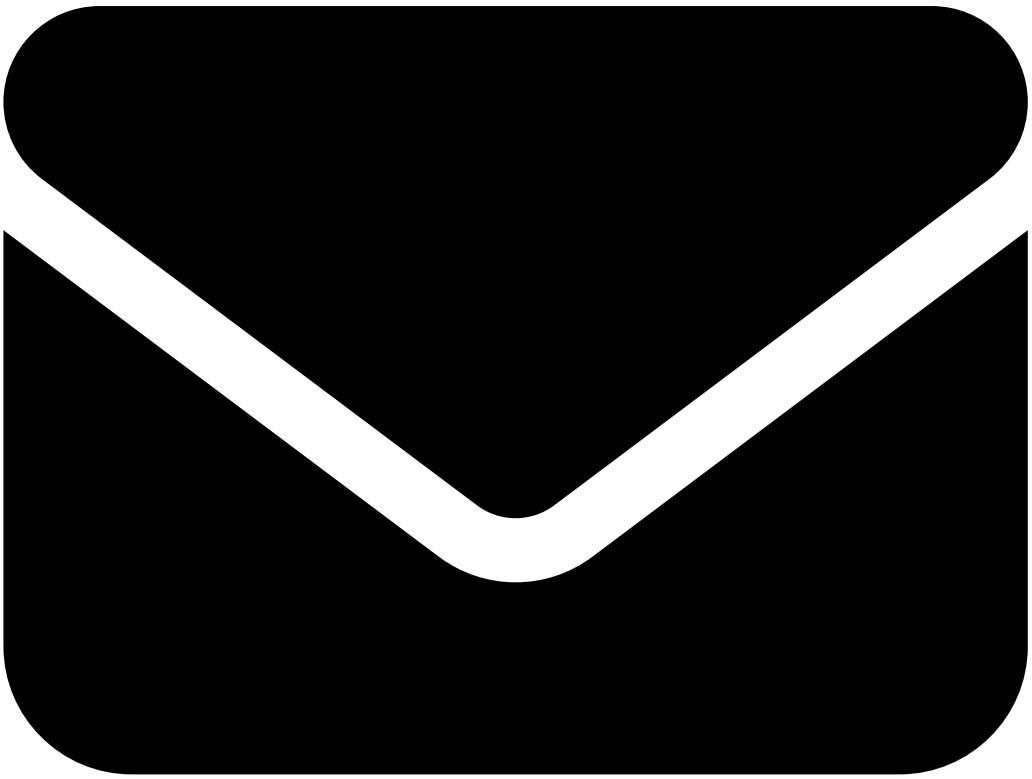




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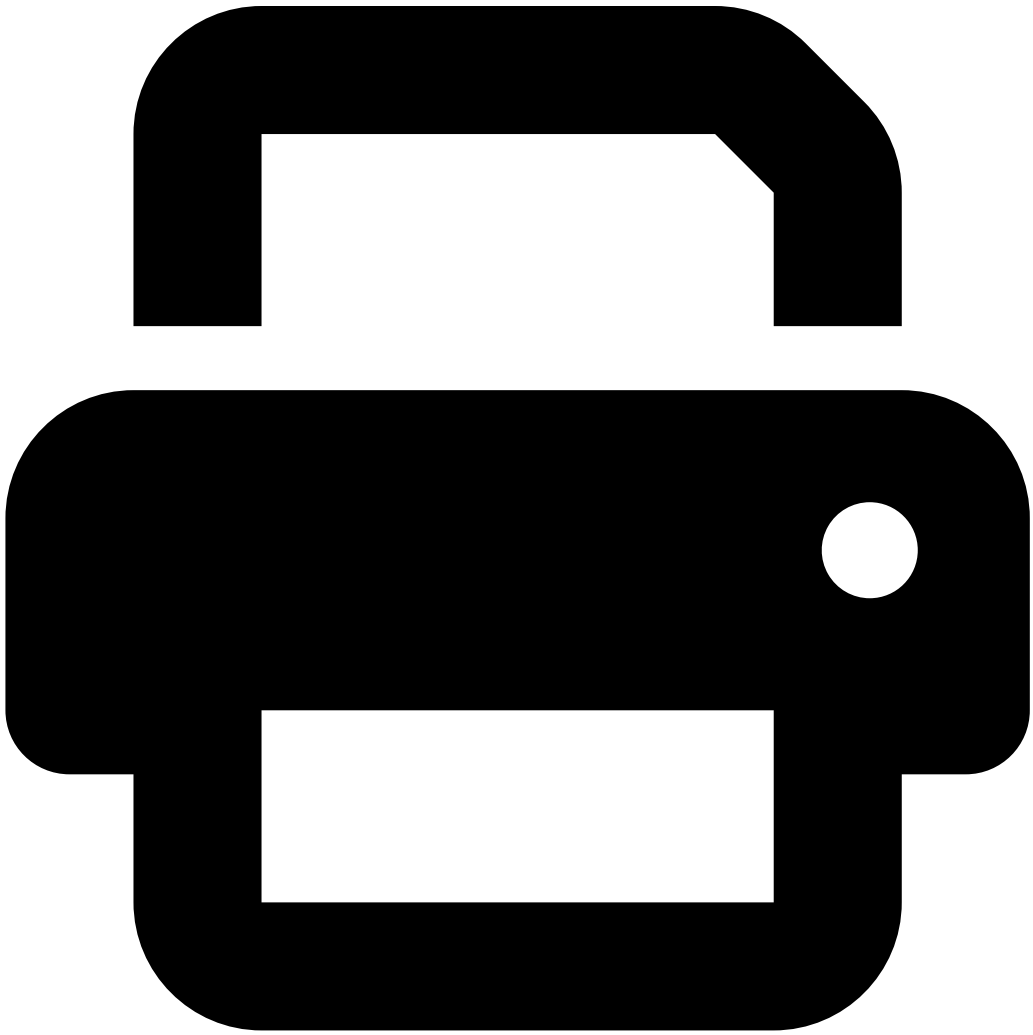


Spaghetti Aglio e Olio is one of those Italian dishes that takes me right back to the simplicity of cooking in Italy. Growing up, we didn’t need a refrigerator full of ingredients to put a good meal on the table. A little garlic, good olive oil, pasta, and a few simple ingredients were often all we needed.

After 40 years in the restaurant business, I’ve come to appreciate these simple dishes even more. When a recipe has so few ingredients, **the technique becomes everything**. You have to gently cook the garlic, use good olive oil, cook the pasta properly, and save that starchy pasta water to bring everything together.

This is a pasta I make when I want something quick, comforting, and full of flavor without a lot of fuss. **It’s proof that some of the best Italian meals are also the simplest.**

Things to know about this Spaghetti Aglio e Olio

Don’t Burn the Garlic

Garlic is the star of this dish, so take your time with it. Cook it gently over medium-low heat until fragrant and just beginning to turn golden.

If the garlic gets too dark, it will become bitter and can overpower the entire dish.

Use Good Extra-Virgin Olive Oil

There are only a handful of ingredients in this recipe, so the quality of your olive oil matters. Use an extra-virgin olive oil that you enjoy the flavor of because it becomes part of the sauce.

Save Your Pasta Water

This is one of the most important steps.

Before draining the spaghetti, reserve some of the cooking water. The starch in the water helps emulsify the olive oil and creates a silky sauce that clings to the pasta.

Don’t skip this step.

Finish the Spaghetti in the Skillet

Don’t simply drain the pasta and pour the garlic and oil over it.

Transfer the spaghetti directly into the skillet with the garlic and olive oil. Add some reserved pasta water and toss everything together over the heat.

Don’t simply drain the pasta and pour the garlic and oil over it.

Transfer the spaghetti for the stock pot directly into the skillet with the garlic and olive oil. Add some reserved pasta water and toss everything together over the heat.

This is what turns the olive oil and pasta water into a light, silky sauce.

Cook the Pasta Al Dente

Start checking the spaghetti a minute or two before the package’s recommended cooking time. You want it tender but still slightly firm when you bite into it.

The pasta will continue cooking when you finish it in the skillet.

Adjust the Heat

Red pepper flakes give Aglio e Olio its signature little kick. Start with a small amount and add more if you like your pasta spicy.

What to Serve With Spaghetti Aglio e Olio

This pasta is wonderful on its own, but it also makes a great first course or side dish.

For an Italian-inspired meal, serve it with a simple vegetable, salad, or a protein such as fish or chicken.

If you love simple Italian pasta dishes, you may also enjoy my **One-Pot Creamy Zucchini Pasta**, another easy pasta that lets a few simple ingredients do the work.

> For a classic Roman pasta, try my **Cacio e Pepe**. Like Aglio e Olio, it relies on technique rather than a complicated ingredient list.

And if you're looking for another traditional Roman favorite, my **Rigatoni Amatriciana** is made with a simple combination of tomatoes, guanciale, and Pecorino Romano.

For something completely different, my **Spaghetti Nerano** combines spaghetti with fried zucchini and cheese for another example of how a handful of ingredients can create something special.

Why You'll Love This Recipe

- It's ready in about 30 minutes.
- It uses simple pantry ingredients.
- It's inexpensive to make.
- No complicated sauce is required.
- It's naturally vegetarian.
- It's perfect for a quick weeknight dinner.
- The technique can be used with many other pasta dishes.

A Simple Italian Pasta Worth Knowing

Spaghetti Aglio e Olio is more than just an easy dinner. It's a great recipe to learn because it teaches you some of the most important techniques for cooking pasta well: properly salted water, al dente pasta, saving pasta water, and finishing the pasta in the sauce.

Once you understand those techniques, you'll see them

throughout Italian cooking.

And sometimes, the simplest plate of pasta is the one you come back to again and again.

Spaghetti Aglio e Olio Recipe (Authentic Italian Garlic & Olive Oil Pasta)



Spaghetti Aglio e Olio is a simple Italian pasta made with garlic, extra-virgin olive oil, red pepper flakes, and parsley. This classic 20-minute recipe uses a few simple ingredients and a little pasta water to create a silky, flavorful sauce that coats every strand of spaghetti.

- 12 oz. spaghetti
- 1 cup extra-virgin olive oil
- 1 Tbsp red pepper flakes
- 1/3 cup chopped fresh Italian parsley
- 1 cup reserved pasta water, or as needed
- salt and pepper to taste

1. Bring a large pot of water to a boil. Season generously with salt and add the spaghetti.

2. Cook until just shy of al dente, following the package directions as a guide. Before draining, reserve at least 1 cup of the pasta water.
3. Meanwhile, heat the olive oil in a large skillet over medium-low heat. Add the sliced garlic and red pepper flakes. Cook gently until the garlic is fragrant and just beginning to turn golden. Be careful not to burn the garlic.
4. Transfer the cooked spaghetti directly into the skillet with the garlic and oil.
5. Add about 1 cup of the reserved pasta water and toss the pasta vigorously with the oil. Continue tossing over medium heat until the pasta is al dente and the sauce becomes silky and coats the spaghetti. Add more pasta water, a little at a time, if needed.
6. Remove from the heat and add the parsley and freshly ground black pepper. Toss once more and serve immediately.
7. Always save more pasta water then the recipe calls for!!!

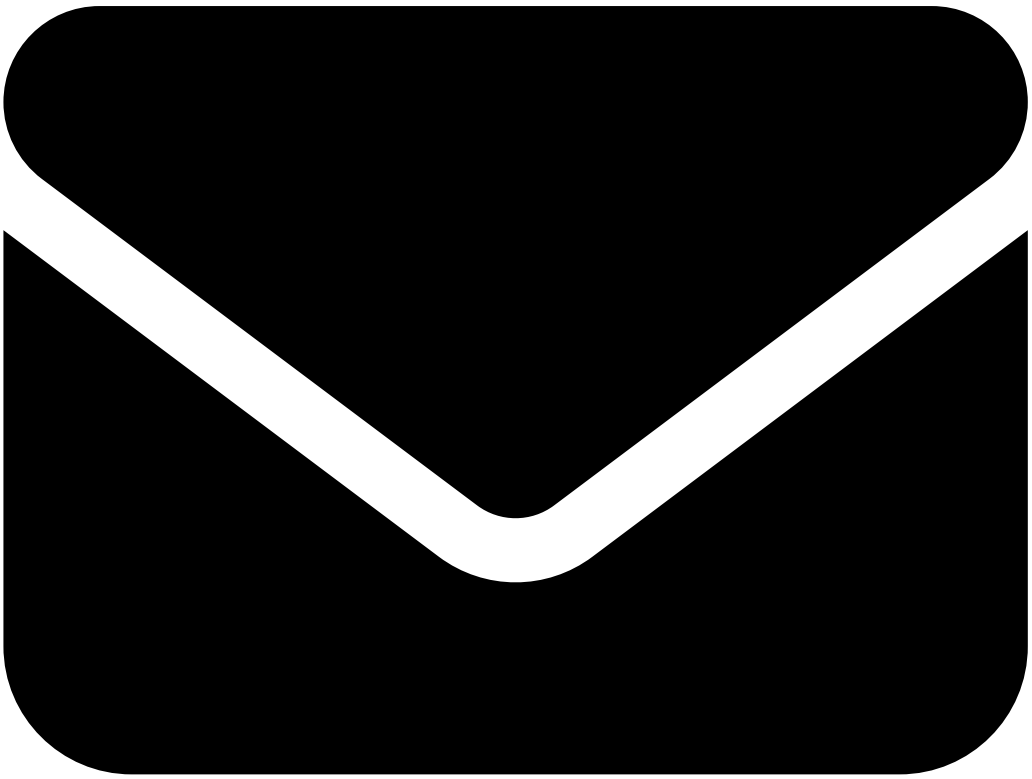
Main Course
Italian
authentic spaghetti aglio e olio

Italian Lentil Soup (Zuppa di

Lenticchie)

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





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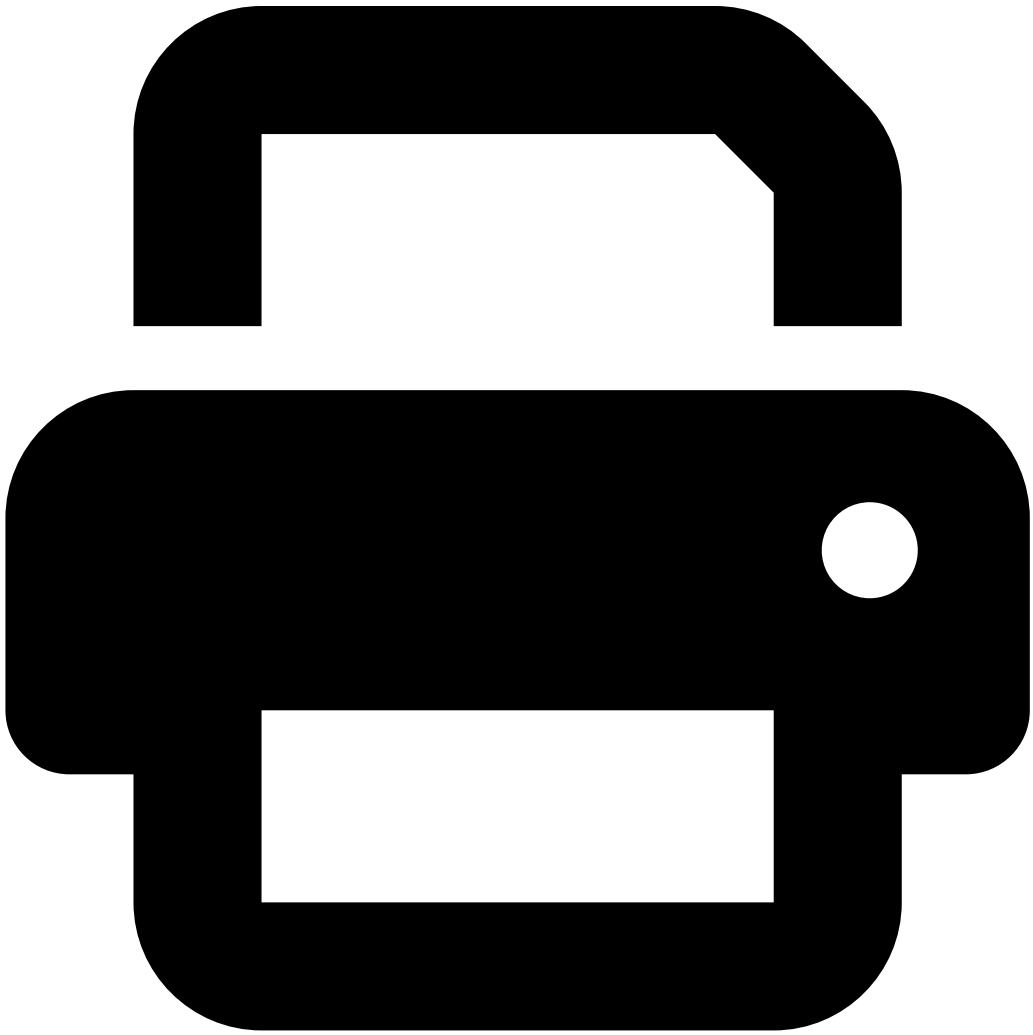

There’s nothing quite like a bowl of **Italian Lentil Soup (Zuppa di Lenticchie)** to warm you from the inside out. This classic recipe is a staple in Italian kitchens, made with a simple soffritto of onion, carrots, and celery, tender lentils, tomatoes, and fragrant herbs that slowly simmer into a rich, comforting soup.

Rustic, hearty, and full of authentic Italian flavor, this one-pot soup is proof that the simplest ingredients often make the best meals. Finished with freshly grated Parmigiano Reggiano, a drizzle of extra virgin olive oil, and served alongside crusty Italian bread, it’s the kind of comforting dish that’s even better the next day.

Things to know about this Italian

lentil soup

Lentils: Brown or green lentils are the traditional choice for Italian lentil soup because they hold their shape well during cooking while becoming tender and flavorful.

Storage Tip: This soup will naturally thicken as it sits. When reheating, simply add a splash of broth or water to reach your desired consistency.

Parmesan Rind: For extra depth of flavor, add a Parmesan rind to the pot while the soup simmers. Remove it before serving.

Make It Creamier: For a thicker, creamier texture, blend a portion of the soup with an immersion blender, leaving plenty of whole lentils for a rustic consistency.

Finishing Touch: Serve with freshly grated Parmigiano Reggiano, a drizzle of extra virgin olive oil, and chopped fresh parsley. Pair with crusty Italian bread for a classic Italian meal.

- If you love cozy bowls like this **Italian Lentil Soup**, you'll also enjoy:
    - Creamy Italian Bean and Parmesan Soup
    - Split Pea Soup with Ham
    - Classic Italian Wedding Soup

Italian Lentil Soup (Zuppa di

Lenticchie)



Italian Spiced Lentil Soup is a hearty, flavorful soup made with tender lentils, aromatic vegetables, Italian herbs, and warm spices. This comforting one-pot recipe is perfect for a cozy lunch or dinner and tastes even better the next day.

- 3 Tbsp. olive oil
- 1/2 cup onion, finely chopped
- 2 cloves garlic, minced
- 1 cup carrot, diced
- 1 cup celery diced
- 14 oz can crushed tomatoes
- 8 oz. can tomato sauce
- 2 cups dried brown or green lentils, rinsed
- 6 cups vegetable or chicken broth
- 2 bay leaves
- 1 Tsp oregano, dried or fresh, chopped
- 1 tsp rosemary, dried or fresh , chopped
- 2 cup chopped baby spinach or Swiss chard (optional but traditional in many regions)
- 2 Tbsp. chopped fresh Italian parsley
- Freshly grated Parmigiano Reggiano, for serving

1. Heat the olive oil in a Dutch oven or large soup pot over medium heat. Add the onion, carrots, and celery. Cook for 8–10 minutes until softened but not browned. Stir in the garlic

2. Add the crushed tomatoes, tomato sauce, lentils, broth, bay leaf, oregano, and rosemary. Bring to a boil.
3. Reduce the heat to low, cover, and simmer for 25 -30 minutes, or until the lentils are tender.
4. Remove the bay leaf. If you like a creamier soup, blend about one-third of the soup with an immersion blender, leaving plenty of whole lentils for texture.
5. Stir in the spinach or Swiss chard and cook for 2–3 minutes until wilted.
6. salt and pepper to taste
7. Stir in the fresh parsley just before serving.Ladle into bowls and finish with grated Parmigiano Reggiano and a drizzle of extra virgin olive oil. Serve with crusty Italian bread.

Soup
Italian
authentic Italian lentil soup recipe

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15 Italian Zucchini Recipes You'll Make All Summer

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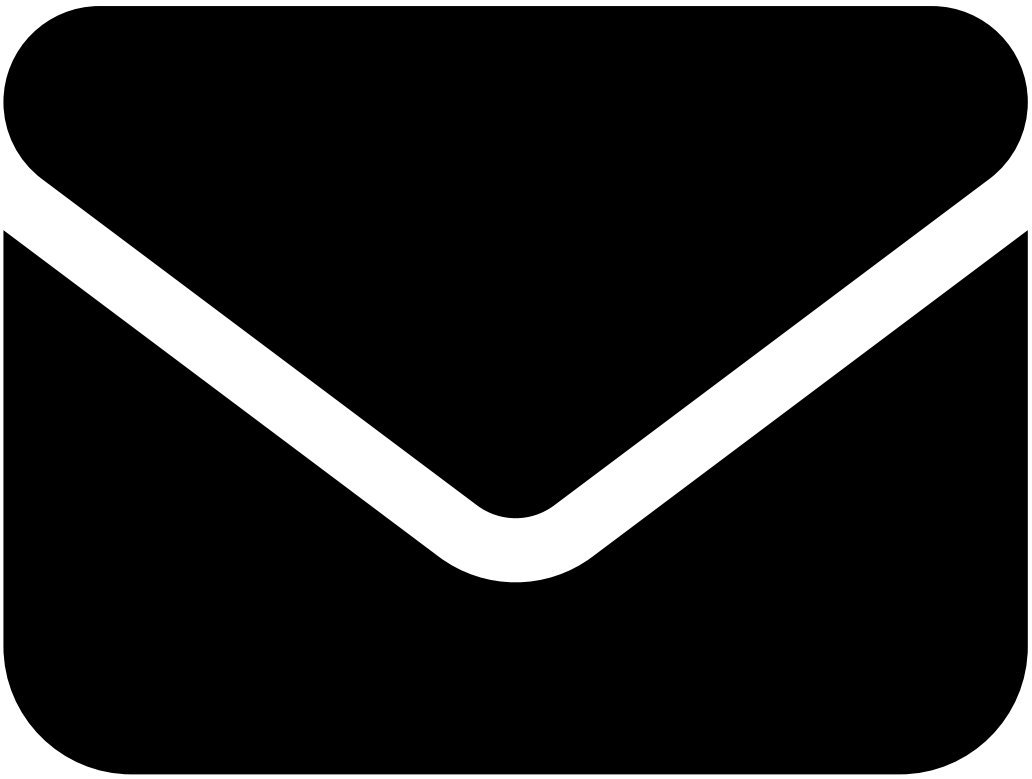




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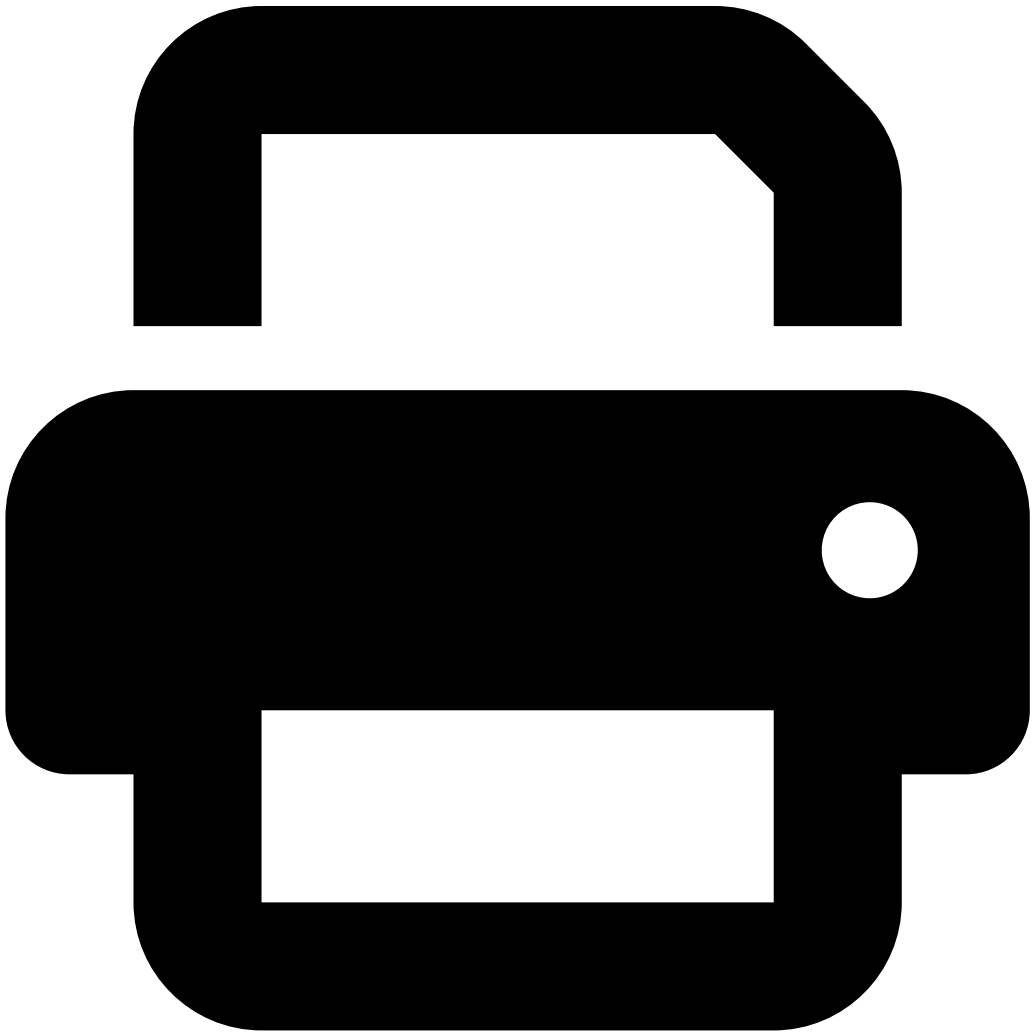

If your garden is overflowing with zucchini—or you've picked up a few too many at the farmers market—you're in the right place. Zucchini is one of summer's most versatile vegetables, and in Italian cooking, it's used in everything from fresh salads and simple side dishes to hearty pastas and comforting baked meals.

Growing up in Tuscany, zucchini was always a part of our summer table. It wasn't dressed up with complicated ingredients. A little good olive oil, fresh herbs, garlic, and Parmesan were often all it needed. Those simple flavors are still the inspiration behind many of the recipes I make today.

After spending more than 40 years in the restaurant business, I've learned that the best recipes don't have to be complicated. These Italian-inspired zucchini recipes are easy enough for busy weeknights, beautiful enough for entertaining, and full of the fresh flavors of summer.

Whether you’re looking for a light lunch, a hearty dinner, or the perfect side dish, this collection has something for everyone.

Easy Roasted Zucchini Salad with Feta

This fresh and colorful zucchini salad is the perfect summer side dish. Roasted zucchini is paired with creamy feta, fresh herbs, and a light vinaigrette for an easy recipe that’s equally at home at a backyard barbecue or an elegant Italian dinner table.GO TO RECIPE

One-Pot Creamy Zucchini Pasta (Pasta e Zucchini)

This comforting Pasta e Zucchini is a traditional Italian favorite that’s creamy without being heavy. Everything cooks together in one pot, allowing the zucchini to melt into the sauce for an easy weeknight meal full of authentic Italian flavor.GO TO RECIPE

Crispy Fried Zucchini Flowers (Non-Stuffed)

A true Italian summer delicacy, these crispy fried zucchini flowers feature a light, golden batter that lets the delicate flavor of the blossoms shine. They’re simple to make and perfect as an appetizer or served alongside your favorite Italian meal.GO TO RECIPE

Classic Zucchini alla Scapece (Neapolitan Marinated Zucchini)

Thin slices of zucchini are lightly fried and marinated with garlic, fresh mint, vinegar, and olive oil in this classic recipe from Naples. It’s a refreshing make-ahead side dish that tastes even better after the flavors have had time to mingle.GO TO RECIPE

Vegetarian Zucchini and Tomato Pasta

Fresh zucchini, juicy summer tomatoes, garlic, basil, and Parmesan come together in this simple vegetarian pasta that’s ready in about 30 minutes. It’s a light yet satisfying dinner that celebrates the best flavors of the season.GO TO RECIPE

Zucchini Lasagna with Bolognese Sauce

Layers of tender zucchini, rich homemade Bolognese sauce, creamy béchamel, and melted cheese make this lasagna a comforting twist on a classic Italian favorite. It’s perfect for family dinners, special occasions, or whenever you’re craving a hearty meal with plenty of garden-fresh flavor.GO TO RECIPE

Easy Vegetarian zucchini fritters

These crispy zucchini fritters are made with fresh zucchini, Parmesan cheese, herbs, and a handful of pantry staples. Golden on the outside and tender on the inside, they’re

perfect as an appetizer, light lunch, or flavorful side dish.

GO TO RECIPE

Baked vegetarian zucchini meatballs

These baked zucchini meatballs are a delicious vegetarian twist on a classic. Made with grated zucchini, breadcrumbs, Parmesan, and fresh herbs, they’re crispy on the outside, tender in the center, and perfect served with marinara or as a meatless main course.GO TO RECIPE

Crispy Zucchini scarpaccia

This traditional Tuscan zucchini scarpaccia is a savory zucchini tart with crisp, golden edges and a tender center. Made with thinly sliced zucchini, onions, Parmesan, and a simple batter, it’s an easy recipe that showcases the fresh flavors of summer.GO TO RECIPE

Vegetarian Zucchini Roll-Ups

Thin slices of zucchini are rolled around a creamy ricotta filling, topped with marinara sauce and mozzarella, then baked until bubbly and golden. This lighter take on classic Italian comfort food is perfect for weeknight dinners or entertaining.GO TO RECIPE

Zucchini ricotta penne pasta

Creamy ricotta, tender zucchini, and perfectly cooked penne come together in this simple Italian-inspired pasta. Finished with fresh basil and Parmesan, it’s a quick and satisfying

meal that’s ready in about 30 minutes.GO TO RECIPE

Italian zucchini potato stew

This rustic Italian stew combines tender zucchini, potatoes, tomatoes, garlic, and herbs in a comforting one-pot meal. It’s a simple, budget-friendly recipe that’s perfect for using up fresh summer vegetables.GO TO RECIPE

Spaghetti alla Nerano

One of Italy’s most beloved zucchini pasta dishes, Spaghetti alla Nerano features golden fried zucchini, al dente spaghetti, fresh basil, and plenty of cheese for a silky, flavorful sauce. Originating on the Amalfi Coast, this classic recipe proves that a few simple ingredients can create an unforgettable meal.GO TO RECIPE

Roasted Zucchini Panzanella Salad

This Italian-inspired panzanella gives the classic bread salad a delicious summer twist. Roasted zucchini, juicy tomatoes, toasted bread, fresh basil, and a tangy vinaigrette come together for a hearty salad that’s perfect for lunch, dinner, or entertaining.GO TO RECIPE

Creamy Lemon Parmesan Zucchini Orzo

This creamy lemon Parmesan zucchini orzo is bright, comforting, and full of fresh summer flavor. Tender orzo, sautéed zucchini, fresh lemon, and Parmesan create a silky one-pan dish that works beautifully as a light main course or alongside grilled chicken, seafood, or your favorite Italian entrées.GO TO RECIPE

Final Thoughts

Zucchini is one of those humble vegetables that proves simple ingredients can create some of the most memorable meals. From classic Italian recipes passed down through generations to fresh, modern dishes inspired by summer's abundance, there are so many delicious ways to enjoy zucchini.

Whether you're looking for a quick weeknight pasta, a light summer salad, a comforting baked dish, or a new way to use up garden zucchini, these Italian zucchini recipes are full of flavor and easy enough to make at home.

I hope this collection inspires you to bring more zucchini to your table this summer. Save this page, share it with someone who loves Italian food, and come back as new zucchini recipes are added to this collection.

Authentic Pasta al Limone (Italian Lemon Pasta)

Authentic Pasta al Limone (Italian Lemon Pasta)

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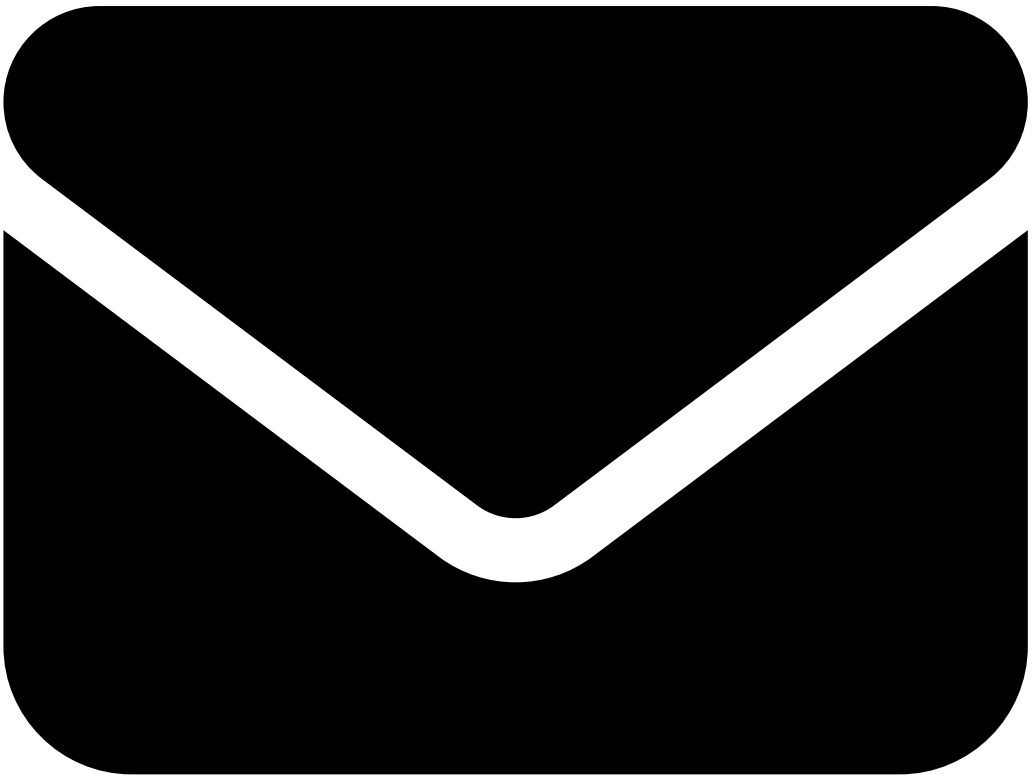




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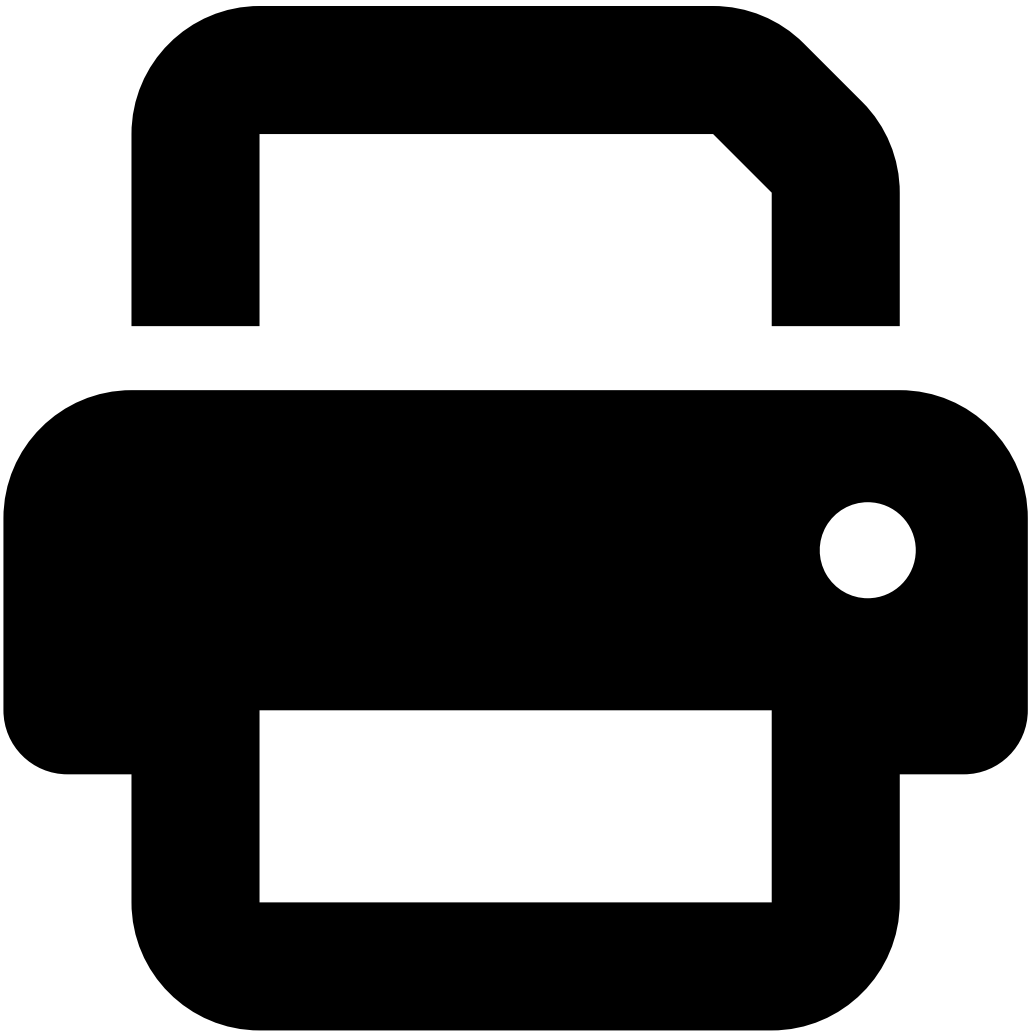

There’s a reason Pasta al Limone is so closely tied to the Amalfi Coast—this stretch of southern Italy is famous for its incredibly fragrant lemons, grown right along the cliffs overlooking the sea. Those lemons are the heart of this dish, and once you taste it made the right way, you understand why.

I’ve always been drawn to recipes like this—simple, ingredient-driven, and rooted in tradition. And living in California, it feels even closer to home—we have a Meyer lemon tree in our garden, and when it’s full, this is one of the first dishes I reach for. The flavor is a little softer and slightly sweeter than traditional Italian lemons, but it works beautifully here.

No garlic, no cream—just the classic balance that makes this dish feel light, silky, and full of bright lemon flavor.

Things to know about this Authentic Pasta al Limone (Italian Lemon pasta)

Authentic Pasta al Limone is all about balance. The biggest mistake is adding too much lemon juice—this isn't meant to be sharp or sour. The zest is where most of the flavor and aroma come from, while the juice should stay in the background.

Also, the "creaminess" in this dish doesn't come from cream—it comes from properly emulsifying the pasta water with the butter or olive oil and cheese. If your sauce ever feels too tight or dry, just add a splash of pasta water and toss again. It should look glossy, not heavy.

And if you're using Meyer lemons from your garden, keep in mind they're naturally sweeter and less acidic than traditional Italian lemons, so you may need slightly less juice to keep everything balanced.

If you love simple, ingredient-driven Italian recipes like this Pasta al Limone, you might also enjoy a few other favorites from the blog:

- A cozy bowl of creamy zucchini pasta for an easy weeknight dinner
- Or bright and easy Tomato Pesto classic Portofino pasta that comes together in minutes
- Or a classic Sunday-style sauce loaded with flavor, inspired by traditional Italian cooking

You can find all of these recipes (and more) on the blog—perfect for building a collection of simple, authentic meals you'll come back to again and again.

Authentic Pasta al Limone (Italian Lemon Pasta)



Authentic Pasta al Limone made the Italian way—no cream, just lemon, butter, cheese, and pasta water for a silky, bright, and easy lemon pasta recipe.

- 12 oz, pasta (Use your favorite shape,)
- 2 large lemons (juice and zest)
- 3 Tbsp. butter
- 1/2 cup freshly grated Parmigiano Reggiano
- 1 cup pasta water (make a habit to reserve more than the recipe calls for)
- salt and fresh black pepper to taste
- 1 tsp red pepper flacks (optional)
- fresh basil (for serving)

1. ## Boil the Pasta

   Bring a large pot of salted water to a boil. Cook pasta until al dente.Before draining, reserve at least 1 cup of pasta water.

2. ## . Build the Base

   In a large skillet over low heat, melt the butter (or warm the olive oil).Add lemon zest red pepper flakes if using and gently heat—don’t let it brown.

3. ## Create the Sauce

   Add a splash (about ¼ cup) of reserved pasta water to the skillet. Stir to combine and create a light emulsion.

4. ## Add the Pasta

   Transfer the drained pasta directly into the skillet. Toss well to coat.

5. ## Finish with Lemon & Cheese

   Remove from heat. Add lemon juice and grated cheese, tossing continuously .Add more pasta water as needed until the sauce becomes glossy and creamy.

6. ## Season & Serve

   Taste and adjust salt and pepper. Serve immediately with extra cheese and a little more lemon zest on top.

Main Course
Italian
pasta, Italian, lemon

Authentic Pasta Portofino – Simple Pesto Tomato Pasta

Authentic Pasta Portofino – Simple Pesto Tomato Pasta

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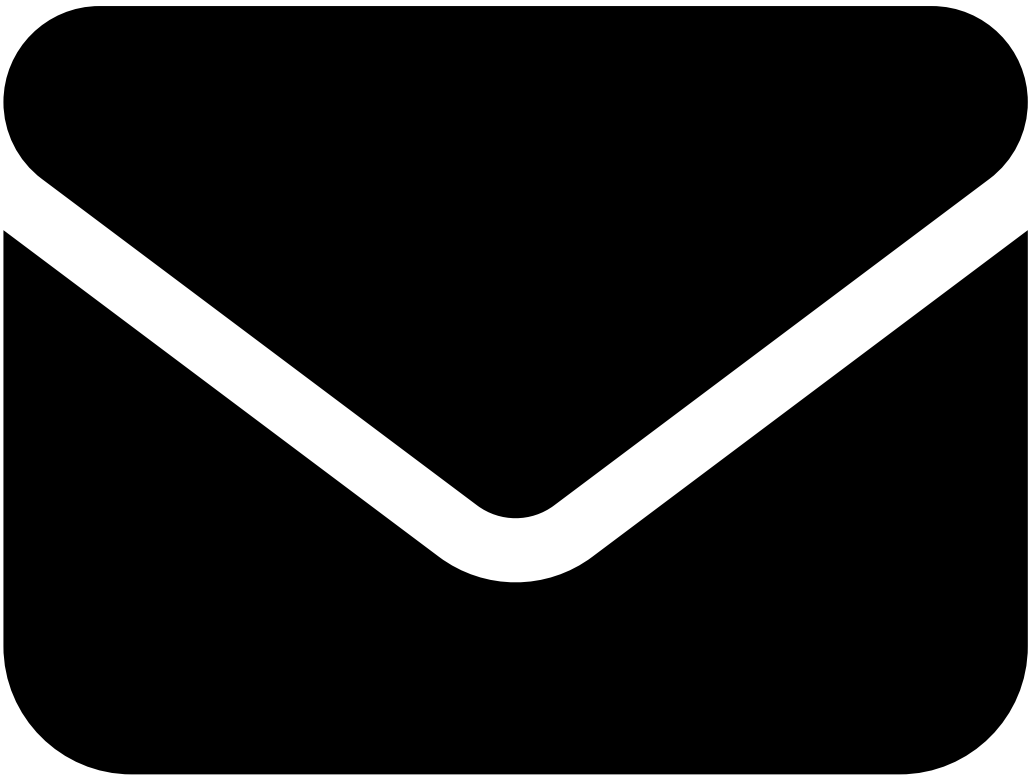




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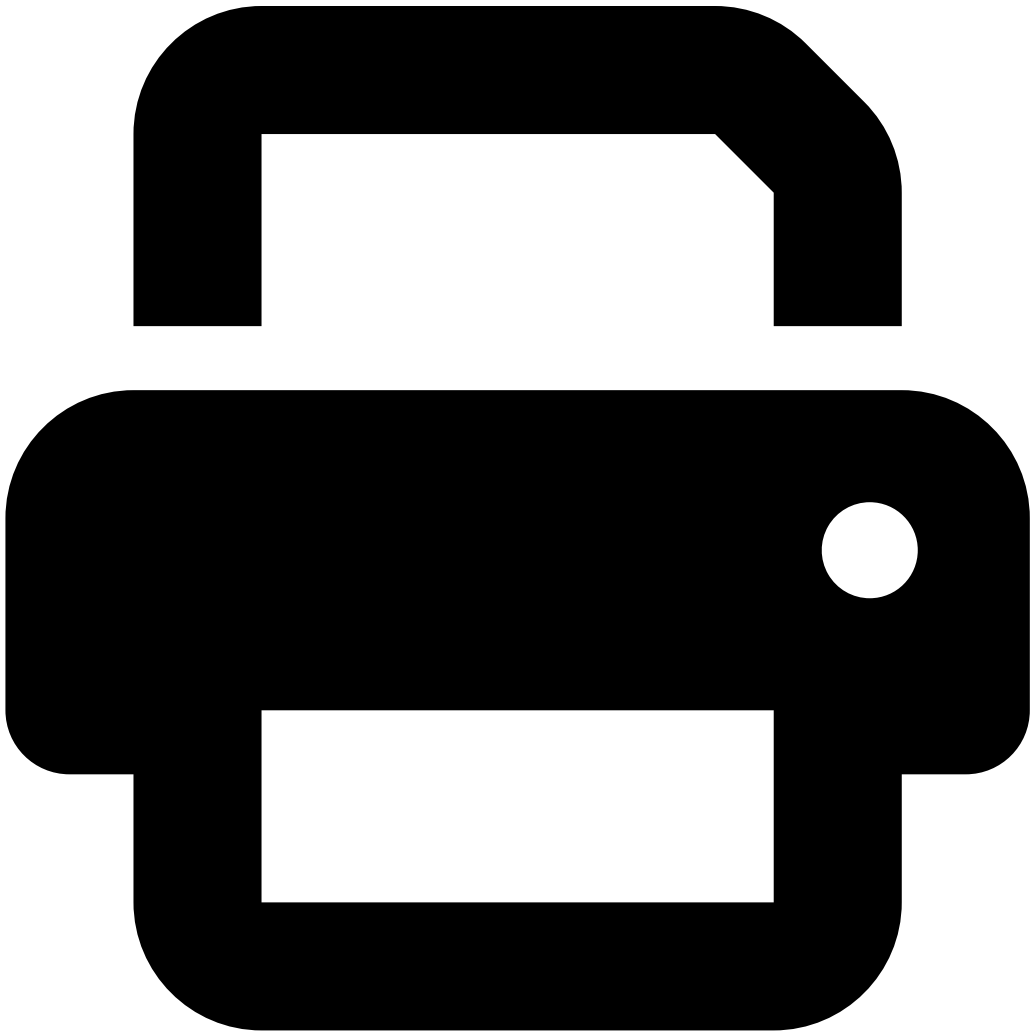

There’s something about the Italian Riviera that changes the way you cook. The food is lighter, brighter, and built on ingredients that don’t need much help. This Pasta Portofino is exactly that.

Inspired by the coastal village of Portofino, this dish brings together the bold freshness of basil, the sweetness of ripe tomatoes, and the richness of good olive oil. It’s often described as a cross between a tomato sauce and Pesto alla Genovese—but simpler, looser, and meant to taste like summer.

No cream. No mozzarella. Just real ingredients, handled the right way.

Things to know about this Authentic

Pasta Portofino – Simple Pesto Tomato Pasta

What Makes This Dish Authentic

- **No cream** – the sauce is emulsified with olive oil and pasta water
- **No mozzarella** – cheese is used sparingly and intentionally
- **Basil is the star** – not cooked down, but folded in fresh
- **Simple technique** – nothing heavy, nothing overworked

This is the kind of dish that relies on ingredient quality more than anything else.

Tips for the Best Flavor

- Use the best olive oil you have—it matters here
- Don’t over blend the basil; texture is part of the dish
- Salt your pasta water well—it’s your first layer of seasoning
- Add pasta water gradually—you’re looking for a light coating, not a heavy sauce

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Serving

Serve immediately, with extra Parmigiano Reggiano on the side and maybe a glass of crisp white wine. This is a dish that doesn’t wait—and doesn’t need anything else.

Final Note

This isn’t about perfection. It’s about balance—fresh, simple, and coastal. The kind of pasta that feels like it came straight out of a small kitchen overlooking the sea in Portofino.

Craving More Simple Italian Recipes?

If you loved this Pasta Portofino, you’ll want to keep that fresh, coastal flavor going. Try some of my other go-to recipes that bring the same simple, ingredient-first approach to the table:

- My **Classic Italian Vinaigrette** – perfect as a marinade or light dressing
- These **Crispy Italian Potato Croquettes** – golden on the outside, soft and flavorful inside
- My **Authentic Bolognese Sauce** – slow-cooked, rich, and deeply comforting
- This **Shrimp Oreganato** – bright, garlicky, and ready in minutes

Head over to the blog to explore more recipes made with real ingredients and simple techniques—just the way Italian cooking should be.

Authentic Pasta Portofino – Simple Pesto Tomato Pasta



A fresh and authentic Pasta Portofino recipe inspired by Portofino. Made with basil, cherry tomatoes, olive oil, and Parmigiano Reggiano—no cream, just simple Italian flavor ready in minutes.

- 12 oz. spaghetti
- 2 cups cherry tomatoes (cut in half)
- 2 cloves minced garlic
- 1/3 cup extra virgin olive oil
- 1 cup fresh basil leaves (packed cup)
- 1 cup pasta water
- 1/3 cup pine nuts
- 1/2 cup Parmigiano Reggiano (freshly grated)
- salt and fresh cracked black pepper to taste

1. ## Cook the pasta

   Bring a large pot of well-salted water to a boil. Cook pasta until **al dente**. Reserve 1 cup of pasta water, then drain.

2. ## Build the base

   In a large skillet, heat the olive oil over medium-low heat. Add garlic and cook gently for 1–2 minutes until fragrant (do not brown).

3. ## Cook the tomatoes

   Add cherry tomatoes and a pinch of salt. Cook 6–8 minutes until softened and slightly broken down, creating a light sauce.

4. ## Make the pesto (rustic)

   Using a mortar and pestle (preferred) or quick pulse in a processor, combine:

   Keep it **textured, not fully smooth**.

   basil pine nuts Parmigiano Reggiano

5. ## Combine

   Add drained pasta to the skillet with tomatoes. Toss to coat.

   Add: 2–3 tablespoons of the pesto mixture splash of reserved pasta water

   Toss continuously until the sauce becomes **light, glossy, and emulsified**.

6. ## Finish

   Remove from heat. Add black pepper and an extra drizzle of olive oil. Adjust salt if needed.

   Serve immediately with additional Parmigiano Reggiano.

Main Course
Italian
pasta, tomato, Portofino, Italian

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

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

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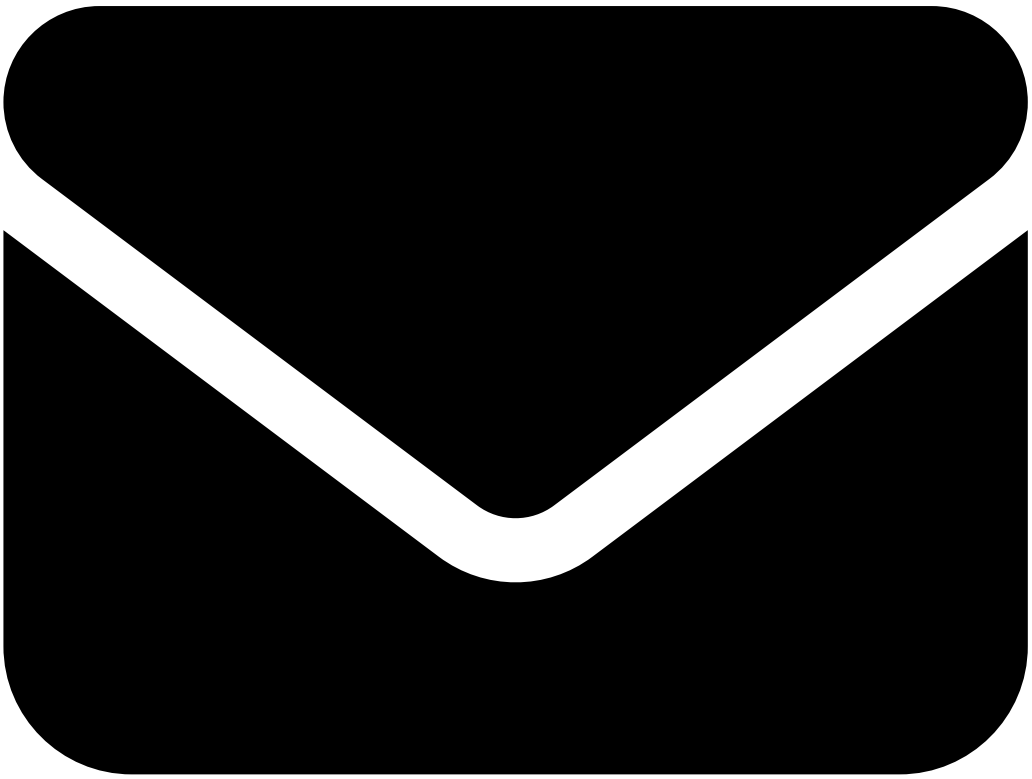




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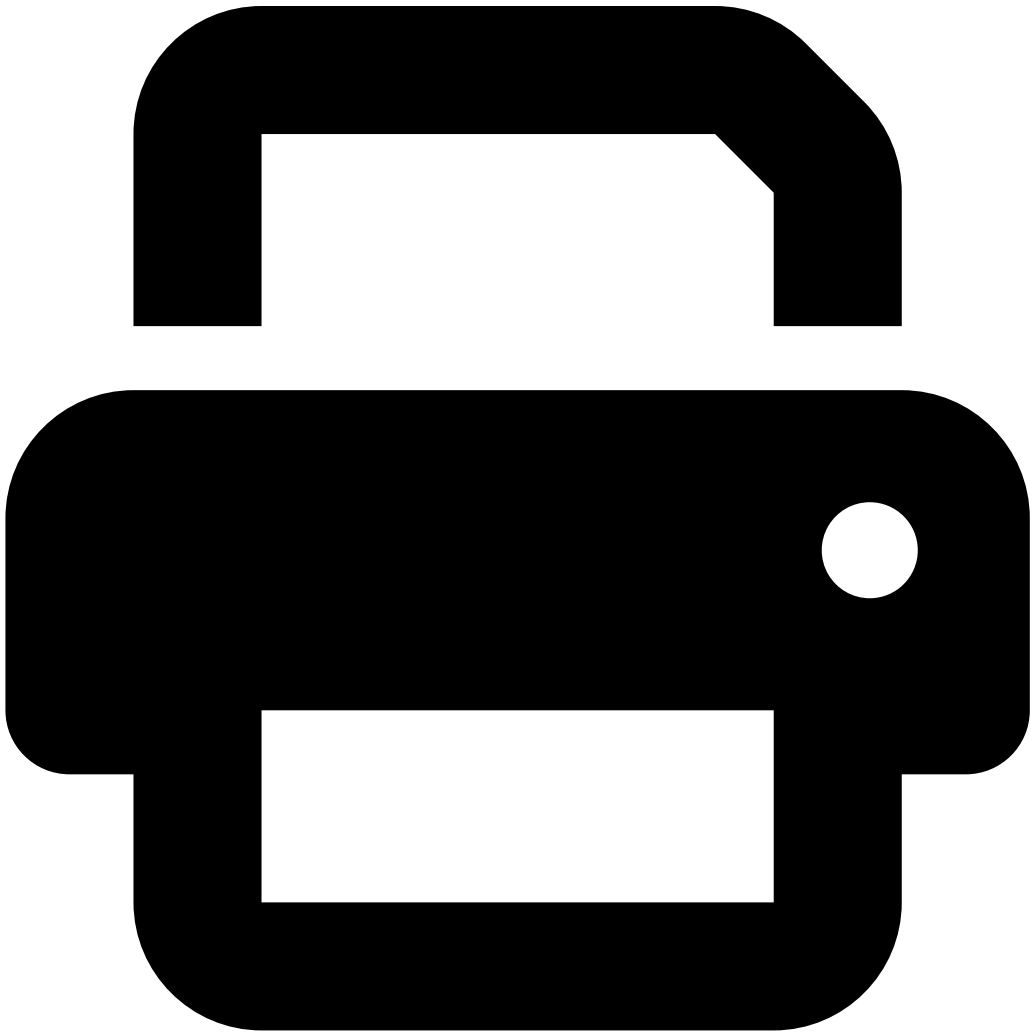

This dish goes back to **Roman home cooking**, where simplicity wasn’t a trend—it was survival and tradition. *Pomodori Ripieni di Riso* (stuffed tomatoes with rice) became especially popular in and around Rome and Lazio as a way to stretch seasonal summer produce into a full, satisfying meal.

Farmers and home cooks would hollow out ripe tomatoes at peak season, using every bit of the fruit—juice, pulp, and all—to season uncooked rice. As it baked slowly in the oven, the rice absorbed the tomato’s natural sweetness while olive oil, garlic, and basil built layers of flavor. Nothing was wasted, and nothing was complicated.

The addition of potatoes baked underneath is a classic Roman touch. They act almost like a built-in side dish, soaking up the tomato juices as everything roasts together into one unified pan.

What you get is a dish that feels humble but deeply intentional—rooted in old-world Italian cooking where seasonal ingredients and patience did all the work.

Things to know about this Authentic Italian Stuffed Tomatoes with Rice and Potatoes (Roman Recipe)

What to Look For

- Rice fully cooked and fluffy inside
- Tomatoes slightly wrinkled and jammy
- Potatoes deeply golden and infused with tomato juices

How to Serve

- Best at **room temperature** (this is very Italian)
- Drizzle with a little fresh olive oil before serving
- Spoon those potatoes right alongside—don’t leave them behind

Pro Tips

- Don’t skip the resting time for the rice
- Use ripe but sturdy tomatoes so they hold their shape
- If the pan looks dry halfway through, add a splash of water or more olive oil
- Let them sit 10–15 minutes before serving so everything settles

Storage

- **Fridge: up to 3 days**

- **Reheat gently or enjoy cold/room temp**

- **Flavor actually gets better the next day**

- If you loved these authentic Roman stuffed tomatoes, you'll want to explore more simple Italian dishes that let seasonal ingredients shine.
    - My **Authentic Tomato Bolognese Sauce** for another classic, slow-simmered staple
    - **Italian Roasted Potatoes** for the perfect crispy side dish
    - **Caponata (Sicilian Eggplant Relish)** if you love bold Mediterranean flavors
    - **Lemon Loaf** cake for something bright and sweet to finish

  If you make this recipe, leave a comment and let me know how it turned out—or tag me so I can see your version straight from the oven

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



Authentic Italian stuffed tomatoes filled with rice, garlic, and basil, roasted with potatoes until tender and flavorful—just like in Rome.

- 6 medium tomatoes (firm)
- 1 cup uncooked short grain rice (Arborio)
- 2 cloves garlic (minced)
- 1/3 cup basil (torn)
- 3 Tbsp olive oil
- 2-3 medium potatoes (cut into medium dice)
- salt and pepper to taste

1. ## Prep the Tomatoes

   Cut the tops off and set aside. Scoop out the pulp and juices into a bowl.Salt the inside of each tomato and place them upside down for about 20 minutes to drain.

2. ## Make the Rice Filling

   Crush or blend the tomato pulp until slightly smooth. Add:

   Mix and let it sit for **at least 15 minutes**. This step is key—the rice absorbs all that tomato flavor before baking

3. ## Prep the Potatoes

   Slice the potatoes thin or into medium dice Toss with:

   Spread them in the bottom of your baking dish.

4. ## Stuff & Assemble

   Fill the tomatoes with the rice mixture (don’t pack tightly).Place them directly on top of the potatoes .Add

the tomato tops back on and drizzle everything with a little more olive oil.

5. ## Roast

   Bake at **375°F (190°C)** for **50–60 minutes**, until:

   the rice is tender the tomatoes are soft and slightly caramelizedthe potatoes are golden and crispy on the edges

Main Course
Italian
authentic Italian stuffed tomatoes with rice and potatoes”