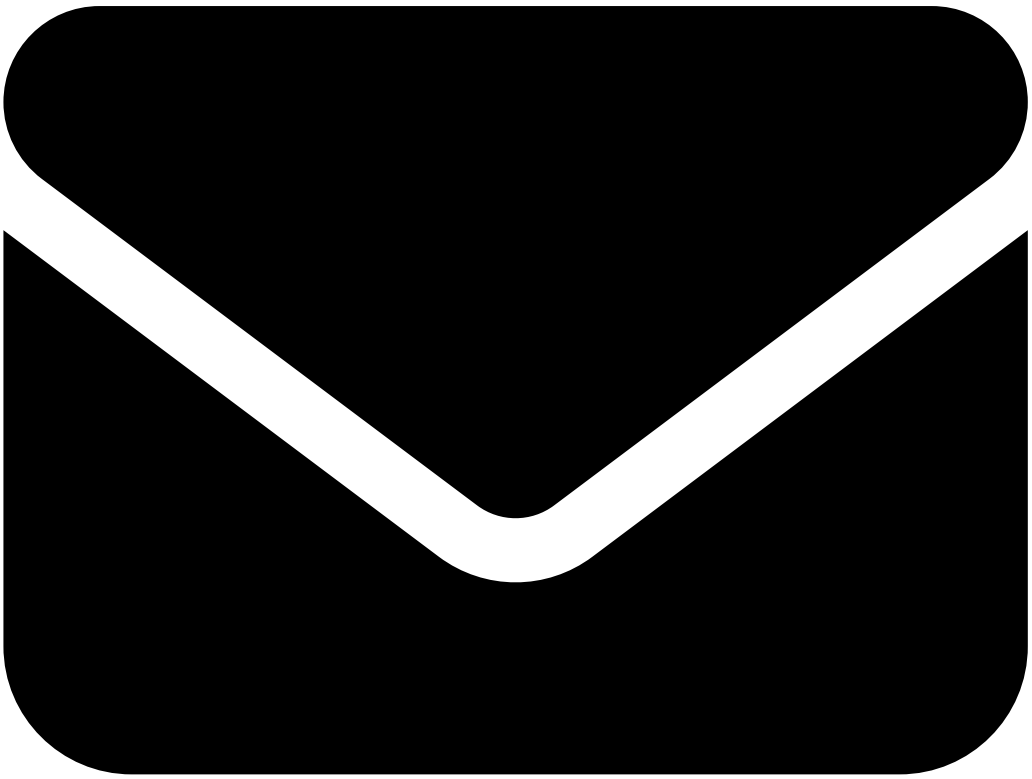
Peppers And Pasta

Peppers And Pasta

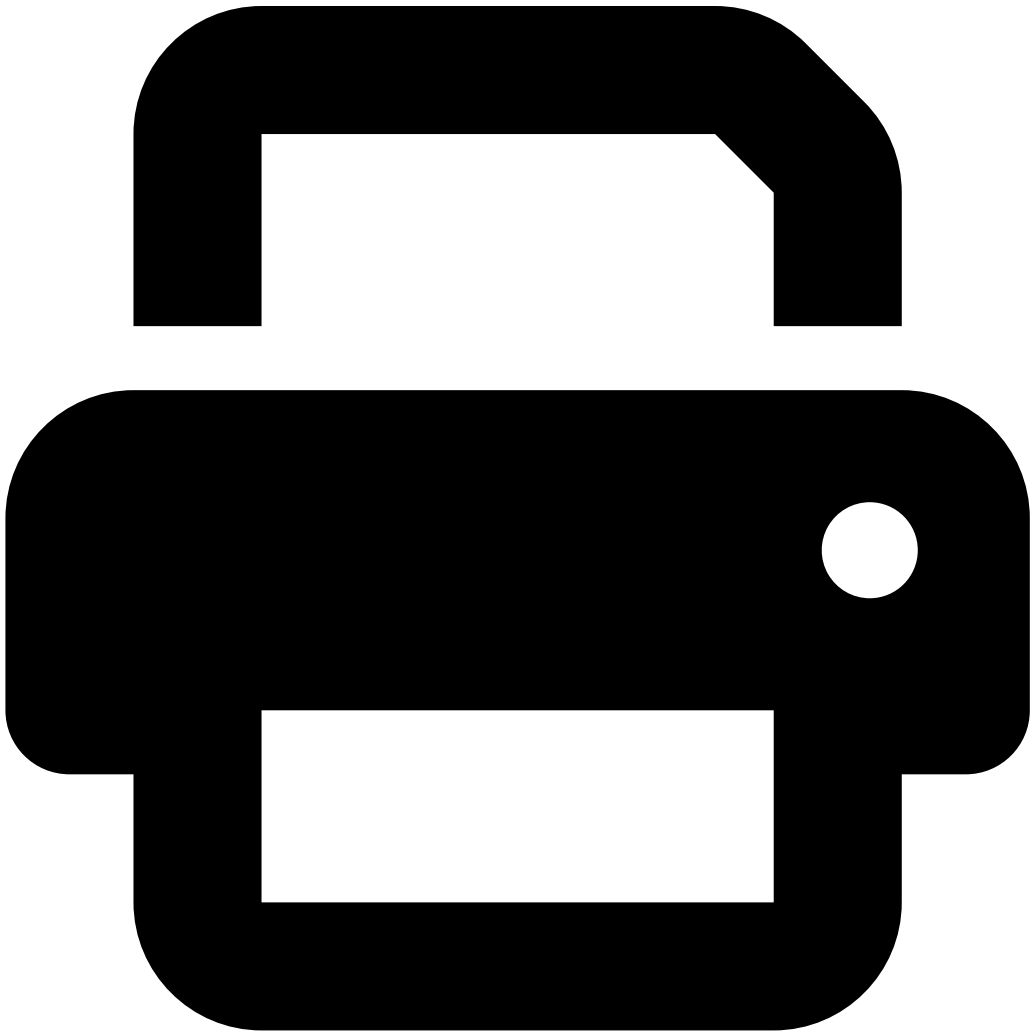
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SMS



This Peppers and pasta is a prefect definition of a comforting family meal everyone will love. It’s a beautiful, vegetarian delicious pasta bowl with a trilogy of beautiful garden peppers, and onions tossed in a delicious creamy sauce full of Italian flavors.
It’s a easy recipe that comes together in less than 30 minutes and the best part you can customize it to fit your tastes.

In case you haven’t notice I love pasta. It’s my favorite go to ingredient, when am stuck for dinner ideas it’s pasta to the rescue. Italians truly love pasta so much so that it ranks first in pasta consumption, with Americans close behind. Really what’s not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love recipes that come together quick, like this one. While the pasta is cooking on the back burner the sauce is coming together on the front burner. Recipes like this are ones

you’ll fall back again and again, when you want Italian and easy too.

Customize Peppers and Pasta

This Peppers And Pasta recipe works well with chicken and shrimp too. If you use shrimp saute them 3 minutes per side them remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use steak and made it a true Philly steak pasta meal. If you keep following along pretty soon you wouldn’t be looking at recipes as often, you’ll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one I use from Target, it’s the prefect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay’s fresh in the fridge for 2 to 3 days, for quick meal reheats and it’s freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you !!!!

Peppers and Pasta



Sweet bell peppers, spinach, and penne are tossed in a creamy tomato Parmesan sauce for a simple Italian pasta that's colorful, comforting, and full of fresh flavor.

- ½ lb penne rigata
- 2 tbsp olive oil
- 1 yellow onion chopped
- 1 each red, yellow and green pepper cut in thin strips
- 2 cups spinach chopped
- 2 cups milk
- 1 tbsp flour
- 1 cup prepared marinara sauce
- 1 cup water or vegetable stock
- 1 cup grated parmesan cheese
- 1 tbsp each chopped Italian parsley, basil, and thyme
- Salt and pepper to taste

1. Heat oil add onion and saute until tender
2. Add peppers and saute until crisp tender about 15 minutes add garlic last 5 minutes
3. Sprinkle 1 Tablespoon flour over peppers Salt and Pepper Now
4. Add the milk, marinara sauce, water or vegetable shock
5. Simmer until sauce thickens about 15 minutes
6. Add spinach and parmesan Simmer 5 minutes more……. Enjoy!!!!

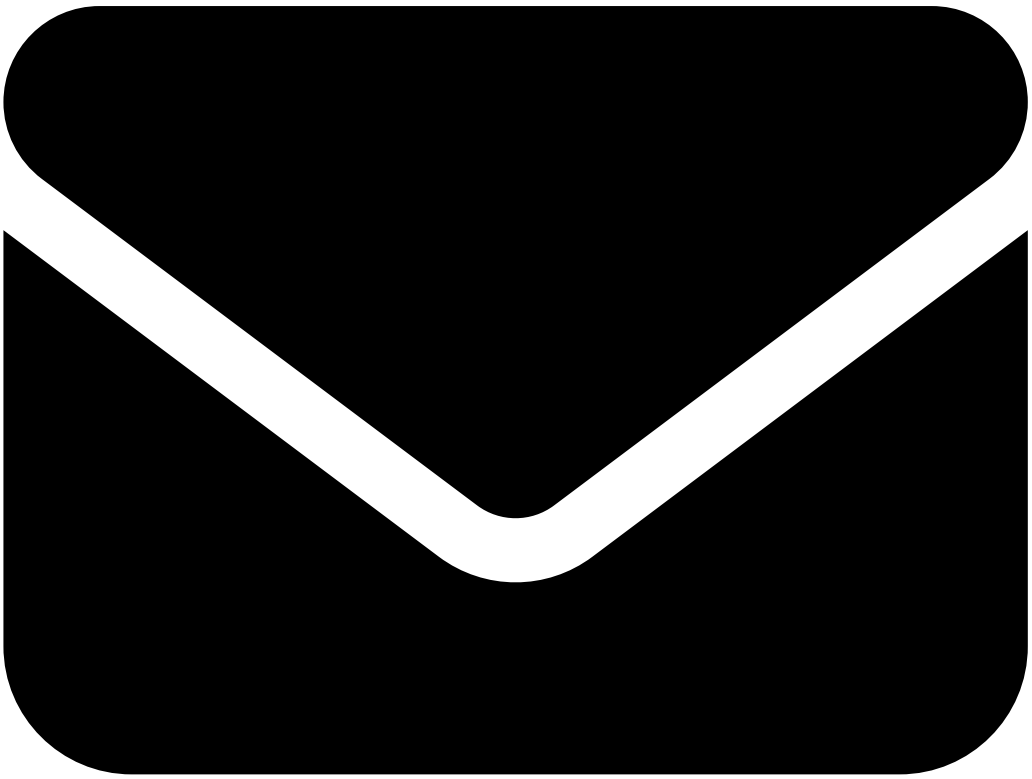
One Pan Spaghetti Primavera

One Pan Spaghetti Primavera

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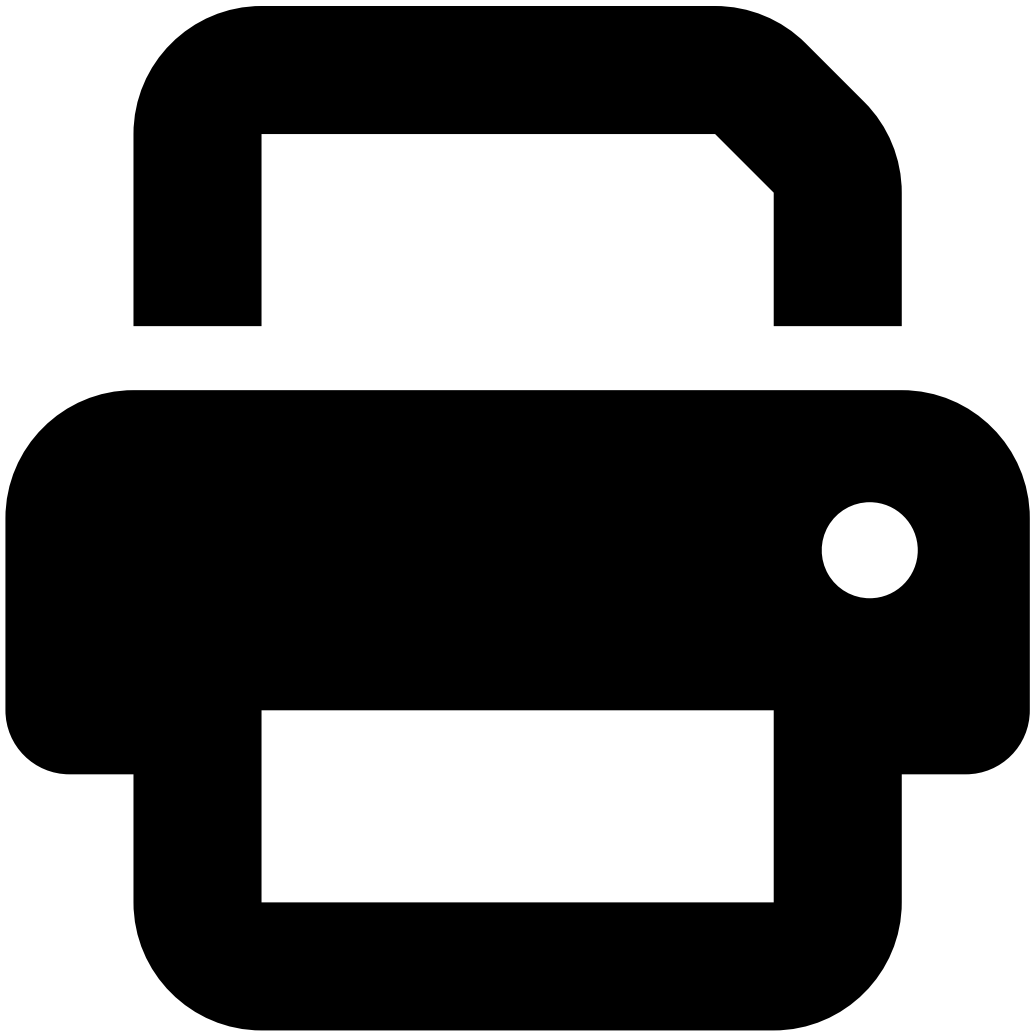









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This One Pan Spaghetti Permavera is a prefect definition of a comforting family meal everyone will love. It’s a beautiful, vegetarian delicious pasta bowl of mushroom, asparagus,broccoli, and tomatoes tossed in a delicious creamy sauce full of Italian flavors, It’s a easy recipe that comes together in less than 30 minutes and the best part you only need one pan.

In case you haven’t notice I love pasta. It’s my favorite go to ingredient, when am stuck for dinner ideas it’s pasta to the rescue. Italians truly love pasta so much so that it ranks first pasta consumption, with Americans close behind. Really what’s not to love? Pasta is versatile, quick, easy, delicious. And with all the shapes and flavors you could have pasta often without repeating the same meal for awhile.

I love one pan meals just about as much as pasta, put those two things together and it’s a Win-Win. Add to that that it’s a vegetarian meal, prefect any night of the week, even

Saturday night dinner with friends.

Three Tips when making One pan Spaghetti Primavera

Number one…..if the sauce is too liquid coat a pat of butter with flour and trow it into the sauce to thicken it more. if it’s too dry add more liquid. another tip if you want crisper vegetables you can add them in stages depending on your taste. Also important is the size saute pan you use when cooking pasta in one pan meals.

This is were size matters, you can find my favorite large saute pan here. A well functioning kitchen should at the very least have three different size saute pans large, medium and small.

One more thing add salt and pepper to the vegetables in the saute pan, salt brings out the flavor in food, but use it sparsely you can add more to adjust flavors according to your taste.

This is a great satisfying vegetarian pasta recipe if you make it please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you, that’s my favorite part!!

One Pan Spaghetti Primavera



Fresh vegetables, tender spaghetti, and Parmesan are cooked together in a creamy one-pan sauce for a light, colorful Italian pasta that's simple, comforting, and full of fresh flavor.

- ½ lb spaghetti
- ½ lb broccoli florets
- 2 cups trimmed asparagus
- 2 cups sliced mushrooms
- 2 cups cherry tomatoes
- 2 cups water or vegetable stock
- 1 cup heavy cream
- 1 cup parmesan cheese
- ½ cup chopped onion
- 2 tbsp chopped garlic
- 2 tbsp each Italian Parsley, basil and thyme
- 2 tbsp olive oil
- Salt and pepper to taste

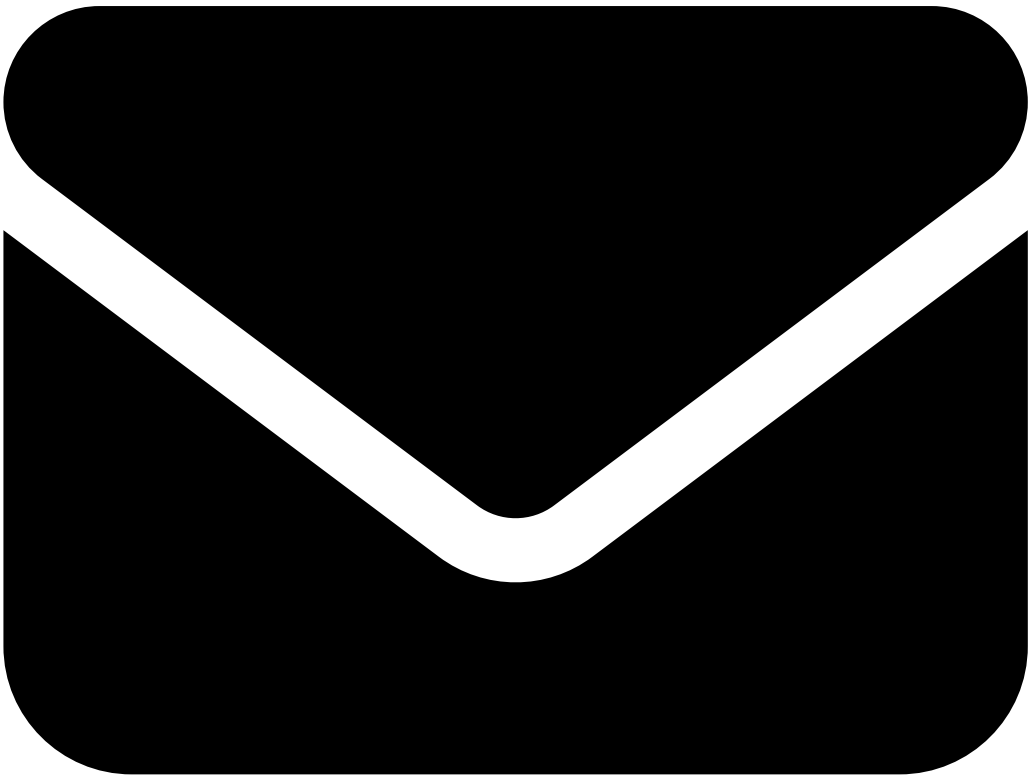
1. In a large deep saute pan heat the oil to medium
2. Add the onion and garlic saute until tender and just beginning to brown
3. Add The water or vegetable stock and cream
4. Break the spaghetti in half and add to the pan
5. Add the broccoli, mushrooms, tomatoes and asparagus salt and pepper to taste
6. Simmer covered 10 minutes
7. Add the parmesan cheese and herbs simmer 5 minutes longer
8. Mix well top with more parmesan cheese and herbs

Summer Tomato Zucchini Bake

Summer Tomato Zucchini Bake

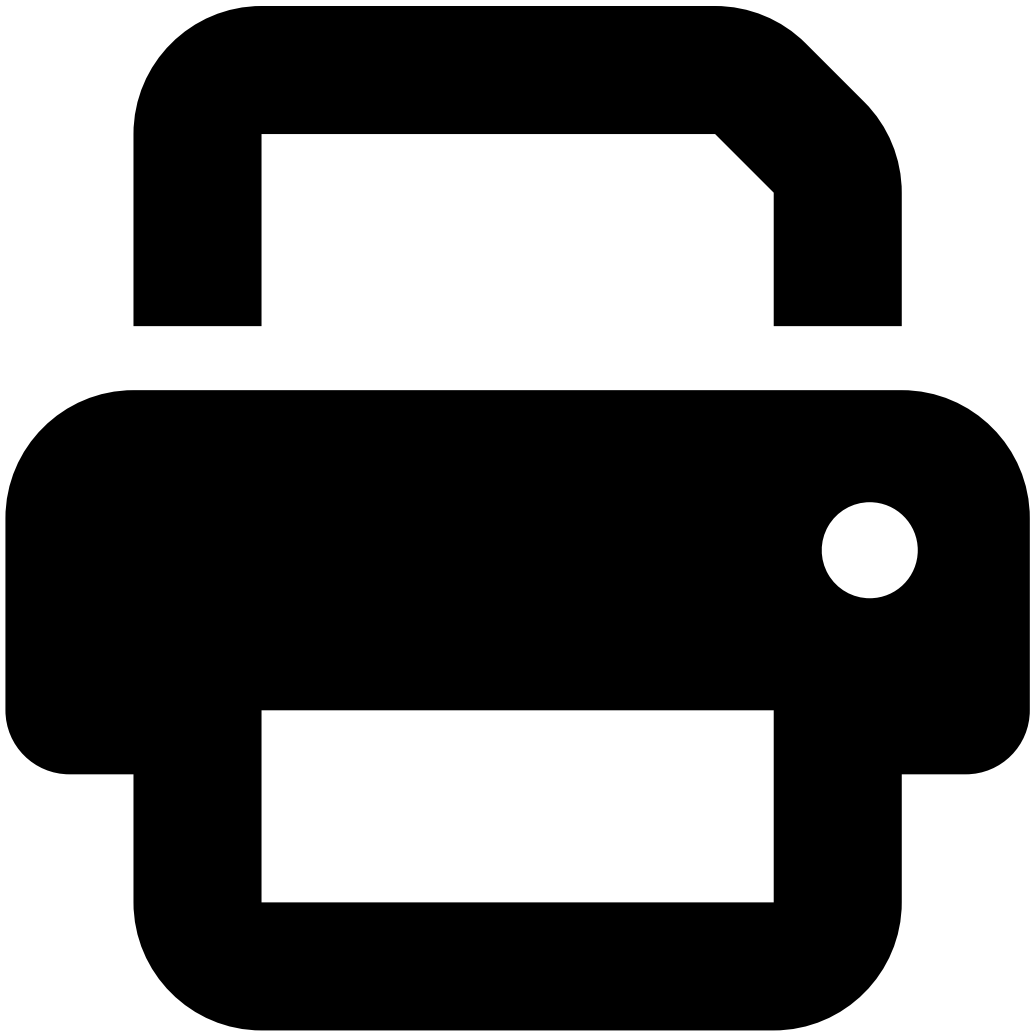
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Here we are it’s the middle of June and my garden is starting to buzz not only with bees, but with zucchini and tomatoes, so at this time of year Am always thinking of new ways to use them.
Introducing Summer Tomato Zucchini Bake, layered with cheese, marinara and just picked ingredients from the garden. It’s easy to plant and grow the ingredients for this easy recipe, but if you don’t have a garden store bought works.

I love the idea of being able to go in the garden and pick a tomato or herbs for a recipe. In all the restaurants we always found a spot for herbs, even if they were mixed in with the red geraniums.

Okay, so back to the recipe it’s an easy recipe that uses few ingredients, is prefect for this time of year when the tomatoes and zucchini are at they’re peak, and your family and friends are going to love it!!!

How To Make Summer Tomato Zucchini Bake

Making this Summer Tomato Zucchini Bake is easy and the prep is super quick. Start by washing and slicing the tomatoes and zucchini, I sliced the zucchini in round shapes about 1/2 inch thick you can slice them length wise if the shape fits your casserole dish better.

If your using store bought zucchini bigger is not necessarily better, the bigger ones tend to have more seeds and less flavor, choose small to medium size ones with a shiny unblemished skin.

Layer the ingredients in the same way you would a lasagna, beginning with the marinara and ending with the cheese.

I used my homemade marinara you can use whatever you like, but if you would like to make your own, here’s how, in a large pot with 2 tablespoons each of butter and olive oil saute 1 bunch of chopped Italian parsley, 1 onion and 2 tablespoons of garlic until tender and just beginning to brown then add 2 15 oz. cans chopped tomatoes, 2 cans tomato sauce and 1 can of water simmer covered 2 hours add 1 bunch chopped basil last 15 minutes.

This marinara sauce was a staple in the restaurants and now in my home kitchen this one sauce is the beautiful beginning of many delicious recipes. Both the marinara and the Tomato Zucchini Bake can be frozen for ready made meals.

If you make these recipes please leave me a comment and don’t forget to tag me on Instagram, hearing for you is my favorite part!!!

Summer Tomato Zucchini Bake



Layers of fresh zucchini, ripe tomatoes, and melty Parmesan are baked until tender and golden for a simple Italian side dish that's fresh, comforting, and full of garden flavor.

- 1 green and yellow zucchini
- 2 tomatoes
- ½ onion finely chopped
- 2 cups prepared marinara
- 1 cup shredded mozzarella
- 1 cup grated parmesan
- 2 tbsp olive oil
- 1 tbsp each garlic, Italian parsley, thyme and oregano
- Salt and pepper to taste

1. Slice the zucchini in medium thick rounds
2. Slice the tomatoes
3. In a bowl mix the herbs with the onion, salt, pepper, olive oil and 1/3 cup of the parmesan
4. Toss the tomatoes and zucchini in the olive oil mixture
5. In a small casserole dish (8 x 8) beginning layer the tomatoes, zucchini, cheeses and marinara sauce, beginning and ending with the marinara sauce
6. Bake covered at 375 for 30 minutes uncover and bake an additional 15 minutes

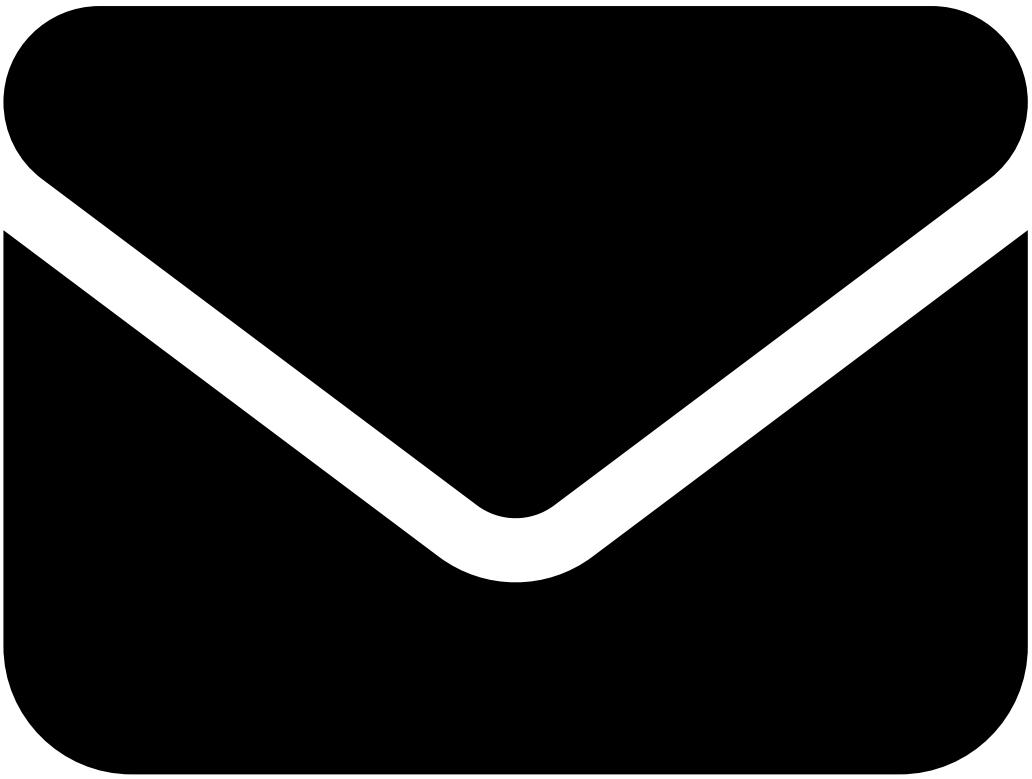
Italian Tortellini Summer Salad

Italian Tortellini Summer Salad

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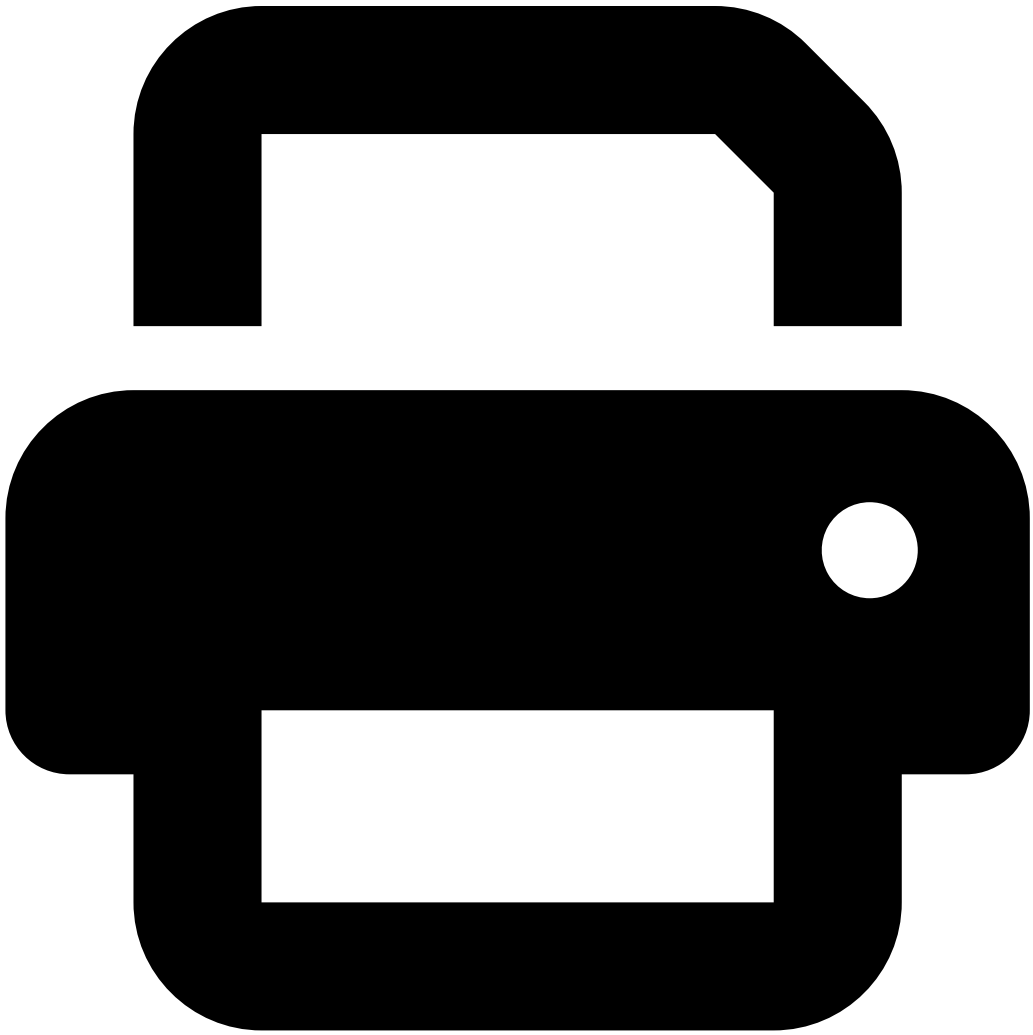









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Italian tortellini summer salad is not your run of the mill pasta salad. This recipe takes classic pasta salad and kicks it up a few notches, with an Italian inspired twist.
Made with store bought cheese tortellini, loaded with from the garden summer ingredients and topped with a made in the bowl tangy Italian dressing this Italian tortellini pasta salad is sure to be a hit at your next potluck or party.

I prefer to cover and chill the pasta salad for at least an hour before serving, to bring out the vibrant flavors of the dressing.

You can make this recipe ahead of the time you plan to serve it, just be sure to give it a good re-toss before serving.

Things to know about this Italian Tortellini summer Salad

Three things to remember when making Italian Tortellini Salad…

First don’t over cook the tortellini, stop the cooking process by running the pasta under cold water.

Second it’s best if the tortellini are cold before mixing with the rest of the ingredients, in fact you can cook the tortellini the day before, then mix with rest of ingredients the morning of the day you plan to serve it.

Third the Tortellini pasta salad taste better if it’s refrigerated for a few hours before serving.

And lastly if you make this recipe please leave me a comment and don’t forget to tag me on Instagram, hearing from you is my favorite part. And if your looking for more summer salad recipes try my quick Italian bread salad (panzanella) or my personal favorite watermelon cucumber feta salad. ENJOY!!!

Italian Tortellini Summer Salad



Cheese tortellini, fresh mozzarella, crisp vegetables, and a tangy Italian dressing come together in this colorful pasta salad that's fresh, flavorful, and perfect for summer gatherings.

- 10 oz package store bought cheese tortellini (the fresh refrigerated ones)
- 8 oz cherry tomatoes cut in half
- 1 each chopped red and green bell pepper
- 1 cup kalamata olives
- 1 cucumber peeled and sliced
- 1 cup marinated artichokes
- 1 sliced red onion
- 12 oz fresh mozzarella bucconcini
- 1 cup parmesan cheese
- 1 cup pasta water
- 1 cup extra virgin olive oil
- ⅓ cup red wine vinegar
- 1 tbsp each, chopped garlic, Italian parsley, basil, thyme, oregano, and thyme
- Salt and pepper to taste

1. Cook tortellini according to package directions reserve 1 cup pasta water then run the tortellini under cold water
2. In a bowl whisk the oil, vinegar, herbs, salt and pepper
3. Add rest of ingredients
4. Now add the tortellini
5. Chill until ready to serve

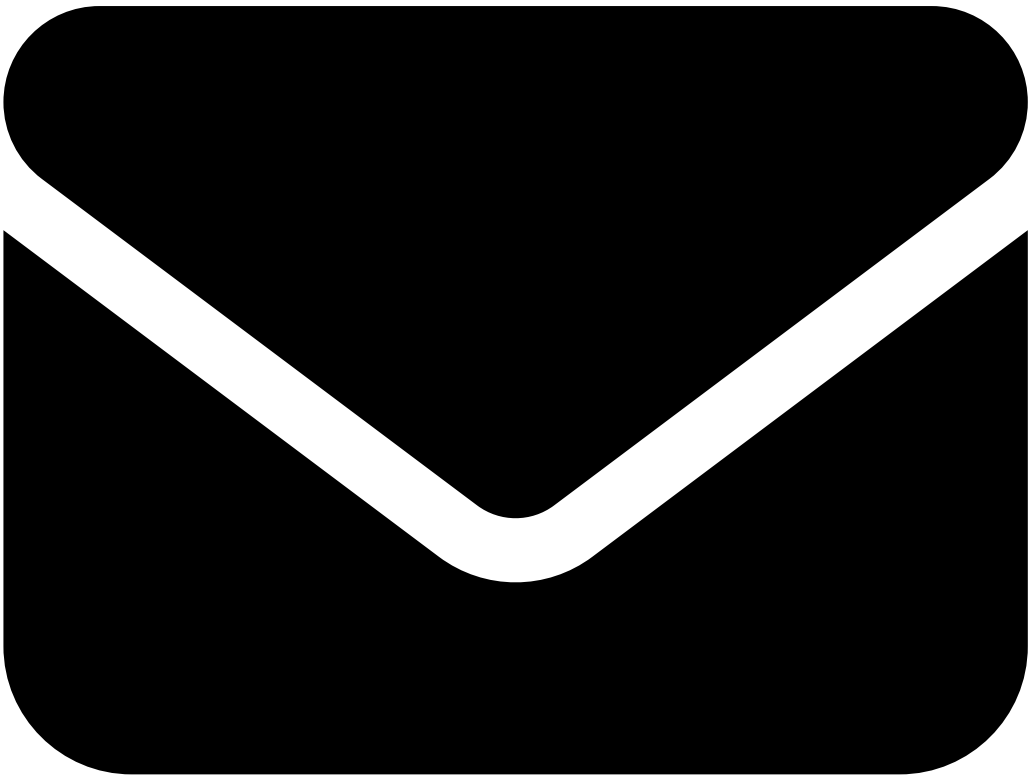
Greens and Beans Spaghetti

Pasta

Greens and Beans Spaghetti Pasta

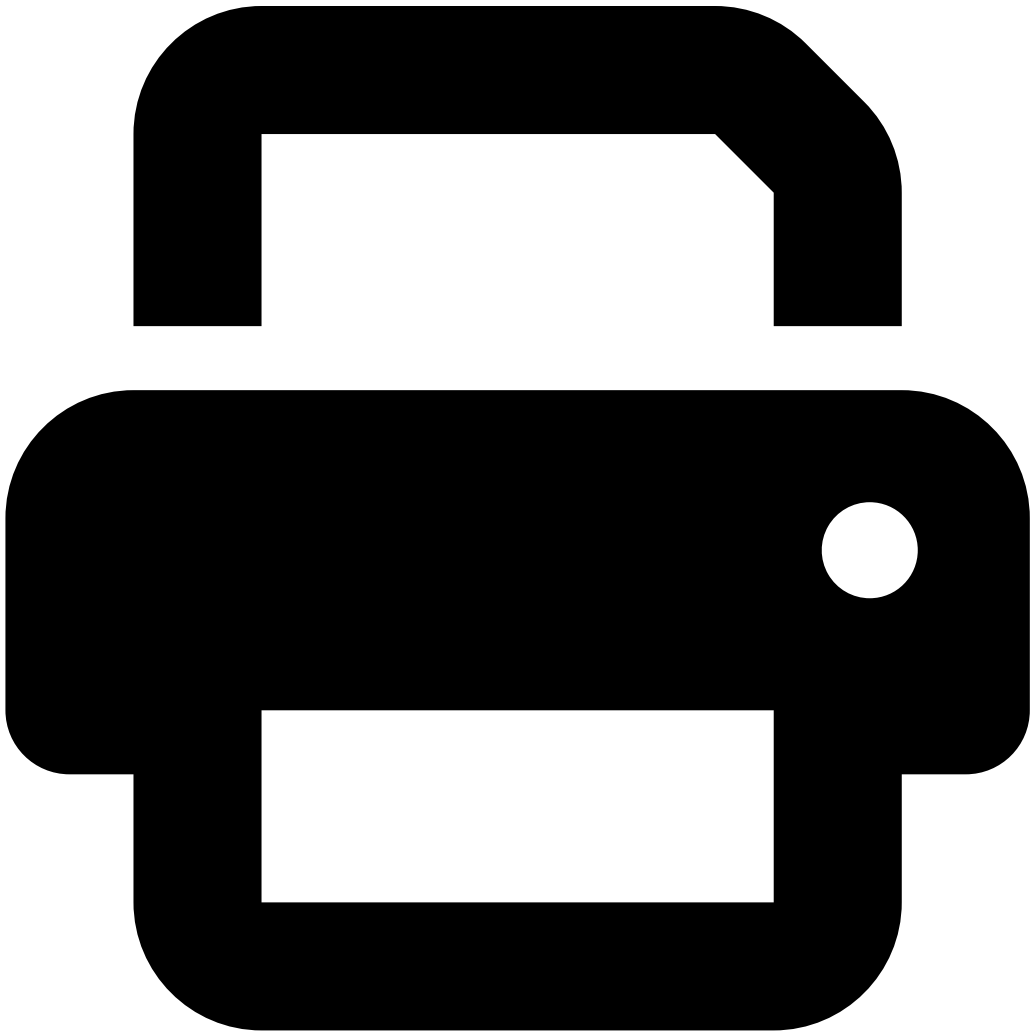
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This Greens and Beans Spaghetti pasta is a prefect definition of a comforting family meal everyone will love. It’s a beautiful bowl of lemony, spinach, broccoli, vegetarian pasta that comes together quickly.
While the sauce is being make on the front burner the pasta is cooking on the back burner. In case you haven’t notice I love pasta. It’s my favorite go to ingredient, when am stuck for dinner ideas it’s pasta to the rescue. Italians truly love pasta so much so that it ranks first pasta consumption, with Americans close behind.

Really what’s not to love? Pasta is versatile, quick, easy, delicious and with all the shapes and flavors you could have pasta often without repeating the same meal.

A few Tips about this Greens and Beans Spaghetti pasta

When making Greens and Beans spaghetti be sure to save some of the pasta water. It’s a step that can be easily missed if you drain the pasta before reserving a cup or two of this starchy water.

This water is key to create a pan sauce that sticks to the pasta. I always reserve a little extra just in case the sauce reduces too much. Another tip…

If the sauce is too liquid coat a pat of butter with flour and trow it into the sauce to thicken it more. Tip number 3 add the broccoli to the pasta water just a few minutes before you drain the pasta.

One more thing….if your like me and cook in the morning for dinner stop the cooking process so the pasta remains el dente by running it and the broccoli under cold water.Then at dinner time reheat the sauce, add the pasta and broccoli just too heat through.

One more thing add salt and pepper to the vegetables in the saute pan, salt brings out the flavor in food, but use it sparsely you can add more to adjust flavors according to your taste.

This is a great satisfying vegetarian pasta recipe. If you make it please leave me a comment and don’t forget to tag me on Instagram, I love hearing from you, that’s my favorite part. if you like easy vegetarian pasta recipes try my summer lemon ricotta pasta and peas or my personal favorite vegetarian zucchini and tomato pasta.

Greens and Beans Spaghetti Pasta



Tender broccoli, spinach, cannellini beans, and pesto are tossed with spaghetti for a fresh, lemony pasta that's wholesome, comforting, and full of vibrant Italian flavor.

- ½ lb spaghetti
- 2 cups chopped spinach
- 2 cups broccoli florets
- 15 oz can cannelloni beans
- ½ chopped onion
- 2 tbsp chopped garlic
- 2 tbsp lemon zest
- ¼ cup fresh lemon juice
- 1 cup my walnut pesto sauce or your favorite store bought pesto
- 2 cups resevered pasta water
- 1 cup parmesan
- ¼ cup chopped Italian parsley and basil
- Salt and pepper to taste

1. Cook pasta according to package directions add the broccoli last 5 minutes reserve 2 cups of pasta water
2. In a large saute pan cook the onion and garlic until tender and just beginning to brown
3. Add the, reserved pasta water, drained, rinsed beans and prepared pesto sauce

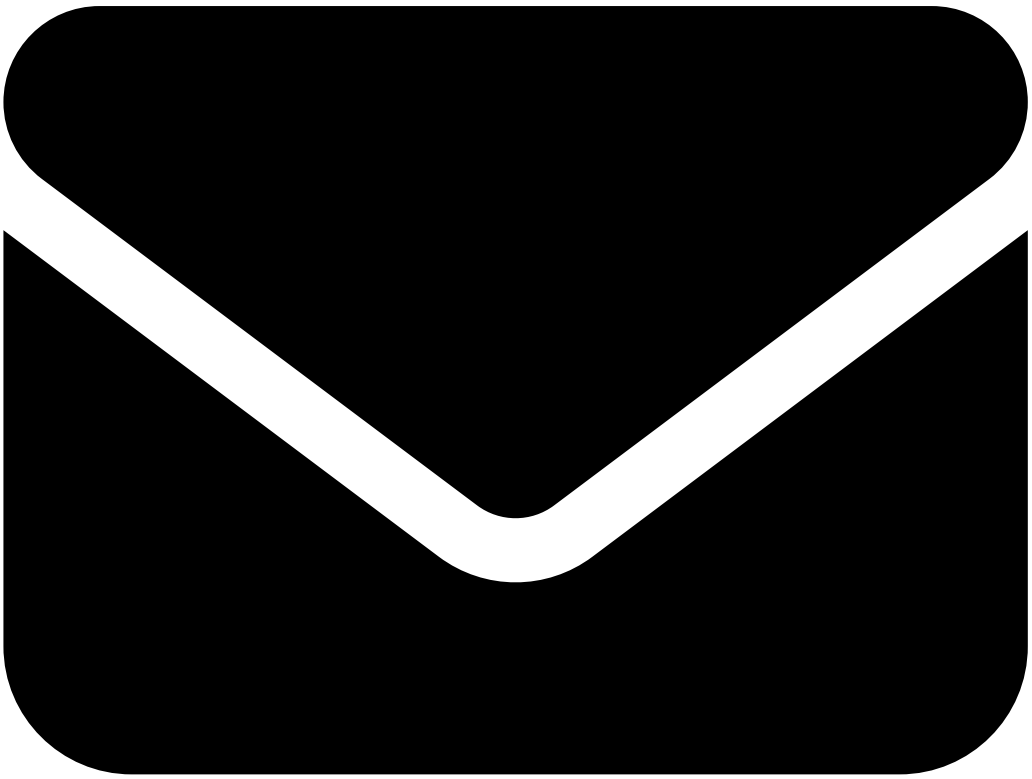
4. Simmer 15 minutes add spinach last 5 minutes
5. Toss pasta into green and bean sauce
6. Add the herbs and Parmesan Cheese

Pesto Braid Bread

Pesto Braid Bread

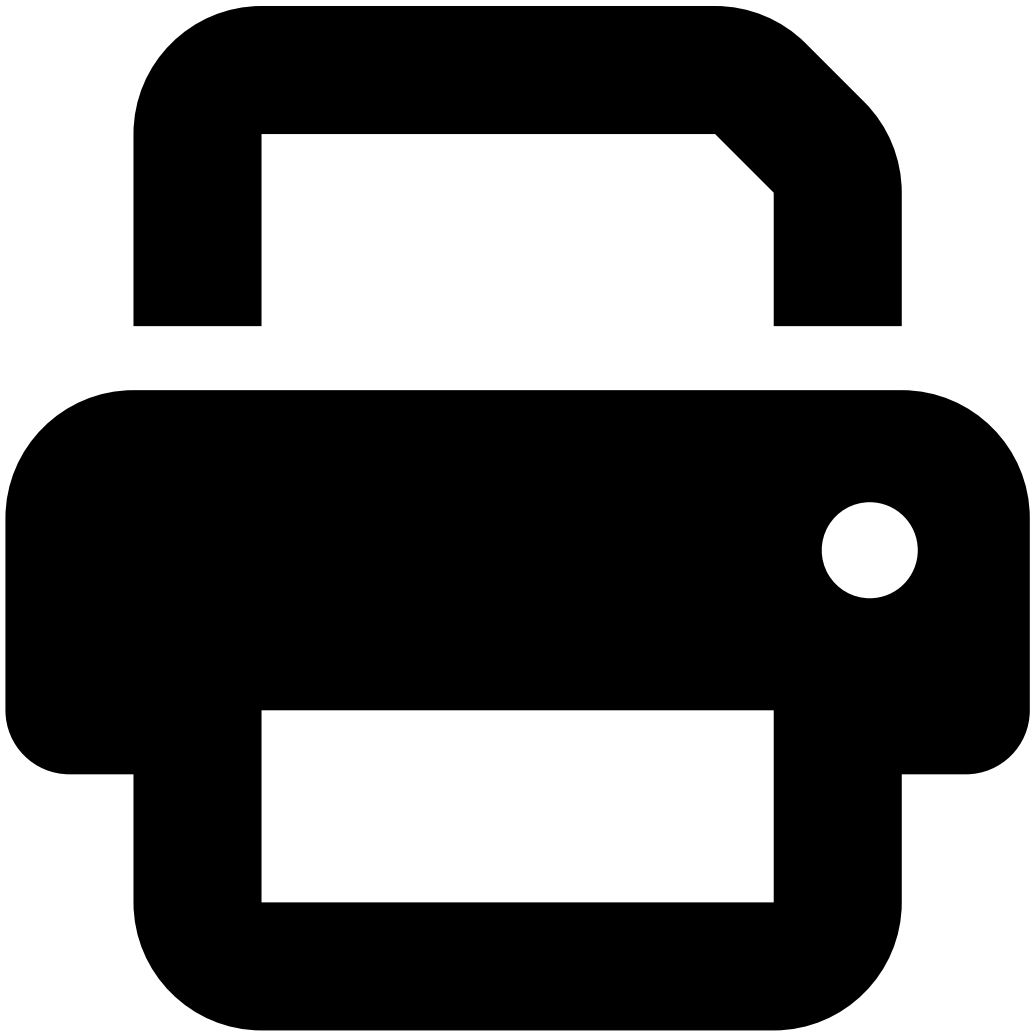
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This Pesto Braid Bread is so easy to make, when you use store bought pizza dough. If you love bread like I do, your going to love this cheesy one. You won’t believe how easy it is.
I don’t eat bread by itself often, but when I do this is the one I crave. Toasty, cheesy spread with pesto sauce and sprinkled with salty parmesan, piping hot from the oven make this bread a family favorite.

Pesto Braid Bread is basically pull apart bread in the shape of a braid.You pull apart pieces so you can eat with your hands. Stuffed bread like this makes a great appetizer for any party, and it’s also prefect as a side dish for family dinners.

Serving it with a side of marinara for dipping, makes this straight up a restaurant quality appetizer. I use my homemade marinara and pesto sauce two staples in my kitchen, you can use whatever you like.

How To Make Pesto Braid Bread

Here’s how to make this Pesto Braid Bread: Start by kneading the dough just a few times on a lightly floured broad , then gather it in a ball and let it rest covered 3o minutes. Them cut it into three equal parts.

Flatten the logs and first spread with pesto then top with the parmesan and shredded mozzarella, now pinch together to seal in the filling. Now shape the logs into a braid on a cookie sheet put additional pesto and cheese in the braid twists, spread with pesto, dust with parmesan cover and let rest 3o minutes. Preheat the oven to 400 bake 15 minutes at 400 lower the heat to 350 and bake 15 minutes longer.

If you make this please leave me a comment and don’t forget to tag me on Instagram, Hearing from you is my favorite part.

Pesto Braid Bread



Soft homemade bread is braided around a cheesy pesto filling, then baked until golden for a savory loaf that's perfect for sharing alongside pasta, soup, or your favorite Italian meal.

- 1 lb store bought pizza dough
- 1 cup prepared pesto sauce

- 1 cup parmesan cheese
- 1 cup shredded mozzarella
- 1 tbsp each chopped garlic and Italian parsley
- 1 tbsp olive oil
- Salt and pepper to taste

1. Preheat oven to 400
2. Form dough into a ball kneading lightly let rest 30 minutes covered
3. Divide dough into 3 equal parts roll into 10 inch flat log, on lightly floured broad
4. Spread each log with pesto then the cheeses
5. Now roll the flat logs around the filling
6. Form the three logs into a tight braid
7. Brush with olive oil, pesto, garlic, parmesan, salt and pepper
8. Bake at 400 for 15 minutes lower heat to 350 and bake 15 minutes longer