

# **Sugo Crudo – No-Cook Italian Tomato Sauce**

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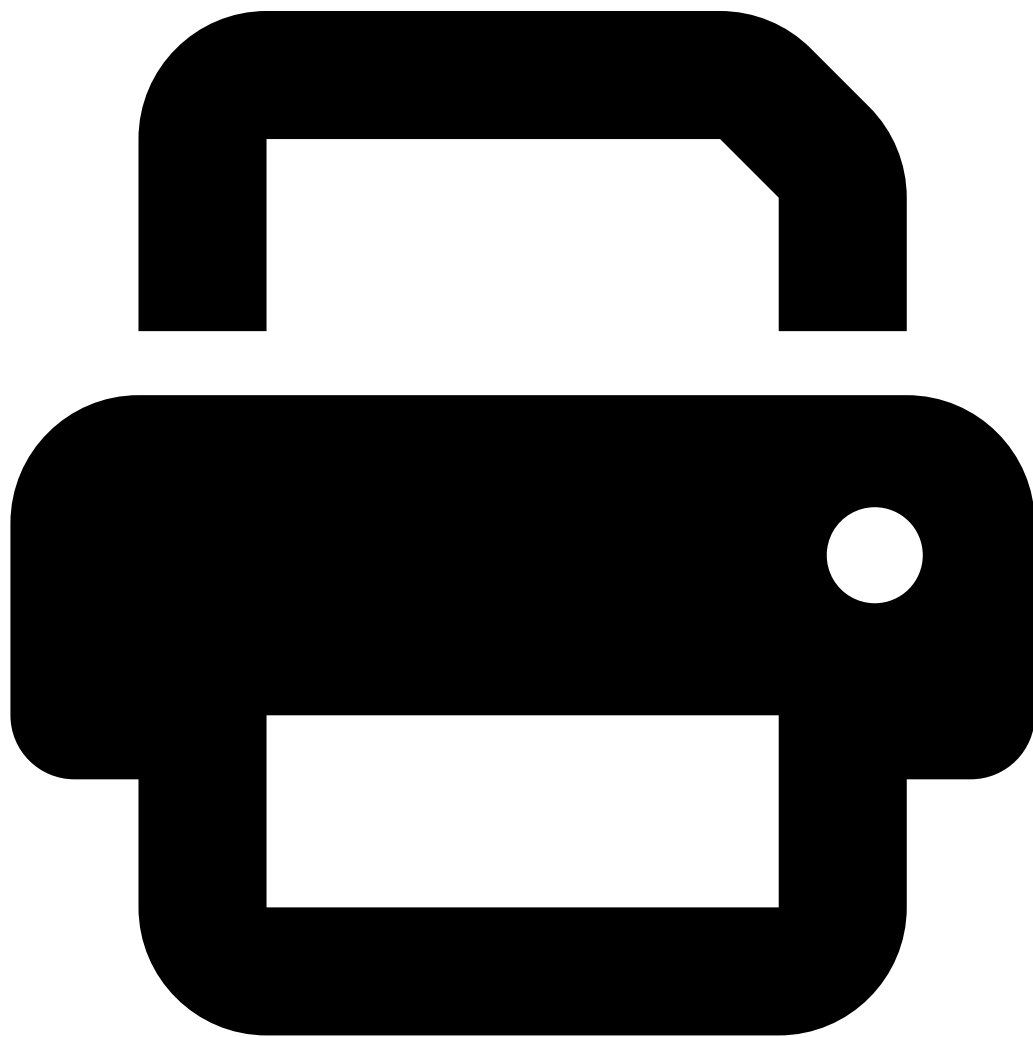
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In Italy, *sugo crudo* – meaning “raw sauce” – is a summertime favorite that captures the very essence of fresh, ripe tomatoes. Sweet, juicy tomatoes are paired with fragrant basil, garlic, and rich extra virgin olive oil for a pasta dish that’s as simple as it is unforgettable. Best of all, it’s ready in the time it takes to cook your pasta.

While it’s a traditional dish often enjoyed during *Ferragosto* on August 15th, when families gather to celebrate the height of summer, it’s just as delicious any time you have sun-ripened tomatoes on hand. Light, vibrant, and bursting with flavor, it’s the perfect recipe for warm-weather dining – or for bringing a taste of summer to your table year-round.

## Things to know about this

# Sugo Crudo – No-Cook Italian Tomato Sauce

- **Use the ripest tomatoes** – The flavor of this sauce depends entirely on high-quality, sun-ripened tomatoes.
- **Let it rest** – Allow the sauce to sit at room temperature for 15–30 minutes to let the flavors meld.
- **Choose good olive oil** – A fruity, extra virgin olive oil enhances the taste beautifully.
- **Customize freely** – Add a pinch of red pepper flakes or extra garlic if you like a little heat or more flavor.
- **Serve immediately** – Toss with hot pasta right before serving so the sauce stays fresh and vibrant.
- **Add fresh mozzarella pearls** – Gently fold in small mozzarella pearls just before serving for a creamy, melty texture that complements the fresh tomatoes

## ▪ Craving More Italian Sauces?

If you loved this **Sugo Crudo**, you won't want to miss these other favorites:

**Classic Italian Sunday Meatball Sauce** – Slow-simmered, rich, and perfect for hearty pasta nights.

**Caprese spaghetti Roasted Tomato Sauce** – Smoky, bold, and full of flavor for your next pasta dish.

Bring the taste of Italy to your table again and again!

# Sugo Crudo – No-Cook Italian Tomato Sauce



Sugo Crudo is a classic Italian raw tomato sauce made with ripe summer tomatoes, fresh basil, garlic, and extra virgin olive oil. Tossed with hot pasta, the heat gently warms the sauce, creating a light, vibrant dish that's bursting with fresh flavor. This authentic Italian recipe is quick, easy, and perfect for making the most of tomato season.

- 2 pounds ripe tomatoes (heirloom, cherry, or San Marzano)
- 1 cup extra virgin olive oil
- 2 cloves garlic (finely minced)
- $\frac{1}{2}$  cup fresh basil leaves (torn)
- 1 teaspoon salt (plus more for pasta water)
- $\frac{1}{2}$  teaspoon freshly ground black pepper
- $\frac{1}{4}$  teaspoon red pepper flakes (optional)
- 12 oz. pasta (your favorite short pasta shape)
- 1 cup mozzarella pearls or balls cut in half

## 1. Prepare the tomatoes

Slice the tomatoes in half, remove most of the seeds, and chop into small pieces. For a smoother texture, pulse them briefly in a food processor.

## 2. Mix the sauce

In a large mixing bowl, combine chopped tomatoes, fresh mozzarella garlic, basil, olive oil, salt, black pepper, and red pepper flakes if using.

Stir gently, cover, and let rest at room temperature for 15–30 minutes while you cook the pasta.

### **3. Cook the pasta**

Bring a large pot of salted water to a boil. Cook pasta until al dente according to package directions. Reserve  $\frac{1}{2}$  cup of the cooking water before draining.

### **4. Bring it all together**

Toss hot pasta with the sugo crudo, adding a splash of the reserved pasta water if needed to help the sauce coat the noodles.

### **5. Serve immediately**

Garnish with more basil and a drizzle of olive oil. Serve warm or at room temperature with crusty bread.

## **6. Tips for the Best Sugo Crudo**

**Tomatoes matter most** – Use the ripest summer tomatoes you can find.

**Let the sauce rest** – This allows the garlic and basil to infuse the tomatoes.

**Quality oil is key** – Choose a fruity, rich extra virgin olive oil.

## **7. Serving Suggestion**

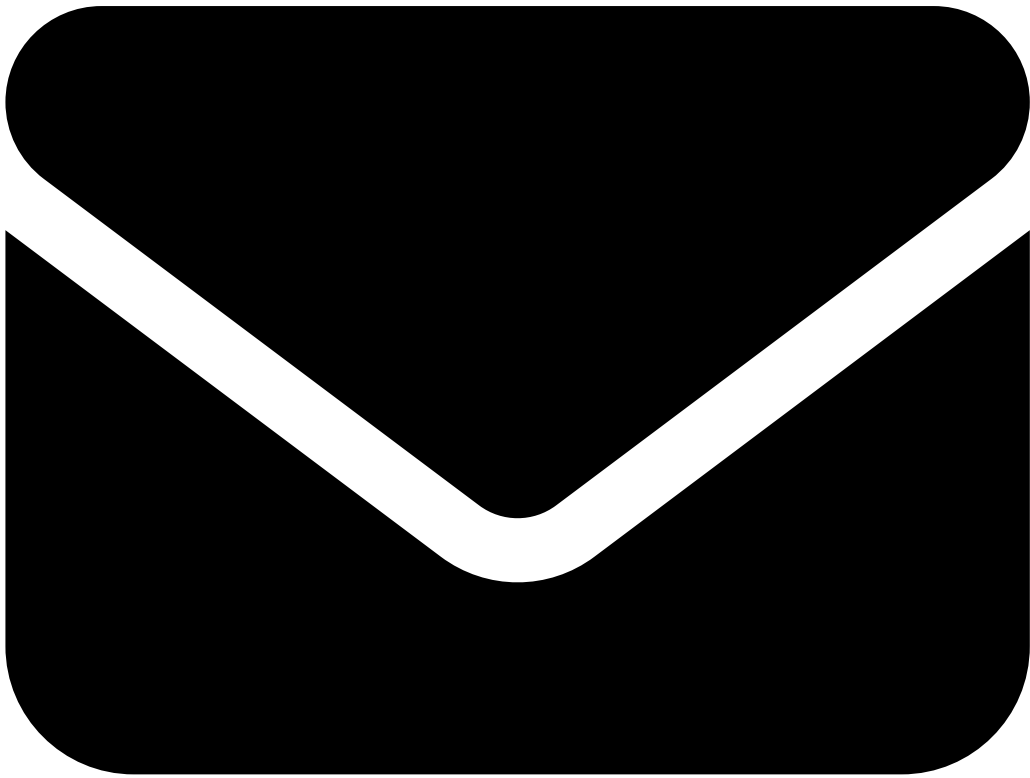
Perfect for a light summer lunch with chilled white wine, a crisp salad, and bread for soaking up every drop.

# **Peach Caprese Salad with Fresh Mozzarella**

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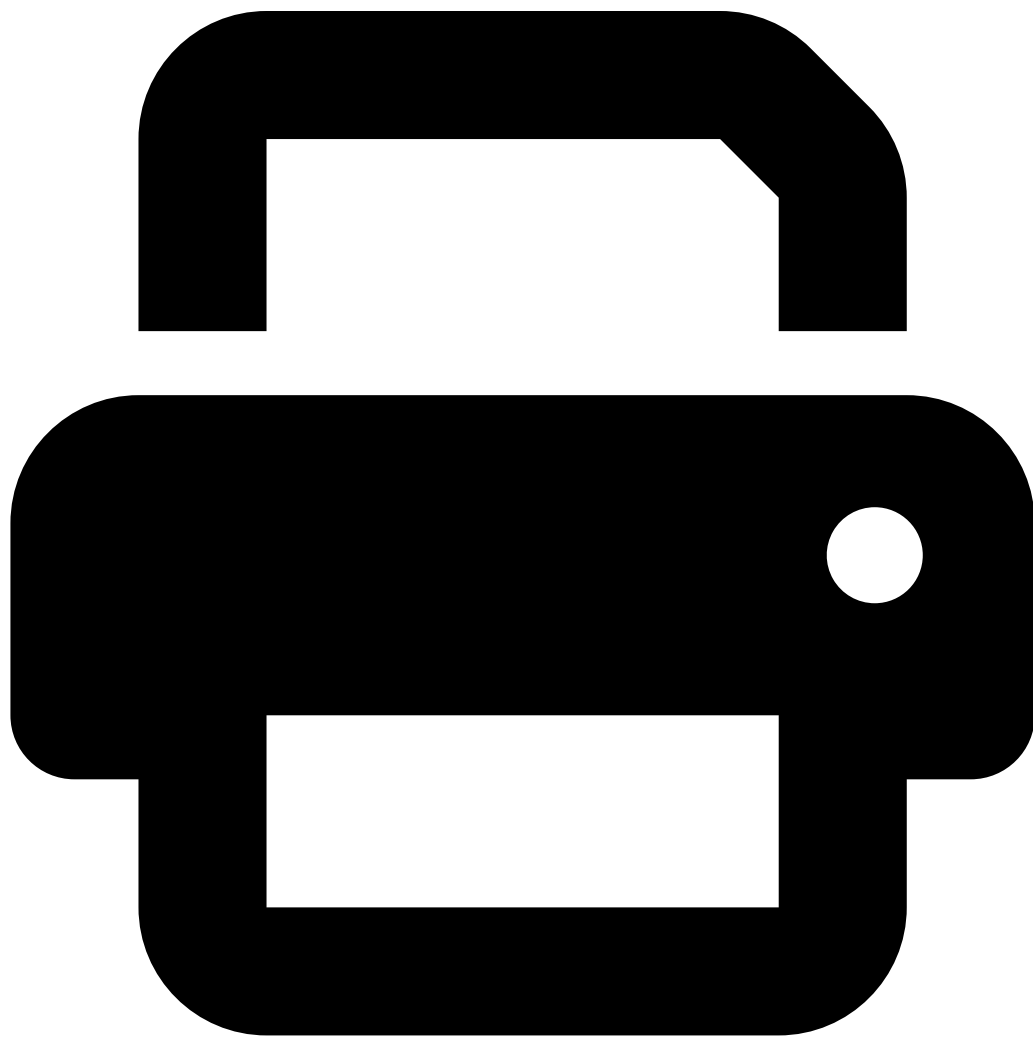
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When our peach tree bursts into sweet, golden fruit each summer, I can't resist finding new ways to enjoy them. This **Peach caprese salad with Fresh Mozzarella** is my Italian-inspired twist on a caprese, swapping tomatoes for juicy peaches kissed by the grill. You don't need your own peach tree to make it – just ripe, fragrant peaches from the market will do. The smoky char, creamy mozzarella, fragrant basil, and a drizzle of honey-balsamic-herb dressing make every bite taste like summer at its peak.

## Things to know about this Peach Caprese Salad with Fresh Mozzarella

- **Peach selection matters.** Choose peaches that are ripe but still firm so they hold their shape on the grill without turning mushy. If peaches are too soft, grilling will make them fall apart.

- **No peach tree needed!** Even if you don't have a backyard orchard like I do, fresh market peaches work beautifully for this recipe.
- **Grill carefully.** High heat is key for those beautiful char marks and smoky flavor, but keep an eye on the peaches so they don't overcook. Two to three minutes per side usually does the trick.
- **Mozzarella or burrata?** Burrata adds extra creaminess and luxury, but fresh mozzarella is delicious, more affordable, and widely available.
- **Customize the dressing.** The honey-balsamic-herb dressing is sweet and tangy, but you can swap herbs to suit your taste – rosemary or basil would be lovely additions.
- **Make it a meal.** Add prosciutto slices or serve alongside grilled chicken for a heartier summer dinner
- **Loved this fresh summer salad?** Don't miss these other seasonal favorites: Italian Amaretti stuffed summer peaches or creamy Italian street corn (no- mayo)

## Grilled Peach Caprese Salad with fresh mozzarella



- 4 ripe peaches (pitted and cut into medium thick slices)
- 8 oz fresh mozzarella pearls or slices cut

- 1 cup cherry tomatoes (halved (optional, but adds color and freshness))
- Fresh basil leaves (about 1/4 cup)
- Fresh mint or thyme (optional, for extra herb flavor)

## **For the Dressing:**

- 1/2 cup extra virgin olive oil
- 2 tablespoons balsamic vinegar (or a good quality aged balsamic glaze)
- 1 teaspoon honey
- Salt and freshly ground black pepper (to taste)

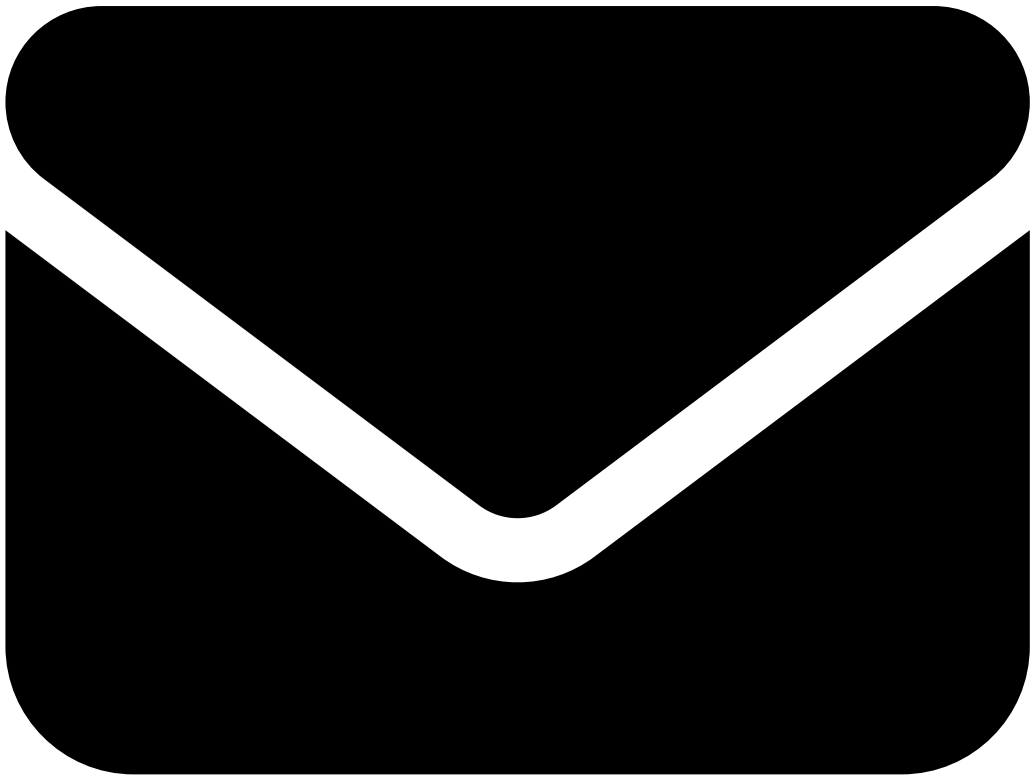
1. Preheat your grill (or grill pan) to medium-high heat.
  2. Prepare the peaches: Brush the peach halves lightly with olive oil. Place them cut-side down on the grill and cook for about 3-4 minutes until you get nice grill marks and the peaches are slightly softened. Remove and let cool slightly, then slice each half into 3-4 wedges.
  3. Make the dressing: In a small bowl, whisk together olive oil, balsamic vinegar, honey, salt, and pepper until emulsified.
  4. Assemble the salad: On a serving plate, arrange the grilled peach slices, fresh mozzarella, and cherry tomatoes (if using). Scatter fresh basil and herbs over the top.
  5. Drizzle the dressing evenly over the salad.
  6. Optional: Add a light drizzle of extra honey over the top if you like it more sweet
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# **Crispy Italian Fried Cauliflower with Marinara**

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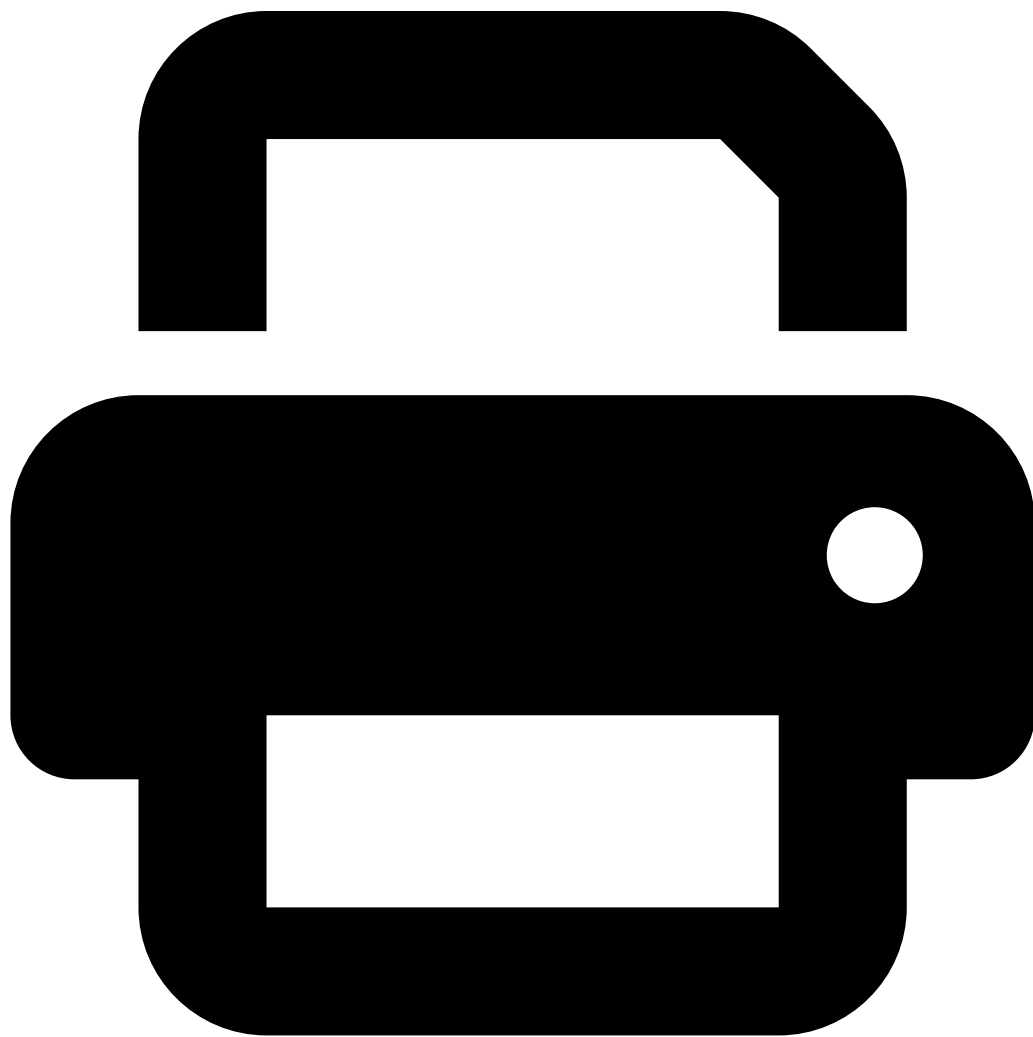
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In Italy, a *fritto misto* platter is the ultimate celebration of golden, crunchy bites – a mix of fried vegetables, seafood, and savory morsels served hot and fresh. This **crispy Italian fried cauliflower** makes a delicious addition to that tradition. The cauliflower is first blanched in salted water for a tender interior, then coated in a light, garlic-and-herb batter and fried until irresistibly crisp. Served with warm marinara sauce for dipping, it's the perfect antipasto to share with friends, or to pair alongside fried zucchini, artichokes, or calamari for your own homemade *fritto misto* experience.

## Things to Know About Crispy Italian Fried Cauliflower with Marinara

### 1. It's inspired by Italian *fritto misto*.

This recipe takes a cue from *fritto misto*, the Italian tradition of serving a variety of lightly battered and fried vegetables or seafood as part of an antipasto platter.

## **2. Blanching is the secret to perfect texture.**

A quick dip in boiling salted water softens the cauliflower just enough so the inside is tender while the outside fries up crisp.

## **3. Sparkling water makes the batter light.**

Using cold sparkling water instead of still water adds tiny air bubbles, creating a delicate, airy crunch.

## **4. Garlic and herbs give it Italian flair.**

The batter is seasoned with garlic powder, paprika, and a pinch of herbs for a subtle Mediterranean flavor that pairs beautifully with marinara.

## **5. Serve immediately for best results.**

Like most fried foods, these are at their crispiest straight from the oil. Arrange them on a warm platter and serve with marinara for dipping.

## **6. It's perfect for entertaining.**

Whether you make it as a stand-alone appetizer or as part of a larger fried platter with zucchini, mushrooms, and calamari, this dish is a crowd-pleaser. For a full Italian-inspired spread, pair it with my Shrimp Oreganata or Spinach Ricotta Balls

# **Crispy Cauliflower Batter Recipe**



- 1 medium head cauliflower

- 1 cup all-purpose flour
- 1/3 cup cornstarch (for extra crispiness)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika (or regular paprika)
- salt and pepper to taste
- 1 cup cold sparkling water (or more, as needed)
- Optional: pinch of cayenne pepper or chili flakes for heat
- olive oil for frying

1. Prep the cauliflower:
2. Cut 1 medium head of cauliflower into florets. Rinse and pat dry thoroughly.
3. Blanch the cauliflower:
4. Bring a large pot of salted water to a boil. Add the cauliflower florets and cook for 2–3 minutes, just until slightly tender but still firm. Drain well and pat completely dry with paper towels.
5. Make the batter:
6. In a large bowl, whisk together the flour, cornstarch, baking powder, salt, and spices. Slowly add the cold sparkling water, whisking until smooth. The batter should be thick enough to coat the florets but still drip slightly – like pancake batter.
7. Coat the florets:
8. Dip each floret into the batter, letting any excess drip off.
9. **Fry or bake:**

**To fry:** Heat the oil to 350°F (175°C). Fry florets in batches for 3–5 minutes, or until golden and crispy. Drain on paper towels.

**To bake:** Preheat oven to 425°F (220°C). Line a baking sheet with parchment. Place battered florets on the

sheet and spray with oil. Bake for 25–30 minutes, flipping halfway, until golden and crisp.

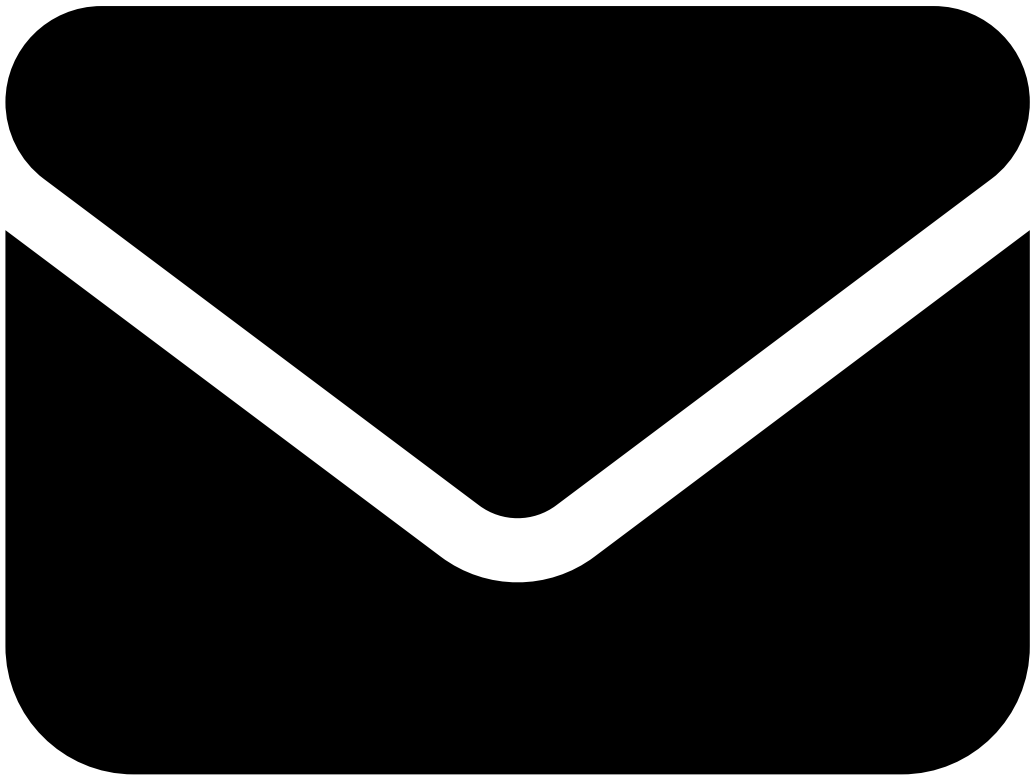
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## **Tuscan roasted Tomato & Eggplant Soup**

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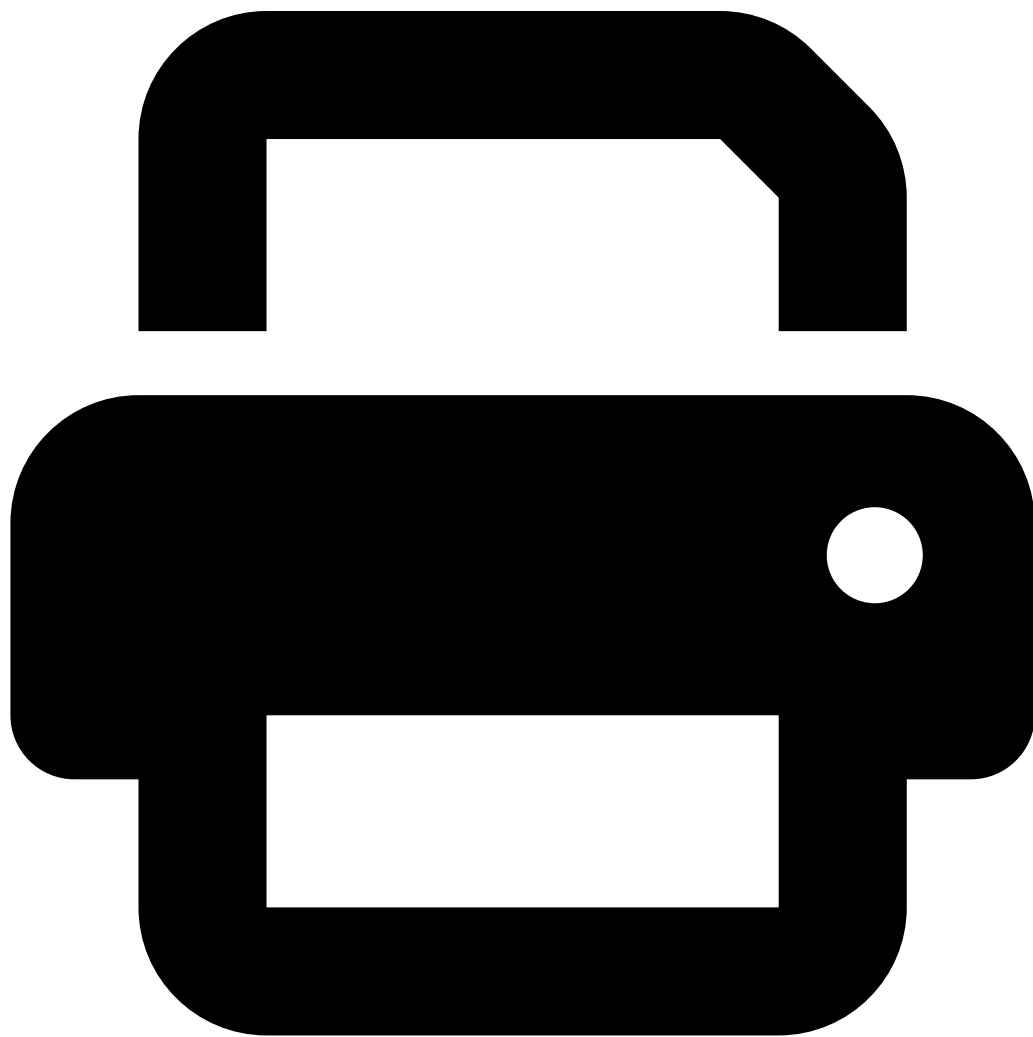
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There's something special about making a meal with vegetables you've grown yourself. This **Tuscan Roasted Tomato & Eggplant Soup** came together with ingredients picked straight from my summer garden—sun-ripened tomatoes, tender eggplant, sweet peppers, and garlic. It reminded me so much of my mom's garden growing up, where the late-summer harvest always turned into something cozy and delicious simmering on the stove.

But you don't need a garden to enjoy this soup. Just grab the freshest produce you can find—whether it's from the farmers' market, your local grocery store, or a roadside stand. A simple roast in the oven brings out deep, rich flavor, and the result is a rustic bowl of comfort that tastes like it's been passed down through generations.

# Things to know about this Tuscan roasted tomato & eggplant soup

- **It's naturally simple and wholesome.** Made with just fresh vegetables, broth, and olive oil, this soup is light, nourishing, and full of flavor—perfect for any season.
- **Roasting is the magic step.** Roasting the tomatoes, eggplant, peppers, and garlic concentrates their flavors and gives the soup a rich, slightly smoky depth that you just can't get from boiling alone.
- **Customizable to your kitchen.** No eggplant? Add zucchini. Want it creamier? Blend in a spoonful of ricotta or coconut milk. Add white beans for protein, a handful of pasta to make it hearty, or a pinch of smoked paprika for extra warmth.
- **Use what's in season.** Fresh summer tomatoes are ideal, but if it's not tomato season, good-quality canned San Marzano tomatoes work too—just roast the other veggies and add the canned tomatoes in the blender stage.
- **It freezes beautifully.** Cool it completely before freezing in airtight containers or freezer bags. It's perfect for those chilly nights when you need something cozy and homemade.
- **Craving more seasonal Italian comfort?**  
Here are a few more recipes straight from my kitchen to yours—fresh, simple, and full of flavor:
  - Roasted Zucchini Panzanella Salad
  - Amaretti-Stuffed Summer Peaches
  - Italian Summer Street Corn

# Tuscan roasted Tomato & Eggplant Soup



- 2 lbs. ripe tomatoes (Roma or heirloom, halved)
- 1 medium eggplant (cut into cubes)
- 2 bell peppers (red, yellow, or orange, seeded and chopped)
- 1 small yellow onion (quartered)
- 6 garlic cloves (peeled)
- 3 tablespoons olive oil
- Salt and freshly ground black pepper (to taste)
- $\frac{1}{4}$  teaspoon crushed red pepper flakes (optional)
- 3 cups vegetable or chicken broth
- $\frac{1}{4}$  cup fresh basil leaves
- Optional for serving: extra virgin olive oil (pesto sauce, ricotta, or crusty bread)

1. **Roast the vegetables:** Preheat oven to 400°F (200°C). On a large baking sheet, toss tomatoes, eggplant, bell peppers, onion, and garlic with olive oil, salt, pepper, and red pepper flakes. Roast for 35–40 minutes, until vegetables are soft and caramelized.
2. **Blend:** Transfer roasted vegetables to a blender or use an immersion blender with 1 cup of broth. Blend until smooth (or leave slightly chunky for a rustic texture).
3. **Simmer:** Pour into a pot, add the remaining 2 cups of broth, and bring to a simmer over medium heat for 10–15

minutes. Stir in fresh basil.

4. **Serve:** Ladle into bowls. Finish with a drizzle of olive oil, pesto sauce or a spoonful of ricotta. Serve with warm, crusty bread.

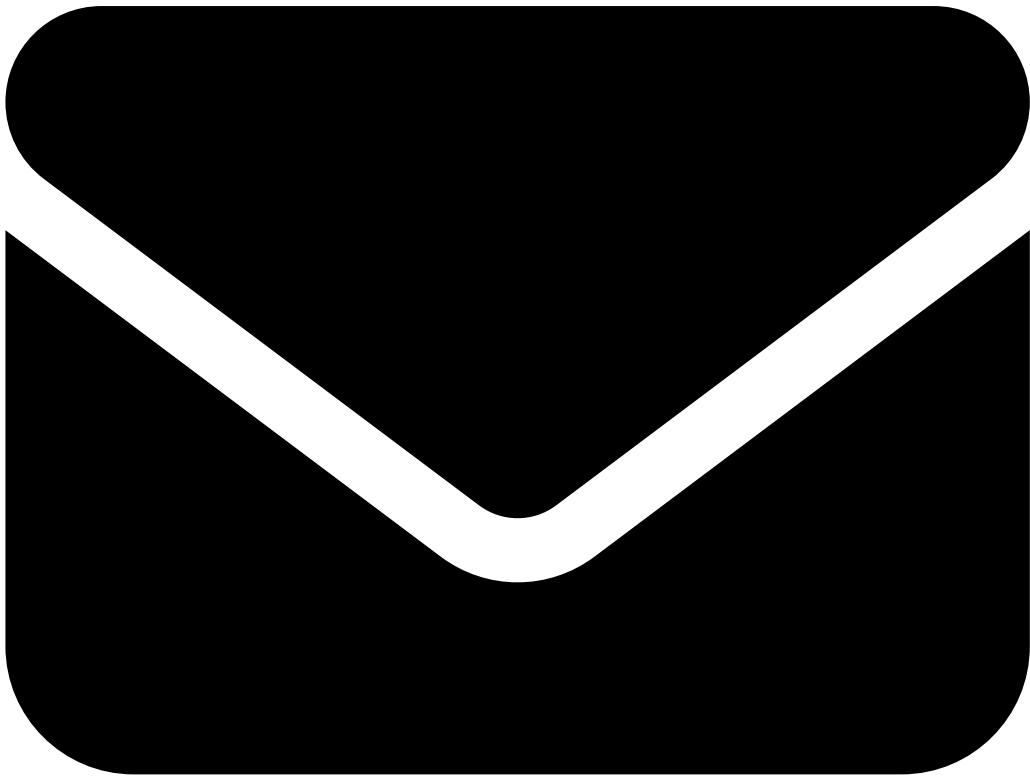
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## Roasted Zucchini Panzanella Salad recipe

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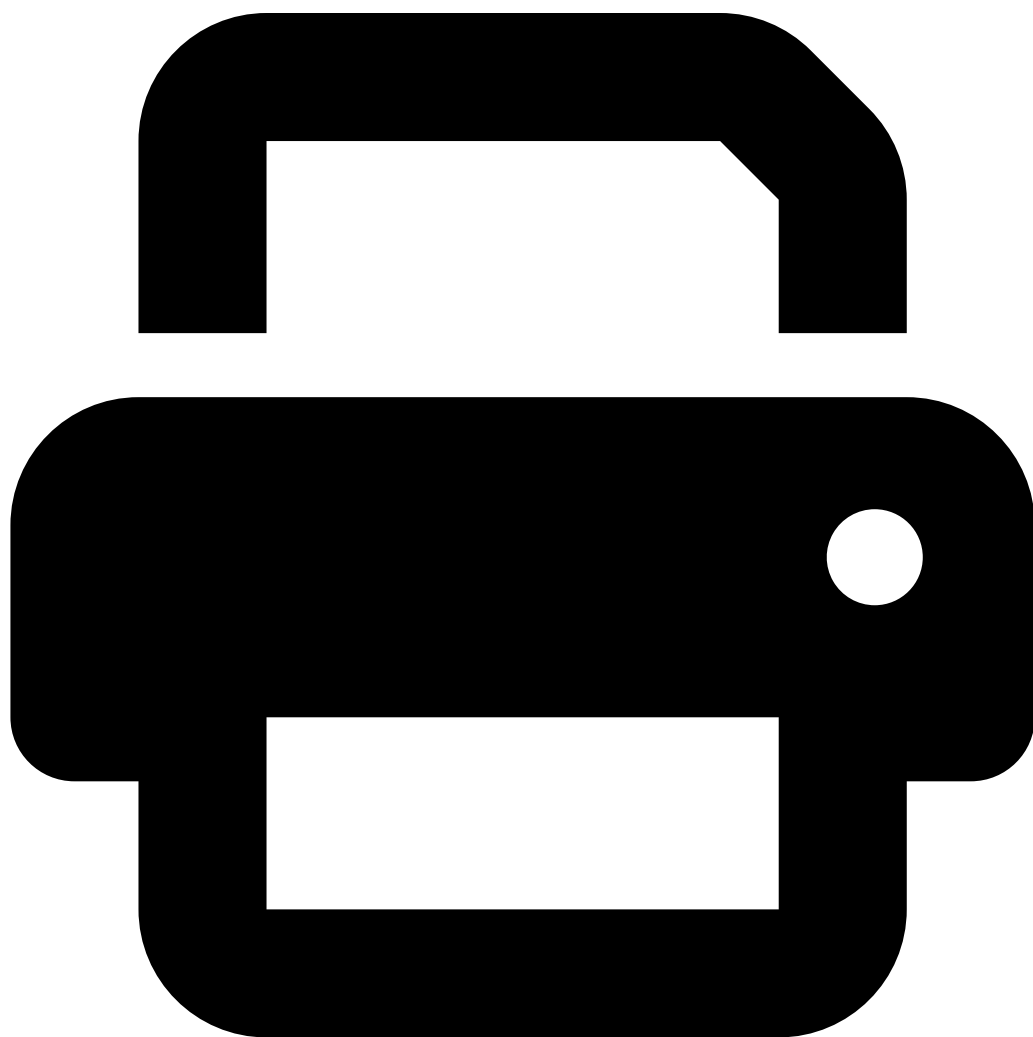
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If your garden is anything like mine right now, it's bursting with zucchini—everywhere I turn, another one is ready to be picked. I swear they multiply overnight! This time of year, I'm always looking for new ways to use them up, and this **Roasted Zucchini Panzanella Salad** is one of my favorite solutions. It's rustic, simple, and the perfect way to let those garden veggies shine. With toasted bread, juicy tomatoes, and a punchy vinaigrette, it's everything I love about summer on a plate.

It's also one of those no-fuss dishes that gets better as it sits. The roasted zucchini brings a tender sweetness, the bread soaks up all the flavor, and the tomatoes and basil keep it light and bright. Whether you serve it as a main dish or a side for grilling season, this is one zucchini recipe you'll come back to again and again.

# Things to know about this Roasted Zucchini Panzanella Salad recipe

- **Perfect for peak zucchini season:** This is a great way to use up an abundance of garden zucchini while keeping things light and flavorful.
- **Best with day-old bread:** Slightly stale or toasted bread holds up best in the vinaigrette and gives that classic panzanella texture.
- **Customize it your way:** Add crumbled feta, white beans, grilled corn, or olives for extra protein or punch.
- **Let it sit before serving:** Giving the salad 10–15 minutes to rest allows the bread to soak up the vinaigrette and all the flavors to meld beautifully.
- **Tastes even better the next day:** Store leftovers in the fridge for up to 2 days—it makes a fantastic next-day lunch.
- **Make it a meal:** Serve it alongside grilled chicken, fish, or even a simple fried egg on top for a satisfying summer dinner.
- **Craving more fresh summer flavors?**

Check out a few more of my garden-inspired favorites:

- Italian Amaretti stuffed summer peaches— sweet, savory, and summery
- Italian Summer Street Corn – with parmesan and herbs
- How to make Italian Pickled Eggplant – (melanzane sotto aceto ) a pantry staple from my childhood

# Roasted Zucchini Panzanella Salad Recipe



- 2 medium zucchini (sliced into cubed)
- 2 cups crusty bread (cubed (day-old or toasted))
- 2 cups cherry tomatoes (halved)
- 1/2 red onion (thinly sliced)
- 1/2 cup fresh basil leaves (torn)
- 2 tbsp red wine vinegar
- 4 tbsp extra virgin olive oil (divided)
- 2 teaspoon each garlic powder and paprika
- Salt and freshly cracked black pepper (to taste)
- 1 garlic clove (minced (for vinaigrette))
- Optional: shaved Parmigiano or crumbled feta for serving

1. Preheat the oven to 425°F (220°C).
2. Season the zucchini: Toss sliced zucchini with 2 tablespoons olive oil, garlic powder, paprika, salt, and black pepper. Spread on a parchment-lined baking sheet in a single layer.
3. Roast for 20–25 minutes, flipping once, until golden and slightly crisp around the edges. Let cool slightly.
4. Toast the bread: While the zucchini roasts, toss cubed bread with a drizzle of olive oil and toast in the oven for 10–15 minutes, until golden and crunchy.
5. Make the vinaigrette: In a small bowl, whisk together red wine vinegar, 2 tablespoons olive oil, minced garlic (if using), a pinch of salt, and pepper.

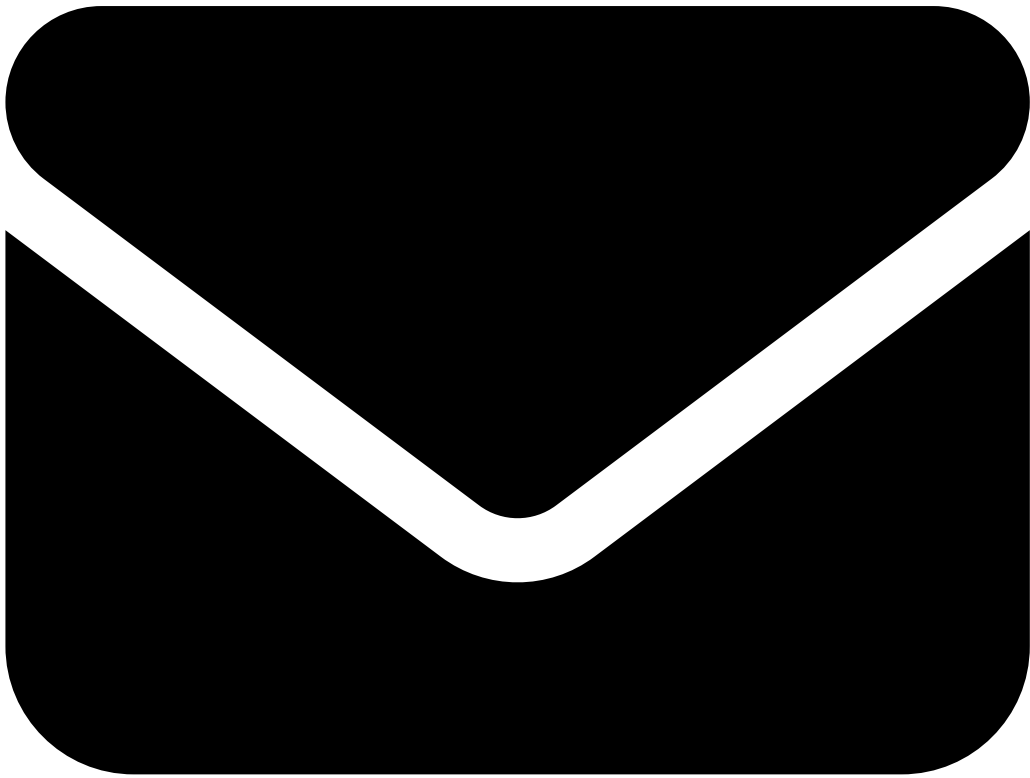
6. Assemble the salad: In a large bowl, combine roasted zucchini, toasted bread, halved cherry tomatoes, red onion, and basil. Drizzle with vinaigrette and toss gently.
  7. Let it sit for 10–15 minutes so the flavors meld and the bread absorbs some dressing.
  8. Serve at room temperature, optionally topped with shaved Parmigiano or crumbled feta.
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## **Rustic Italian Roasted Pepper Salad**

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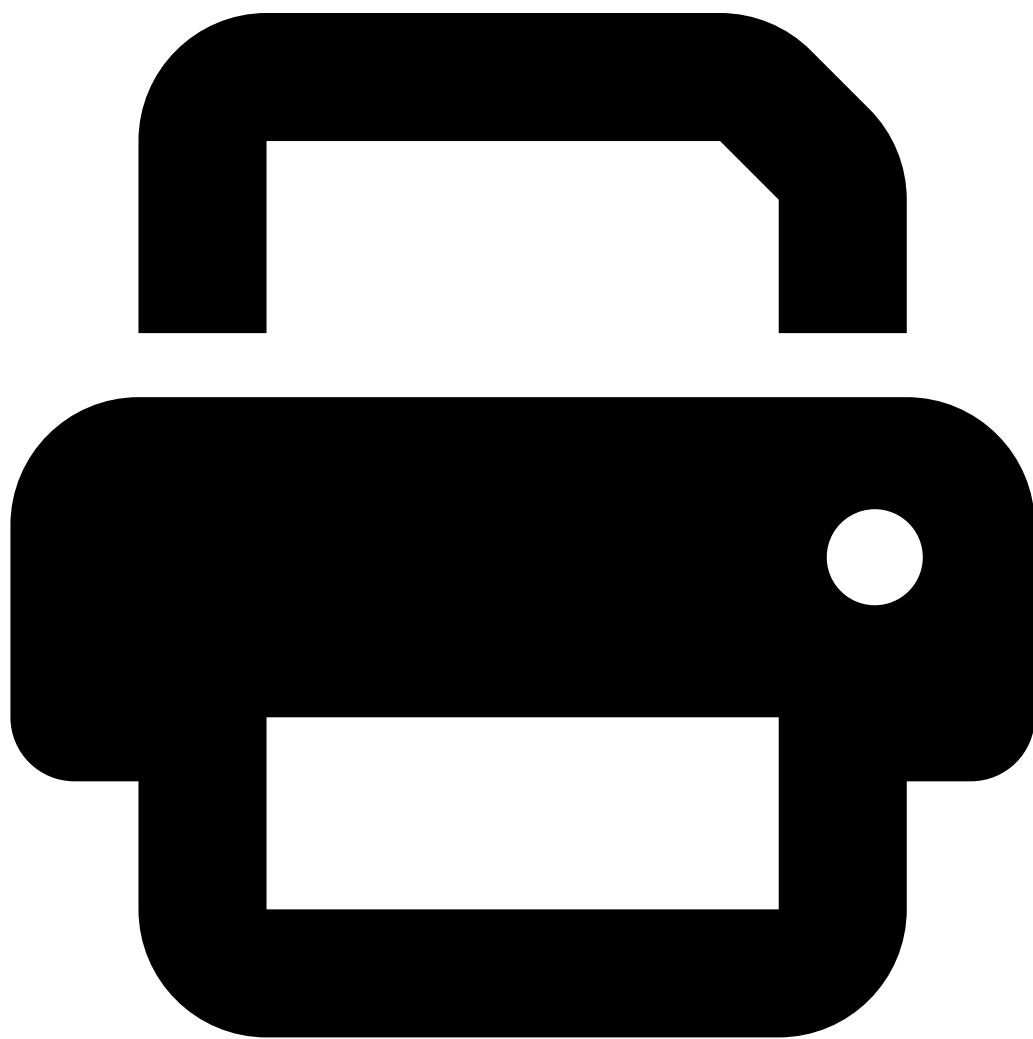
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**This rustic roasted pepper salad takes me right back to my childhood summers—watching my family roast peppers over the open flame,** Tossed with briny olives and tender spinach, it's simple, fresh, and exactly the kind of dish that always showed up on the table when the garden was overflowing.

**My mother used to pick the peppers straight from our garden—red, green, and sometimes the pale yellow ones that turned sweet in the late summer sun.** She'd roast them right on the stovetop until the skins blistered, then peel and marinate them with olive oil, garlic, and whatever fresh herbs were on hand. This roasted pepper salad, now with baby spinach, olives, and tomatoes, brings all those flavors rushing back. It's rustic, vibrant, and full of the warmth of those simple garden days.

# Things to know about this rustic Italian Roasted pepper salad

**Use a mix of peppers** – Red peppers are sweet and mellow, green have a slightly bitter edge, and yellow or orange add brightness. The mix gives great balance.

**Roast your peppers properly** – Blister the skins until charred, then steam them in a covered bowl or bag to peel easily. This brings out their natural sweetness and smoky depth.

**Choose good olives** – Italian oil-cured or kalamata olives add briny contrast. Slice or leave whole depending on preference.

**Spinach wilts slightly** – Toss in the spinach while the peppers are still warm if you like it a little wilted; otherwise, wait until they cool.

**Cherry tomatoes add freshness** – They brighten the dish and bring a juicy pop. Use ripe, sweet tomatoes for best flavor.

**Garlic + olive oil = essential** – Don't skip this classic combo. It's the heart of the dressing and soaks into everything beautifully.

**Make it ahead** – This salad tastes even better after resting. Let it sit for 30 minutes–or overnight–for maximum flavor.

**Serve it your way** – It's great as an antipasto, side salad, or even tossed with pasta or farro for something heartier.

**Craving more rustic Italian flavors?** Pair this salad with a my Pollo al limone , Italian lemon chicken, or one of my personal favorites Oven baked chicken spiedini. ENJOY!!!

# Italian Roasted Pepper Salad with Spinach, Olives & Tomatoes



- 2 red bell peppers
- 2 green bell peppers
- 1 cup cherry tomatoes (halved)
- 1/3 cup Italian black olives (or kalamata, pitted)
- 2 cups baby spinach (lightly packed)
- 1 cup fresh mozzarella balls sliced
- 1 small garlic clove (finely minced)
- 3 -4 tablespoons extra virgin olive oil
- 1 tablespoon red wine vinegar or fresh lemon juice
- Handful of chopped fresh parsley
- Salt and black pepper (to taste)
- Optional: a pinch of dried oregano or torn fresh basil leaves

1. **Roast the peppers:** Char the red and green bell peppers on an open flame, grill, or under a broiler until the skins blister. Place in a covered bowl or bag to steam for 10 minutes, then peel off the skins, remove seeds, and slice into strips.
2. **Assemble the salad:** In a large bowl, add the roasted pepper strips, cherry tomatoes, mozzarella, olives, and baby spinach.
3. **Make the dressing:** In a small bowl, whisk together olive oil, vinegar or lemon juice, garlic, salt, and pepper.

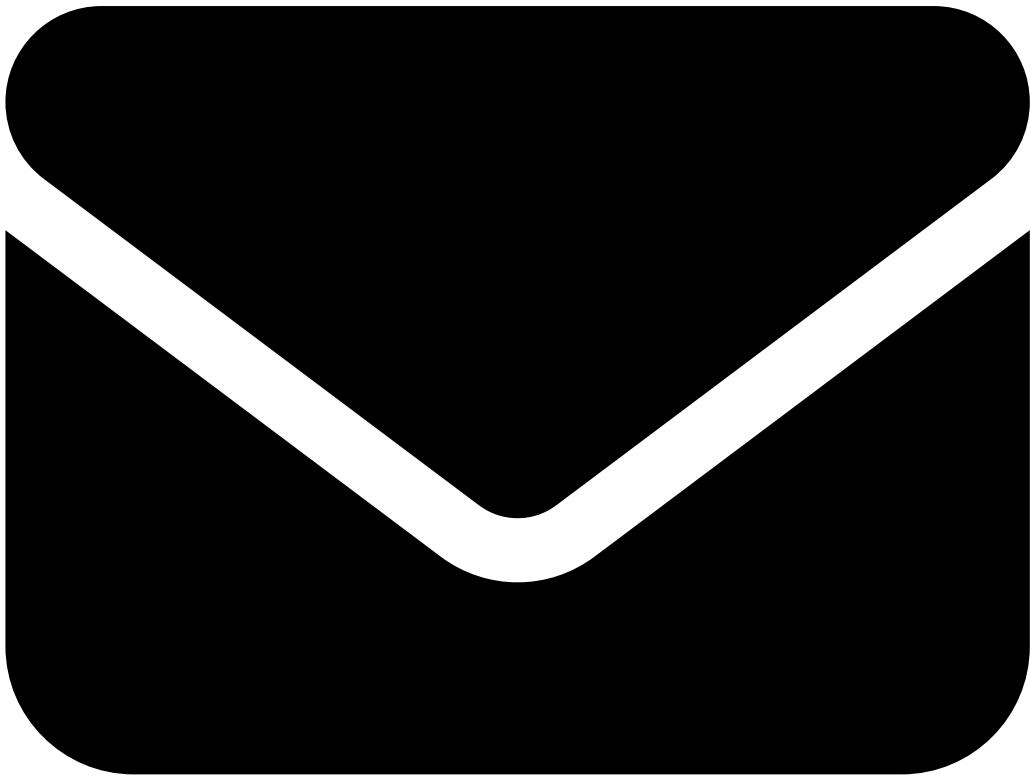
4. **Toss & rest:** Pour the dressing over the salad and toss gently until the spinach is just wilted and everything is coated. Let sit for 15–20 minutes so the flavors can meld.
  5. **Finish:** Sprinkle with chopped parsley and a touch of oregano or fresh basil, if using. Serve at room temperature or lightly chilled.
  6. **Tip:** This salad is even better the next day. Serve with grilled bread or as a fresh side to roasted chicken, fish, or a big bowl of pasta.
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## **Caprese      Spaghetti      with Roasted Tomato Sauce**

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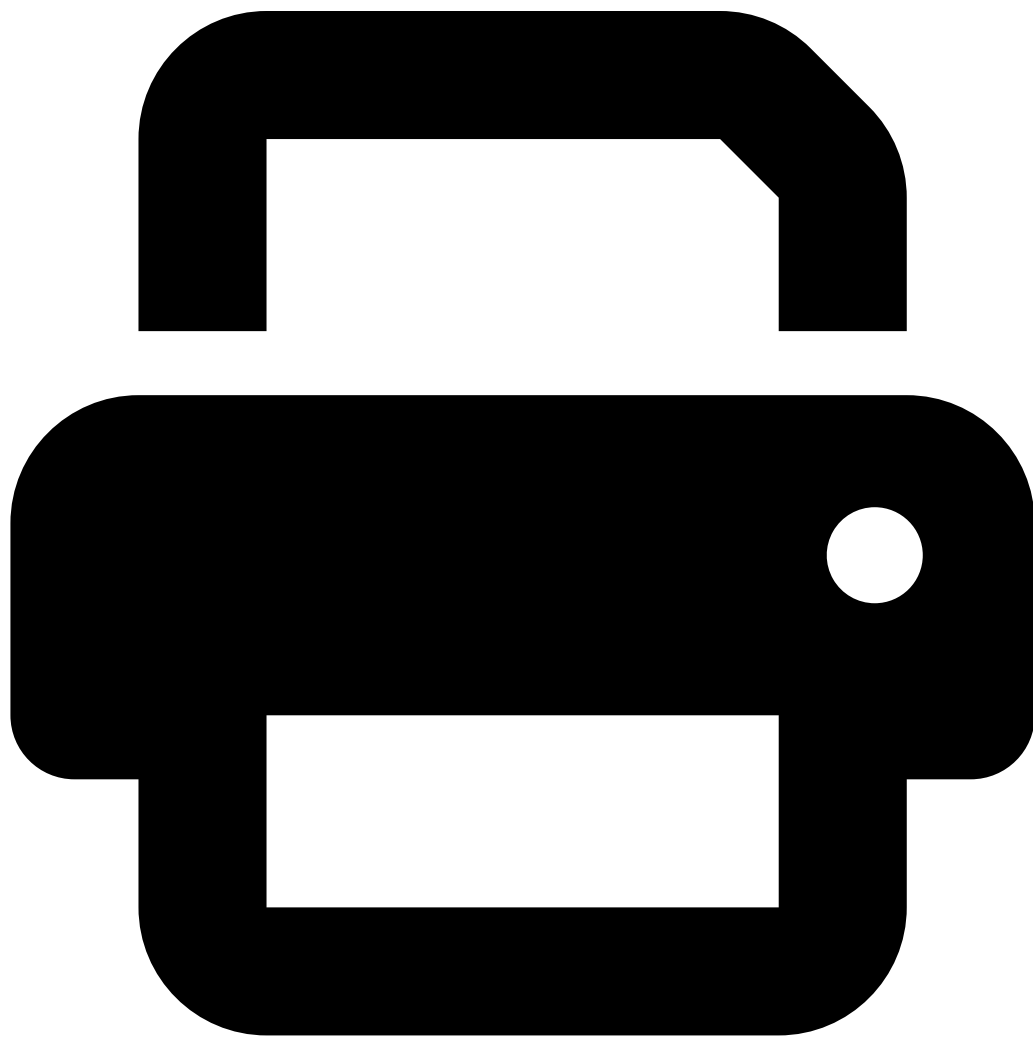
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Nothing says summer like a Caprese-inspired pasta dish, and this **Caprese Spaghetti with Roasted Tomato Sauce** is the perfect way to celebrate simple, fresh flavors. Sweet, oven-roasted tomatoes blended into a rustic sauce coat long strands of spaghetti, while creamy mozzarella pearls and fresh basil bring the classic Caprese touch. It's a light yet satisfying meal that tastes like a sunny afternoon in Italy—easy enough for a weeknight, but special enough to serve to guests. If you love juicy tomatoes, fragrant basil, and the magic of melted mozzarella, this dish will quickly become a favorite.

## Things to know about this Caprese Spaghetti with Roasted Tomato Sauce

- **The sauce can be made ahead:** Roast your tomatoes, blend them into a sauce, and store it in the fridge for up to 4 days or freeze for longer. This makes it easy to pull together dinner on a busy night—just boil your pasta,

reheat the sauce, and toss everything together.

- **Perfect for peak summer tomatoes:** This recipe shines when you use ripe, in-season tomatoes. Roasting them concentrates their sweetness and creates a rich, slightly smoky flavor that elevates the entire dish.
- **Caprese twist adds creaminess:** Fresh mozzarella pearls melt slightly from the warmth of the pasta and sauce, creating a luscious texture without needing cream or butter. The fresh basil finishes it all off with a bright, aromatic pop.
- **Simple ingredients, big flavor:** You only need a few pantry staples plus fresh tomatoes, basil, and mozzarella—but the result is a restaurant-worthy dish that feels both comforting and fresh.
- **Serve warm or room temp:** It's delicious hot off the stove, but also works beautifully as a room-temperature pasta for summer gatherings or easy lunches.
- **Ready to bring the taste of summer to your table?** Try this Caprese Spaghetti with Roasted Tomato Sauce and let the fresh, flavors speak for themselves. Don't forget to snap a photo and tag me—I'd love to see your creations. And if your looking for more easy pasta dishes try my one pan orzo with summer vegetables. ENJOY!!!

## Caprese Spaghetti with Roasted Tomato Sauce



- 12 oz. spaghetti
- 1-1 ½ lb. Roma tomatoes
- 1 medium size garlic bulb cut in half
- 3 Tbsp. olive oil
- 2 Teaspoon dry oregano
- 1 cup fresh mozzarella
- ½ cup torn basil leaves
- salt and pepper to taste

1. Cook the paste in boiling salted water el dente. Reserve 2 cups of the pasta water before draining
2. Wash and dry the tomatoes then cut them in quarters.
3. Place the tomatoes in a bowl season with the olive oil, oregano, salt and pepper. Then transfer to an oven proof dish. Nestle the sliced garlic halves in with the tomatoes, drizzle with olive oil .
4. Roast in a pre heated 400 degree oven for 20 -30 minutes. or until the tomatoes are charred and the garlic is soft. Let cool slightly then Squeeze the garlic onto the tomatoes Use an emersion blender or food processor to blend the tomatoes and garlic to a smooth consistency. Transfer to a saute pan bring to a simmer add the fresh mozzarella. and pasta water cook 5 minutes longer .
5. Toss the pasta in the roasted tomato sauce add the basil leaves. ENJOY!!

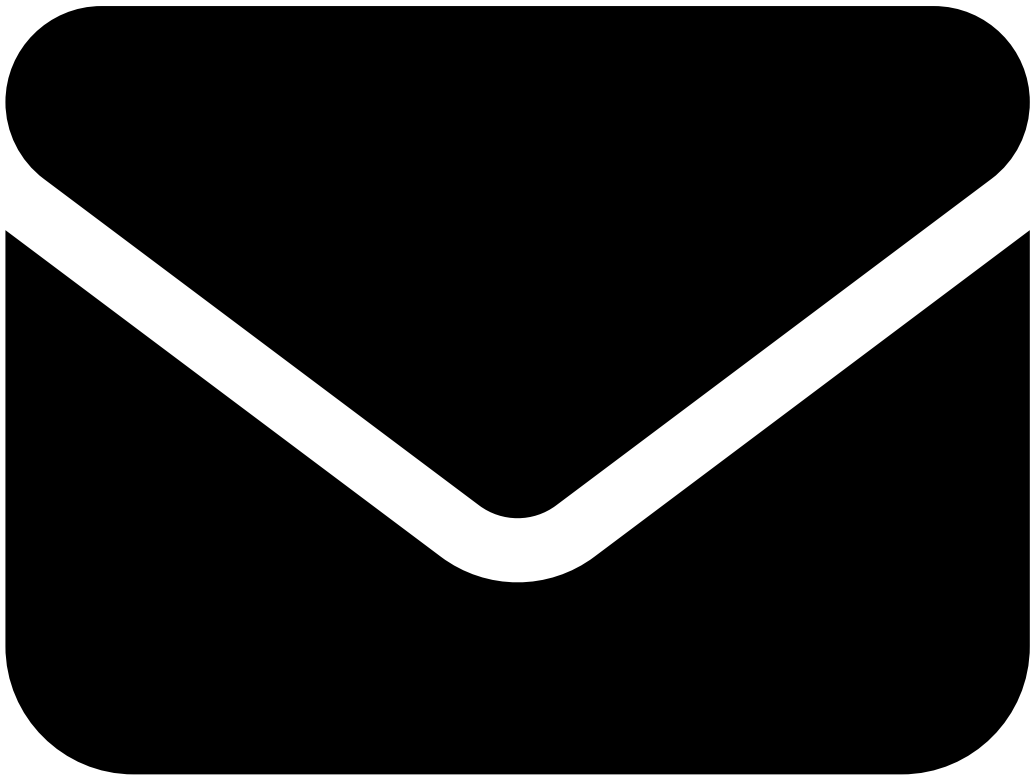
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# One-Pan Orzo with summer vegetables

## One-Pan orzo with summer vegetables

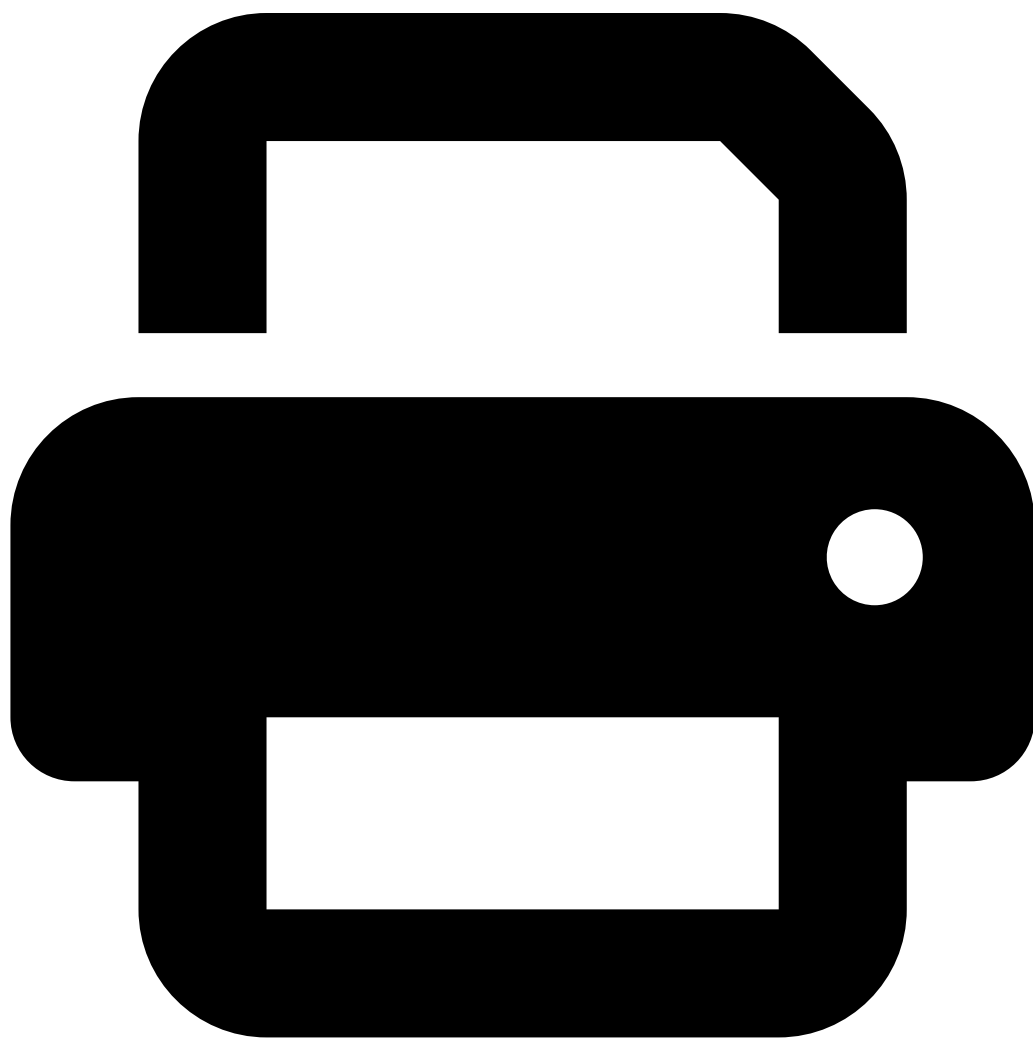
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**Some meals just feel easy**—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.

I started making this dish when my garden zucchini was coming in faster than I could keep up with. It's a great way to use seasonal veggies, and the orzo cooks right in the pan alongside everything else—no need to boil a separate pot of pasta. The result is creamy, comforting, and brightened up with a squeeze of lemon and a handful of fresh basil.

Whether you serve it as a light vegetarian main or as a side dish to grilled chicken or fish, this recipe is one I come back to again and again. It's easy, nourishing, and totally delicious. Let me show you how to make it!

# Things to know about this One-Pan orzo with summer vegetables

## **It's flexible.**

This is one of those recipes you can make your own. Swap zucchini for yellow squash, toss in some corn, or use kale instead of spinach. Don't have cherry tomatoes? Chopped Roma or heirlooms work just as well.

## **No need to pre-cook the pasta.**

The orzo cooks right in the same pan with the veggies, soaking up all the flavor as it simmers. Just keep an eye on the liquid—if it gets too dry before the pasta is tender, add a splash more broth or water.

## **It's perfect warm or room temp.**

This dish is great served hot, but also delicious at room temperature. Leftovers make an easy lunch the next day, and it even works as a pasta salad-style side for summer gatherings.

## **Lemon and fresh herbs make it shine.**

The squeeze of lemon and handful of fresh basil at the end really brighten things up. Don't skip them—they take this dish from simple to special.

## **Make it a meal.**

Add grilled shrimp, rotisserie chicken, or a sprinkle of feta or goat cheese to turn it into a hearty main dish.

## **Ready to Try It?**

I'd love to hear how this one-pan orzo with summer vegetables turns out for you! Did you make any fun swaps or add a little protein on top? Let me know in the comments, and don't forget to leave a rating if you enjoyed it. If you share your dish on

Instagram, tag me—I love seeing what you're cooking! If you like easy and delicious recipes like I do, here is another one to try roasted zucchini pasta with tomatoes.

## One -pan Orzo with summer vegetables



- 2 cups orzo pasta
- 2 tbsp olive oil
- $\frac{1}{2}$  cup chopped onion
- 2 cloves garlic (minced)
- 1 medium zucchini (diced)
- 1 cup cherry tomatoes (halved)
- 2 cups vegetable stock
- $\frac{1}{2}$  cup water
- 2 cups baby spinach
- 1 tsp red pepper flakes (optional)
- Salt and black pepper (to taste)
- juice and zest of 1 lemon
- $\frac{1}{2}$  cup grated Parmesan cheese (optional)
- Fresh basil (chopped (for garnish))

1. **Sauté:** In a large deep skillet or sauté pan, heat olive oil over medium heat. Add garlic and onion. Cook for 5 minutes until soft and translucent .

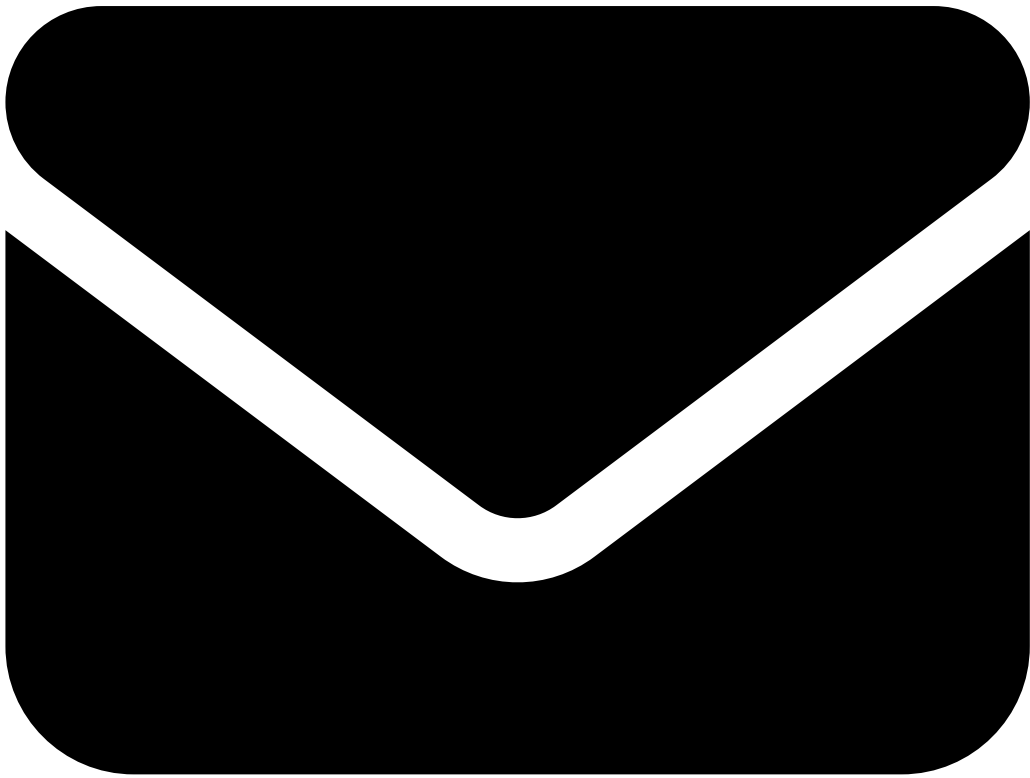
2. **Add Tomatoes, zucchini & Orzo:** Stir in cherry tomatoes, zucchini and orzo. Cook 1–2 minutes, stirring often, to toast the orzo slightly.
  3. **Simmer:** Add broth and water, bring to a boil, then reduce heat to a simmer. Cover and cook for about 10–12 minutes, stirring occasionally, until orzo is tender and liquid is mostly absorbed.
  4. **Finish:** Stir in spinach and cook 1–2 minutes until wilted. Add lemon zest, juice, and Parmesan if using. Season with salt, pepper, and red pepper flakes to taste.
  5. **Serve:** Garnish with fresh basil and a drizzle of olive oil. Serve warm.
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## Roasted Zucchini Pasta with Tomatoes

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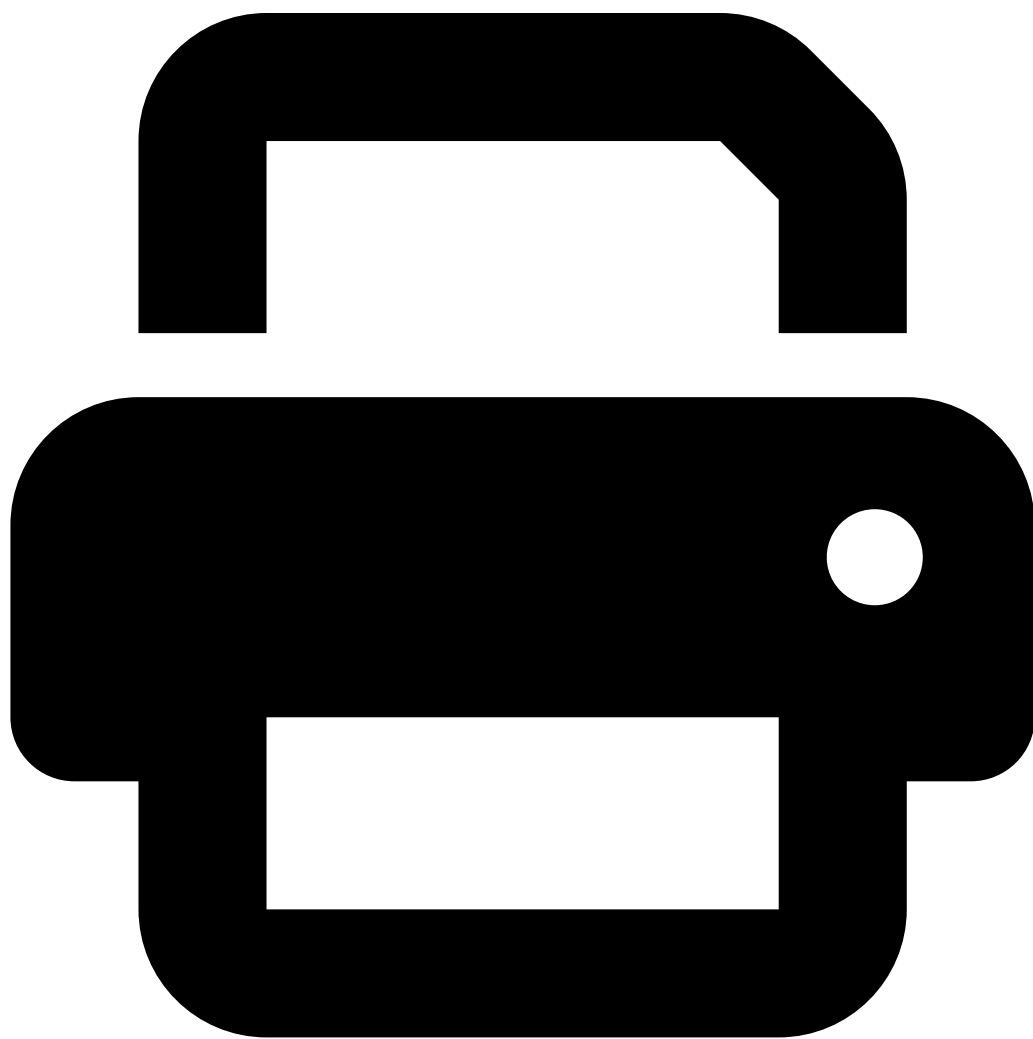
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When summer zucchini are overflowing at the farmers market—or in your backyard garden—this **Roasted Zucchini Pasta with Tomatoes** is the dish I turn to again and again. It's light, fresh, delicious, easy and, made with a few simple ingredients.

Roasting the zucchini brings out its natural sweetness, while sautéed garlic and blistered cherry tomatoes add just the right depth. Blended into a silky cream sauce with pasta water and tossed with your favorite pasta, it's the kind of easy weeknight meal that still feels special. Vegetarian, comforting, and made for summer—this one's a keeper.

## Things to know about this

# Roasted Zucchini Pasta with Tomatoes

- **Use peak-season zucchini** for the best flavor—smaller zucchini tend to be sweeter and less watery.
- **Roasting adds depth.** Don't skip the roasting step—it caramelizes the zucchini and makes the sauce extra rich and flavorful.
- **Sautéing the garlic and tomatoes separately** brings out a beautiful sweetness and keeps the garlic from burning in the oven.
- **Blend to your texture preference.** You can keep the zucchini cream sauce super smooth or leave it a little chunky for more texture.
- **Reserve that pasta water!** It's key to loosening the sauce and helping it cling beautifully to the pasta.
- **Make it your own.** Add fresh herbs like basil or mint, a dollop of ricotta, or a pinch of red pepper flakes for heat.
- **Leftovers?** This pasta reheats well with a splash of water or a drizzle of olive oil in a pan over low heat. If your looking for more easy recipes to use up those summer zucchini try my creamy lemon parmesan zucchini orzo, it's so good and easy to make

# Roasted Zucchini Pasta with Tomatoes



- 12 oz your favorite pasta shape
  - 3 zucchini washed and sliced
  - 2 cups cherry tomatoes
  - 2 tbsp olive oil
  - 2 garlic cloves (minced)
  - Salt and black pepper (to taste)
  - 1 cup reserved pasta water (always reserve more than the recipe calls for)
  - $\frac{1}{2}$  cup freshly grated Parmesan cheese
1. Preheat your oven to 400°F . Spread sliced zucchini on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. Roast for 15-20 minutes until tender and lightly golden.
  2. In a skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add cherry tomatoes and cook for 5–7 minutes until they begin to blister and soften. Season with salt and pepper.
  3. Boil pasta in salted water until al dente. Reserve 1 cup of the pasta water, then drain.
  4. Transfer the roasted zucchini to a blender or food processor. Add the reserved pasta water. Blend until smooth and creamy, adding more water as needed for a silky sauce.

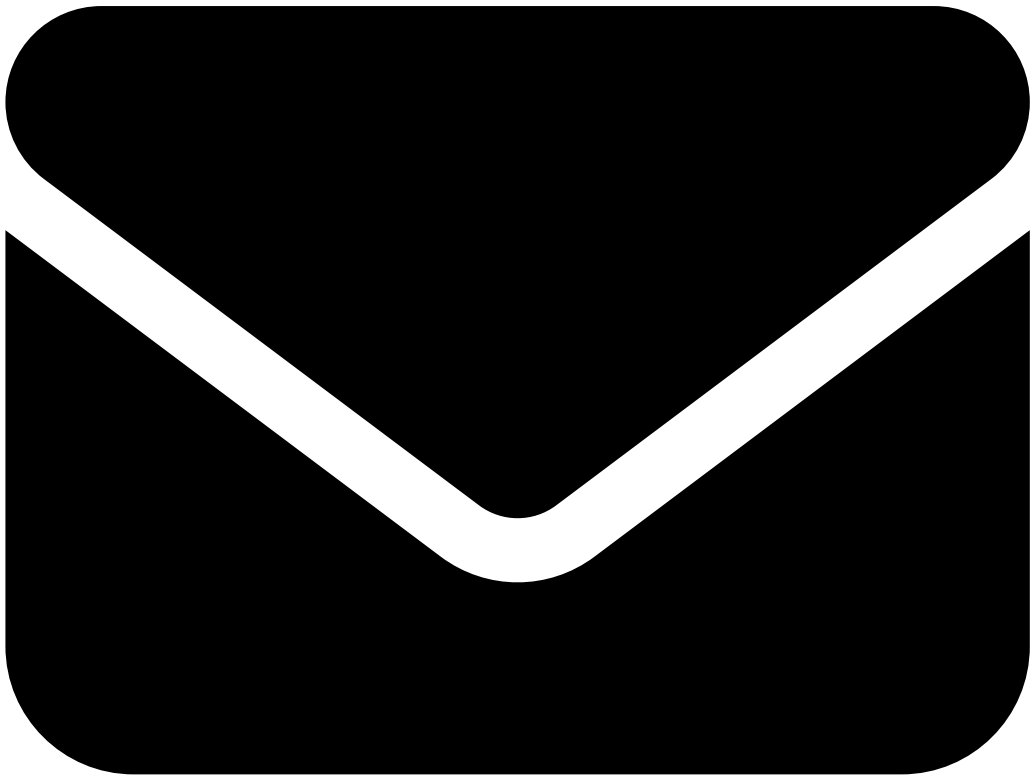
5. Add the pureed zucchini and the parmesan cheese to the tomatoes. Toss in your cooked and drained pasta.
  6. Plate the pasta and finish with extra Parmesan.
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## **Easy Summer caprese tomato salad**

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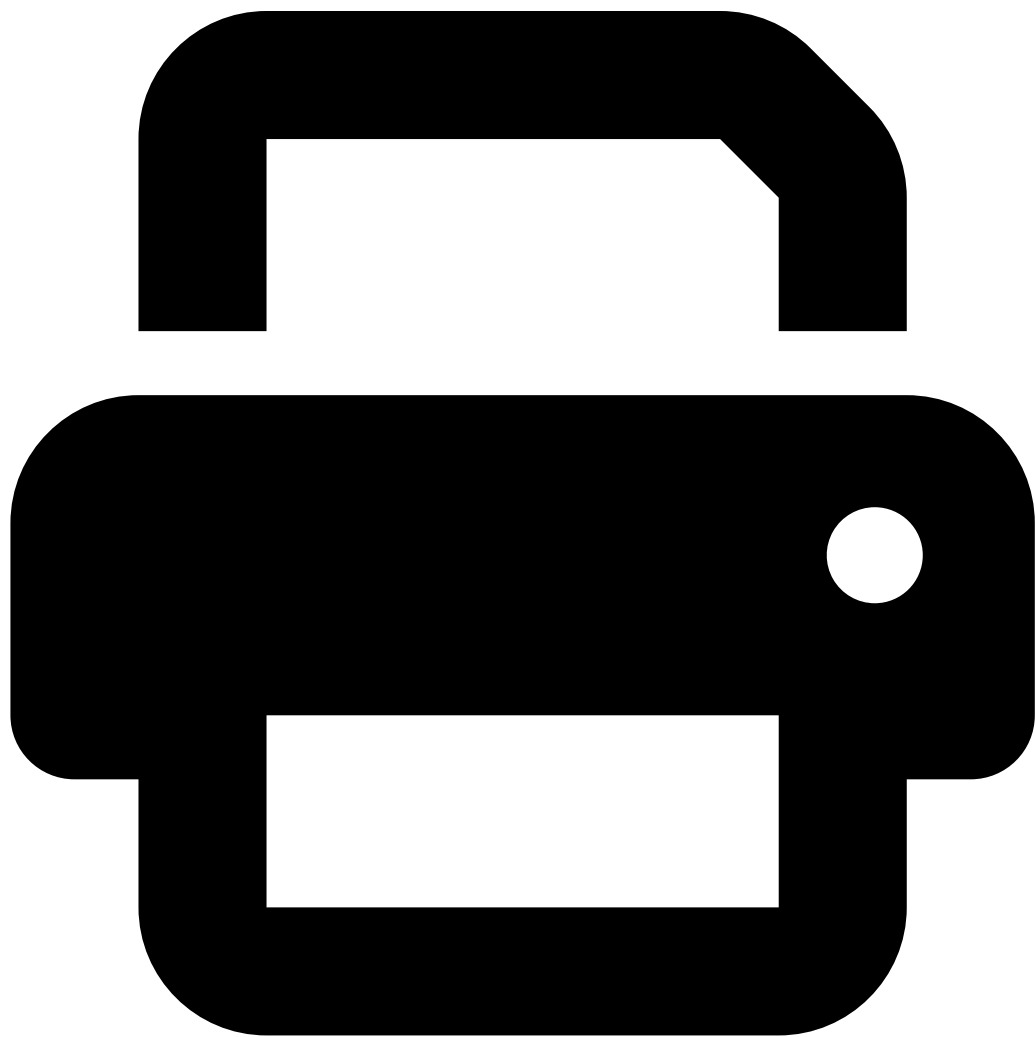
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This easy summer caprese tomato salad is fresh, vibrant, and effortlessly delicious. Whether served as a light appetizer or an easy side dish, it's the perfect companion to all your favorite warm-weather meals.

Caprese salad is the classic no-cook recipe—ideal for hot days when you'd rather not turn on the stove. It highlights three simple, high-quality ingredients: ripe, juicy tomatoes, creamy fresh mozzarella, and fragrant basil leaves. With minimal prep and bold, bright flavor, it's a beautiful way to celebrate the season's best produce.

For the dressing, you can keep it traditional with a drizzle of extra virgin olive oil and a splash of red wine vinegar, or take it up a notch with a luscious balsamic reduction for added sweetness and complexity.

# Things to know about this easy Summer caprese tomato salad recipe

**Fresh is Best:** The key to an unforgettable Caprese salad is using the freshest, ripest tomatoes and creamy mozzarella. Summer tomatoes at their peak flavor make all the difference.

**Simple Ingredients, Big Flavor:** With just a handful of ingredients—ripe tomatoes, fresh mozzarella, basil, olive oil, and balsamic vinegar—this salad shines with pure, vibrant flavors.

**Quick and Easy:** This recipe comes together in minutes, making it perfect for a light lunch, picnic, or a quick side dish for your summer dinners.

**Customizable:** Feel free to switch up the basil for fresh arugula or add a sprinkle of sea salt or cracked black pepper to suit your taste.

**Perfect for Entertaining:** Its colorful presentation and fresh taste make it an elegant starter or side that impresses guests effortlessly.

**Make It Ahead:** While best enjoyed fresh, you can prepare it an hour ahead and keep it chilled—just add the basil and dressing right before serving to keep everything bright and fresh.

If you are looking for more easy summer salad recipes try my Pesto tortellini pasta salad. If you make these recipes please leave me a comment I love hearing from you. It's my favorite part!!!

# Easy Summer Caprese tomato Salad



- 2-3 medium heirloom or ripe red tomatoes
  - 12 slices fresh mozzarella
  - 10–12 fresh basil leaves
  - 1 cup balsamic vinegar
  - 1 tablespoon honey
  - Salt and freshly ground black pepper (to taste)
1. Slice the tomatoes and mozzarella into 1/4-inch thick rounds.
  2. On a serving platter, layer the tomato slices, mozzarella slices, and basil leaves in an alternating pattern, slightly overlapping them for a beautiful presentation.
  3. In a small saucepan, combine the balsamic vinegar and honey. Simmer over low heat for 5–7 minutes, stirring occasionally, until the mixture has reduced and thickened into a syrup-like glaze. Let it cool slightly.
  4. Lightly season the salad with salt and freshly ground black pepper. Drizzle the balsamic glaze over the top just before serving.