Rustic Italian Roasted Pepper Salad

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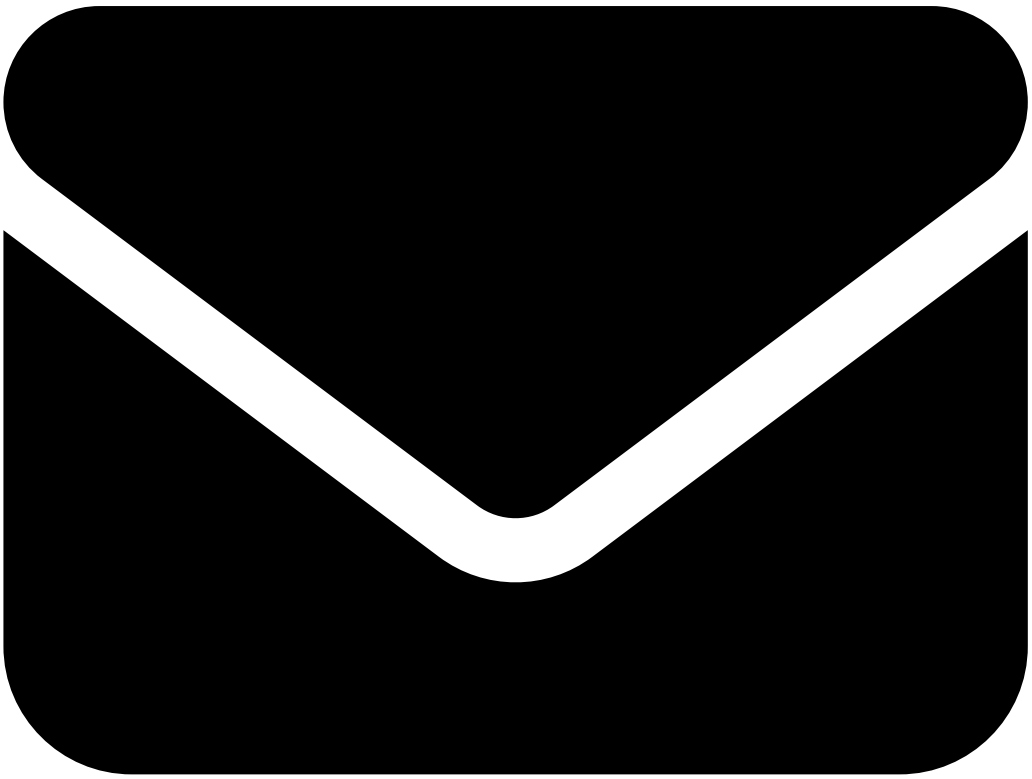




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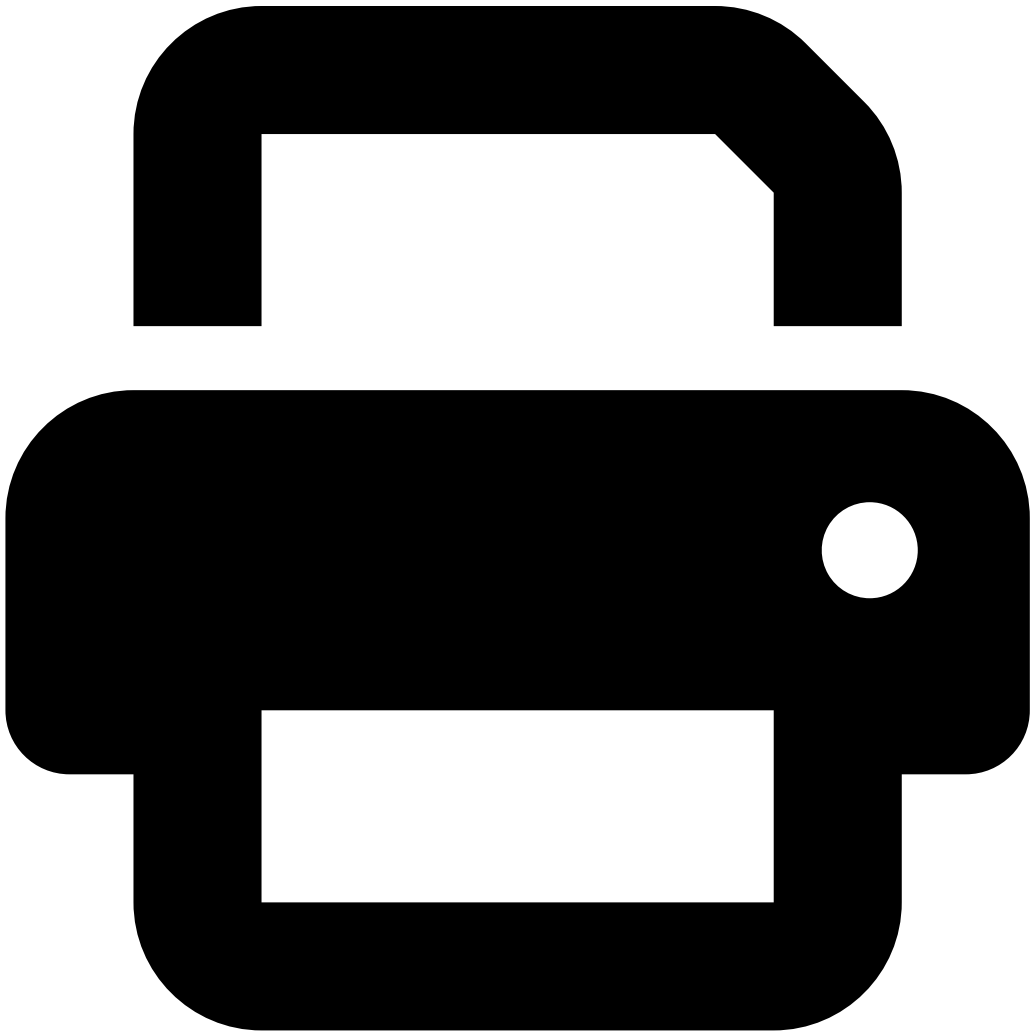

This rustic roasted pepper salad takes me right back to my childhood summers—watching my family roast peppers over the open flame, Tossed with briny olives and tender spinach, it’s simple, fresh, and exactly the kind of dish that always showed up on the table when the garden was overflowing.

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.

Caprese Spaghetti with Roasted Tomato Sauce

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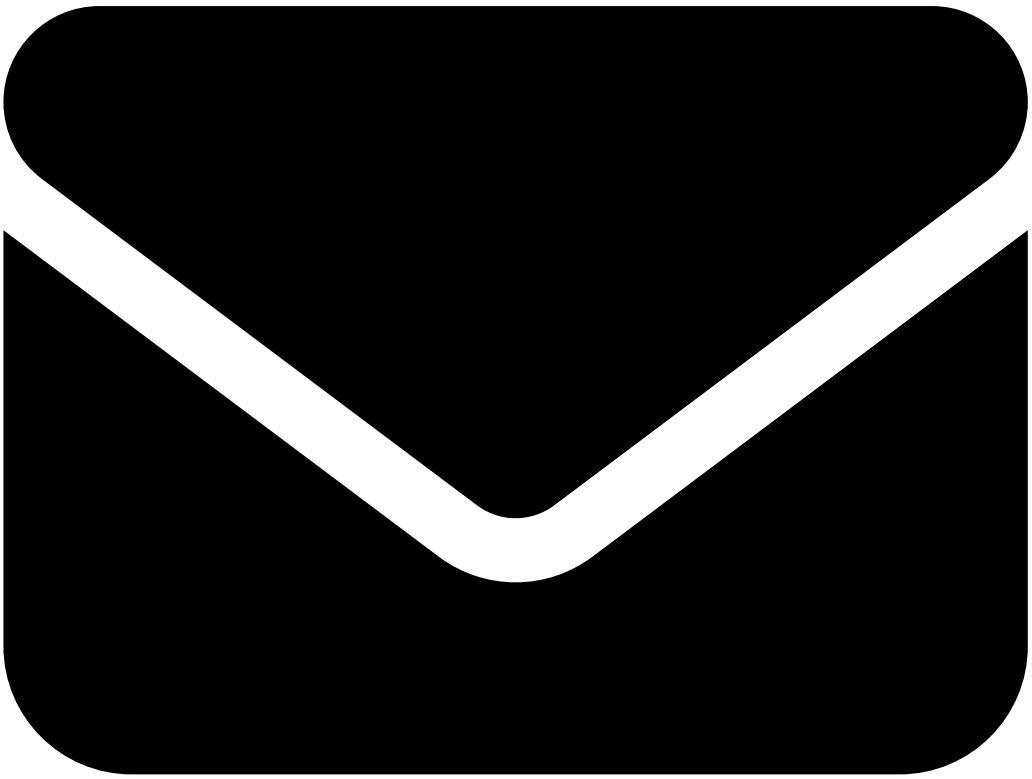




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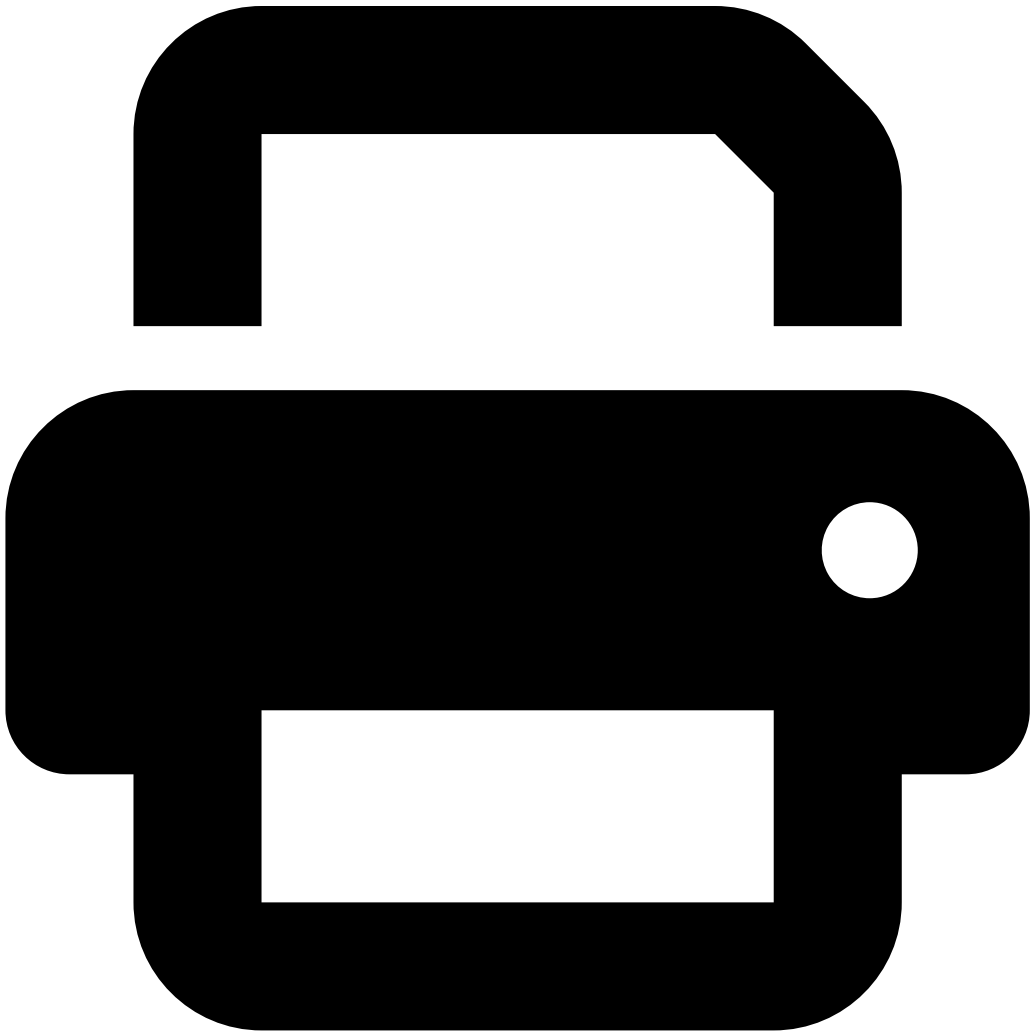

Nothing says summer like a Caprese-inspired pasta dish, and this **Caprese Spaghetti with Roasted Tomato Sauce** is the perfect way to celebrate simple, fresh flavors. Sweet, oven-roasted tomatoes blended into a rustic sauce coat long strands of spaghetti, while creamy mozzarella pearls and fresh basil 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 per 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!!

One-Pan Orzo with summer vegetables

One-Pan orzo with summer vegetables

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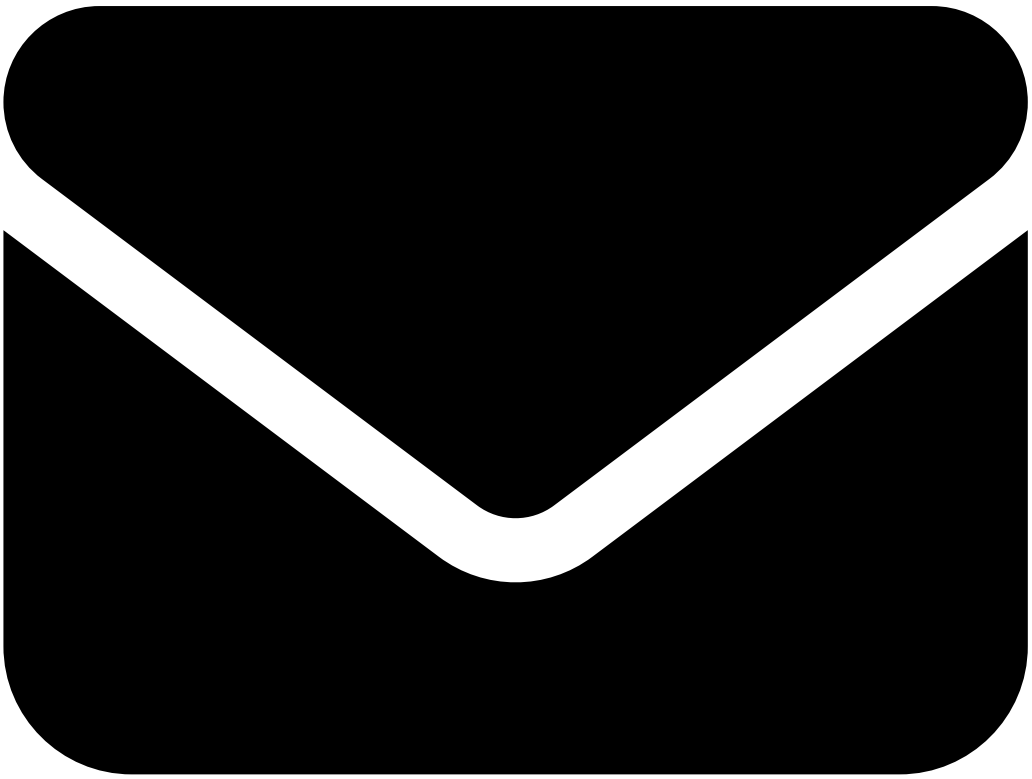




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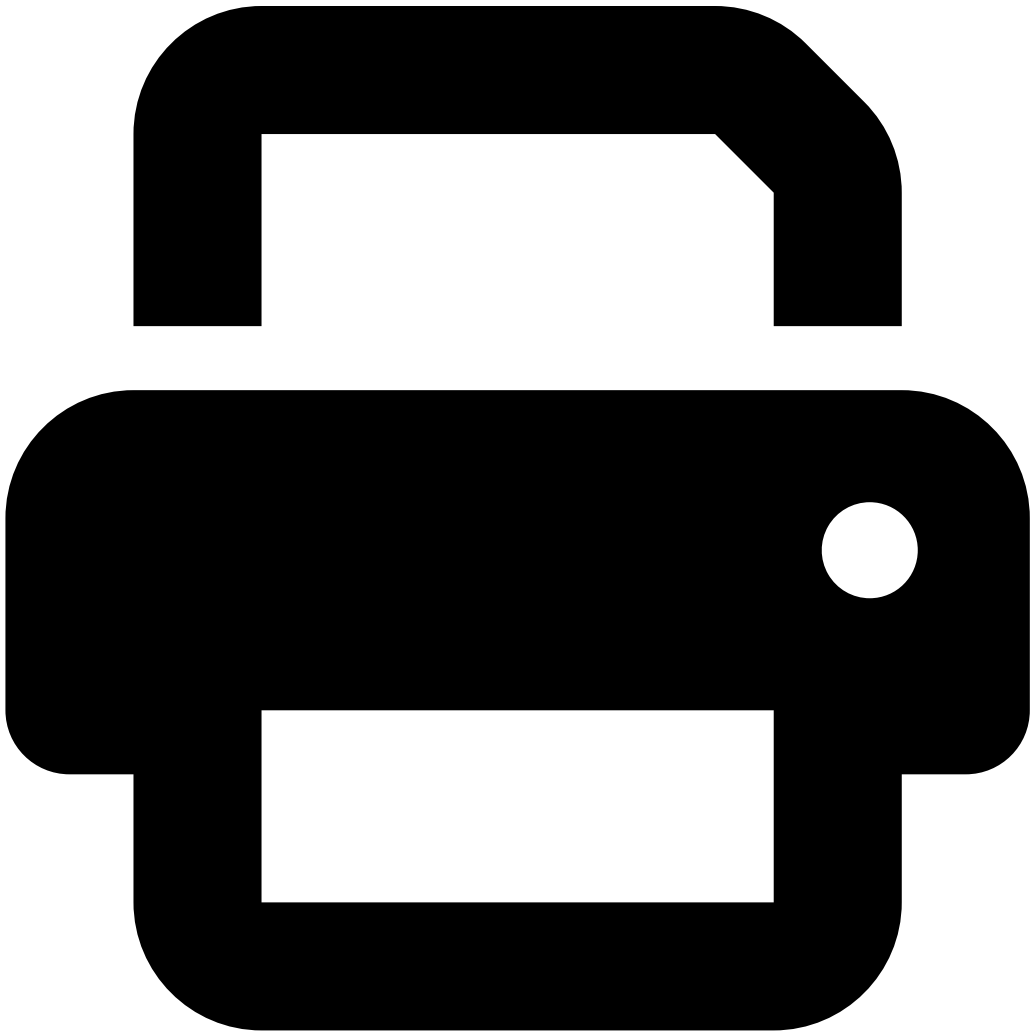

Some meals just feel easy—especially when they come together in one pan. This one-pan orzo with summer vegetables is one of those simple, feel-good recipes that checks all the boxes: quick to make, minimal cleanup, and full of fresh summer flavor.

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
- ½ cup chopped onion
- 2 cloves garlic (minced)
- 1 medium zucchini (diced)
- 1 cup cherry tomatoes (halved)
- 2 cups vegetable stock
- ½ cup water
- 2 cups baby spinach
- 1 tsp red pepper flakes (optional)
- Salt and black pepper (to taste)
- juice and zest of 1 lemon
- ½ 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.

Roasted Zucchini Pasta with Tomatoes

Roasted Zucchini Pasta with Tomatoes

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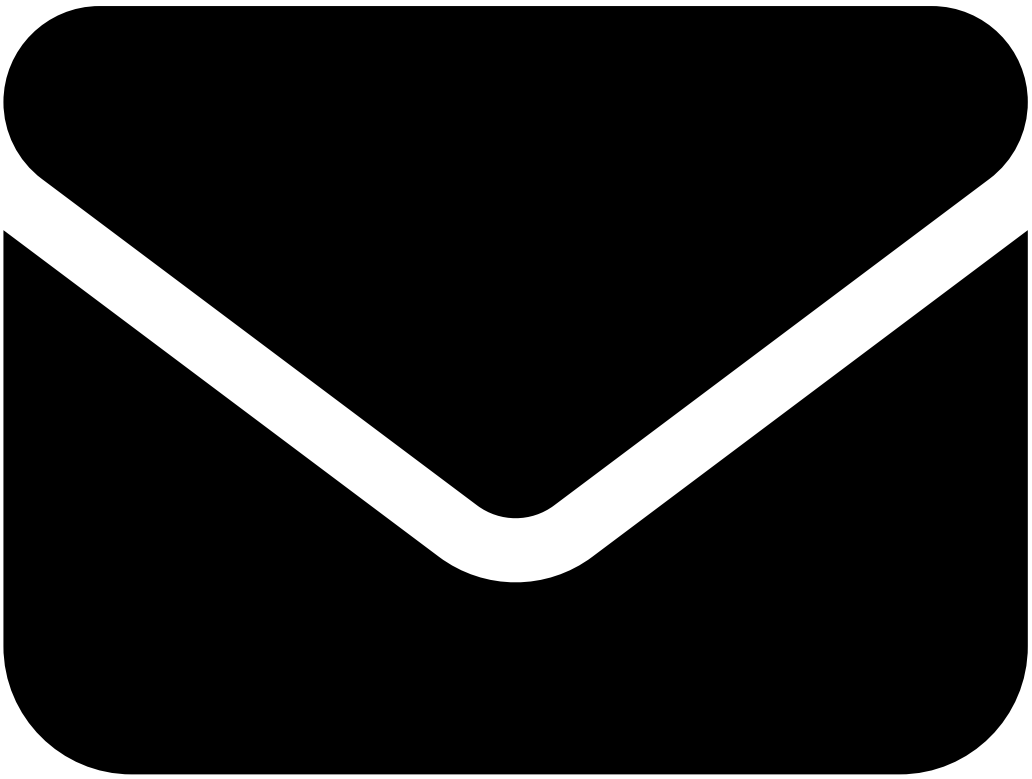




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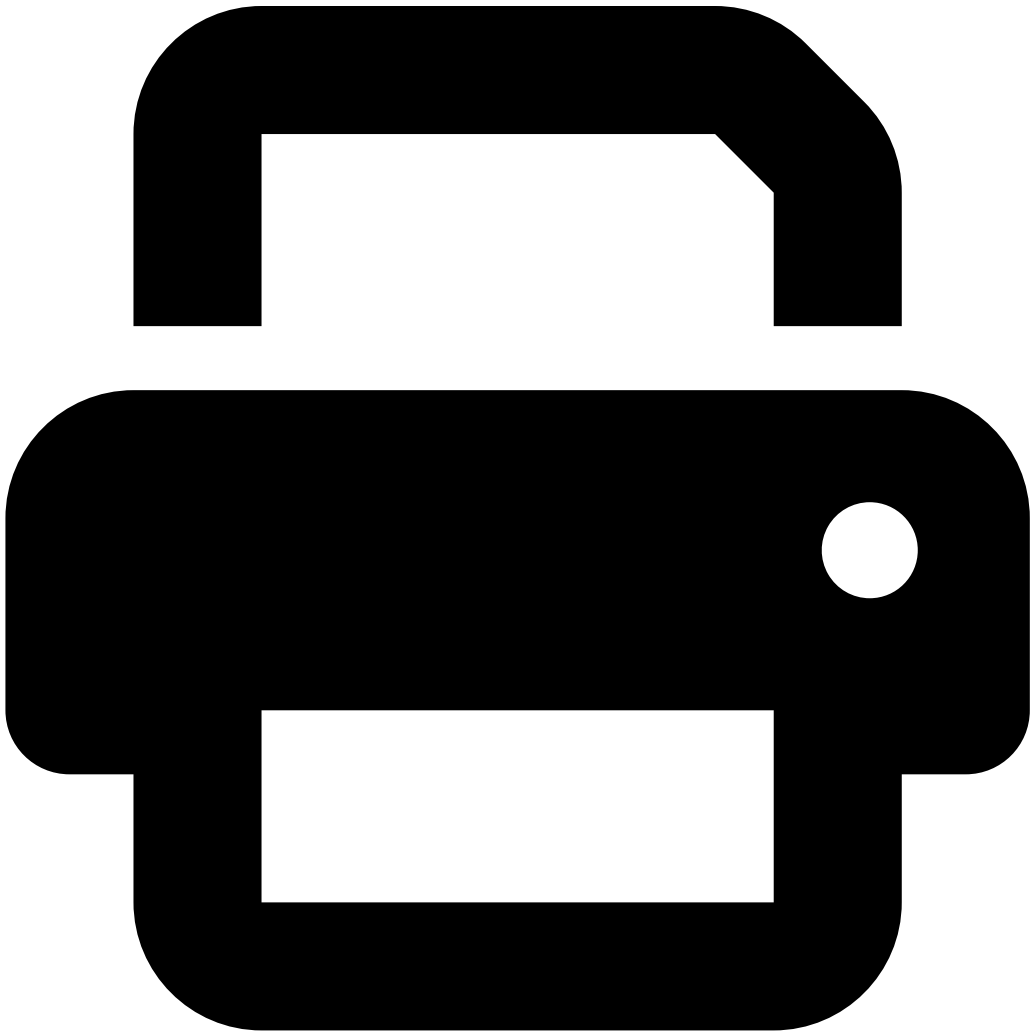

When summer zucchini are overflowing at the farmers market—or in your backyard garden—this **Roasted Zucchini Pasta with Tomatoes** is the dish I turn to again and again. It’s light, fresh, delicious, easy and, made with a few simple ingredients.

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)
- ½ 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.

Easy Summer caprese tomato salad

Easy Summer caprese tomato salad

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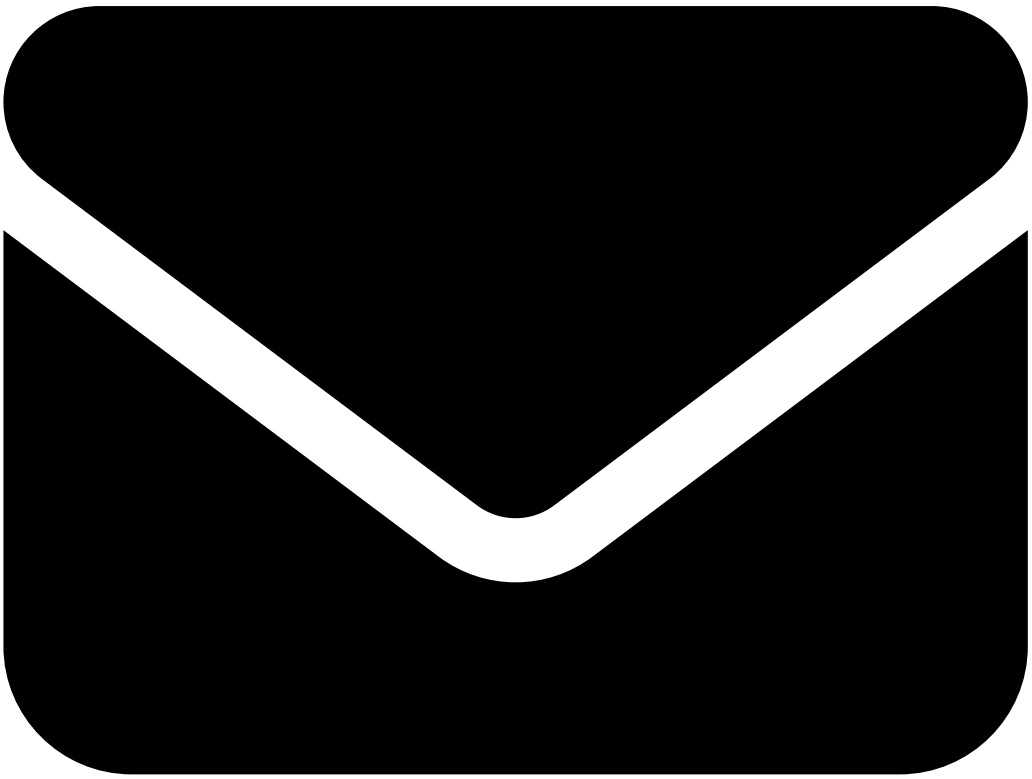




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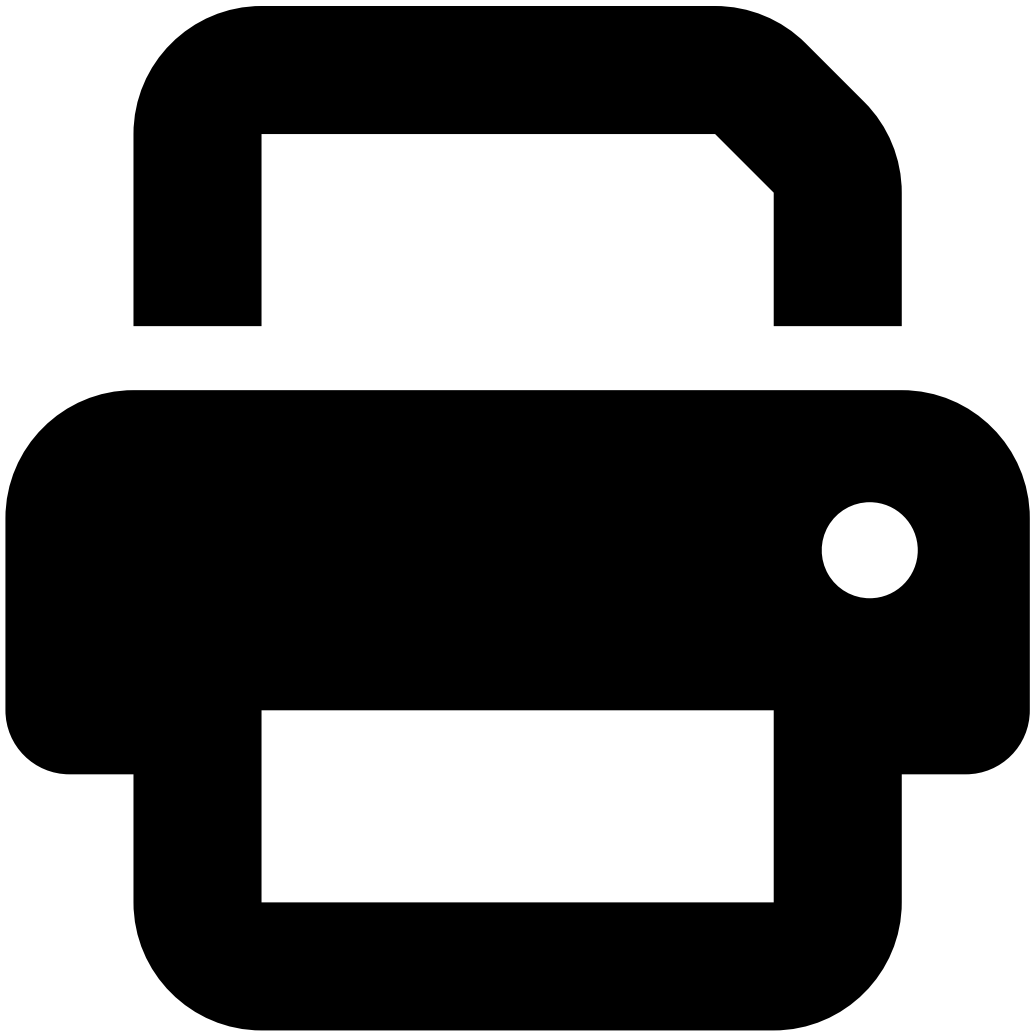

This easy summer caprese tomato salad is fresh, vibrant, and effortlessly delicious. Whether served as a light appetizer or an easy side dish, it’s the perfect companion to all your favorite warm-weather meals.

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.

Quick Italian Bread Salad (Panzanella)

Quick Italian Bread Salad (Panzanella)

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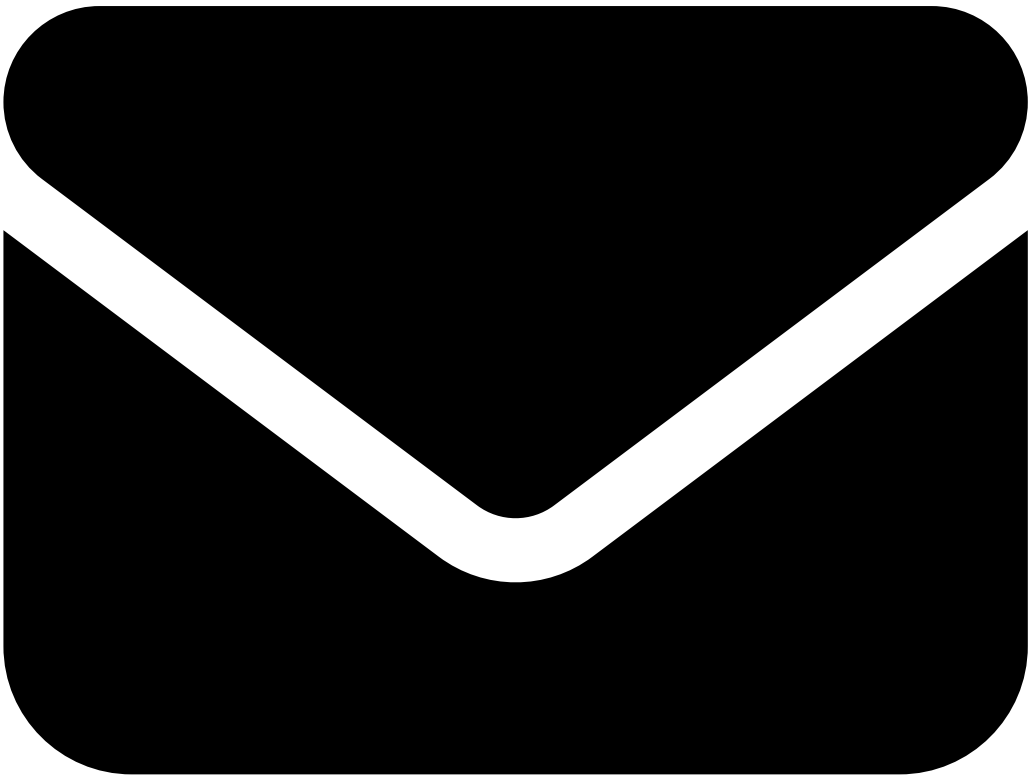




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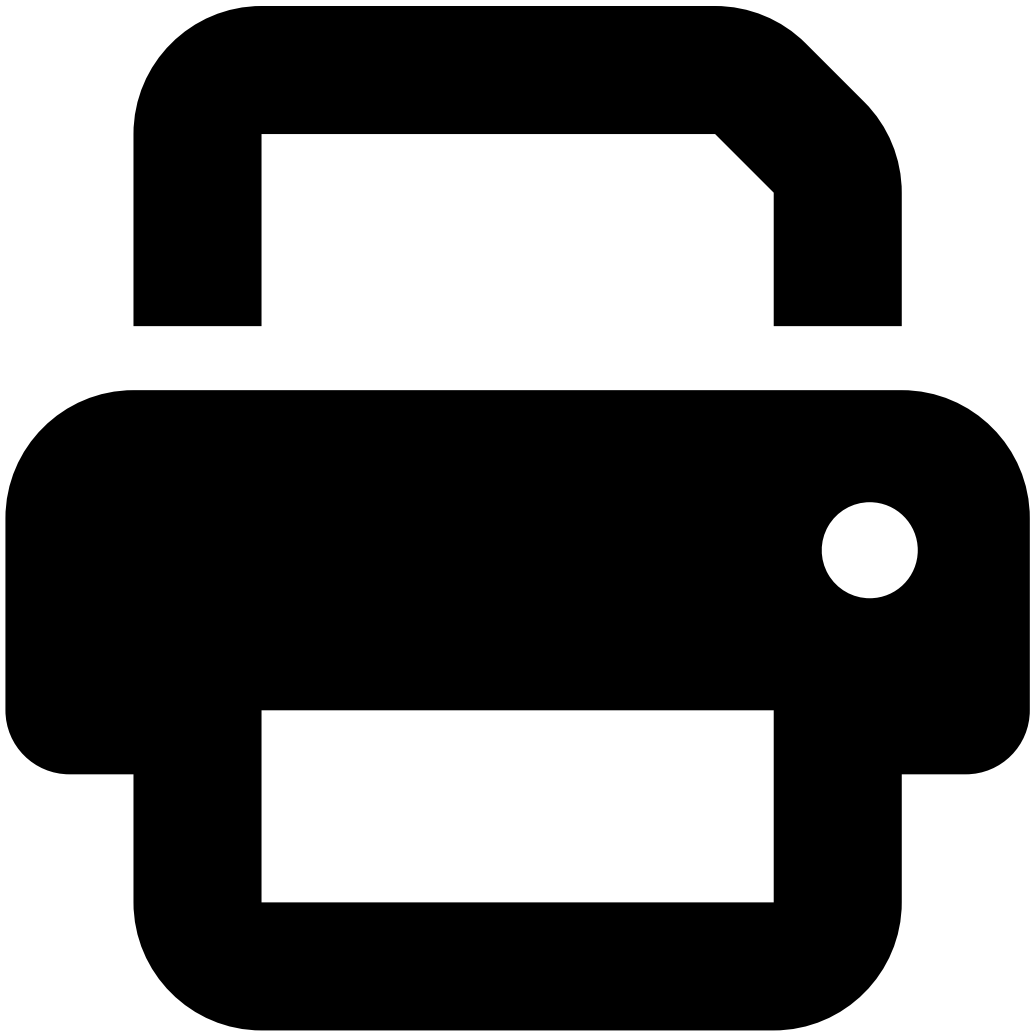

This classic Tuscan quick Italian bread salad (panzanella) is a simple mix of ripe tomatoes, cucumbers, fresh mozzarella, crunchy croutons and a simple tangy vinaigrette- but don't let the simplicity fool you. This rustic summer salad is deliciousness in every bite, proving that simply ingredients like tomatoes and bread can be anything but ordinary. And it's one of my favorite things to make with tomatoes when they are in season.

Things to know about this Quick Italian Bread Salad (Panzanella) recipe

This easy Italian bread salad is the perfect way to use up day-old bread. Known as *Panzanella*, this rustic Tuscan salad

turns simple ingredients—like crusty bread, ripe tomatoes, fresh cucumbers, red onion, and basil—into a bright and refreshing summer meal. It’s a no-cook, quick recipe that’s ideal for warm days when you want something light but satisfying.

Panzanella comes together fast with pantry staples and garden-fresh vegetables. The bread is lightly toasted in the oven for texture, then tossed with juicy tomatoes and a zesty red wine vinaigrette that soaks into every bite. The result? A flavor-packed salad that’s hearty enough to serve on its own or alongside grilled meats, seafood, or a bowl of chilled soup.

This quick Italian salad is perfect for meal prep and outdoor dining. It holds up well at room temperature, making it a great choice for picnics, potlucks, or summer barbecues. You can customize it with extras like olives, roasted peppers, or mozzarella, making it endlessly adaptable. Whether you’re looking for a quick weeknight side or a simple vegetarian main, this Italian bread salad checks all the boxes.

Quick Italian Bread Salad (Panzanella)



- 3 cups day-old crusty Italian bread, cut into 1-inch cubes
- 2 tablespoons extra virgin olive oil (for toasting the

bread)
- 1 teaspoon Italian seasoning
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Salt and freshly ground black pepper, to taste

For the salad

- 3 cups diced ripe tomatoes
- 1 cucumber, peeled and chopped
- ½ red onion, thinly sliced
- ½ cup fresh basil leaves, torn
- Optional: ½ cup fresh mozzarella balls or shaved Parmesan

For the dressing

- ¼ cup extra virgin olive oil
- 2 tablespoons red wine vinegar
- 1 garlic clove, minced
- Salt and freshly ground black pepper, to taste

1. Preheat the oven to 375°F (190°C).
2. Place the bread cubes in a large bowl. Toss with 2 tablespoons olive oil, Italian seasoning, garlic powder, onion powder, salt, and pepper until evenly coated.
3. Spread the bread onto a baking sheet and bake for 5–7 minutes, or until lightly golden and crisp. Let cool slightly.
4. In a small bowl, whisk together the ¼ cup olive oil, red wine vinegar, minced garlic, salt, and pepper.
5. In a large serving bowl, combine the tomatoes, cucumber, red onion, basil, and mozzarella (if using).
6. Add the toasted bread cubes and pour the dressing over

the salad. Toss gently until everything is evenly coated.

7. Let the salad sit for 10–15 minutes so the bread absorbs the dressing while still retaining a little texture. Taste and adjust the seasoning with additional salt and pepper if needed. Garnish with extra basil or shaved Parmesan before serving.

Vegetarian Orzo with Asparagus and Peas

Vegetarian Orzo with Asparagus and Peas

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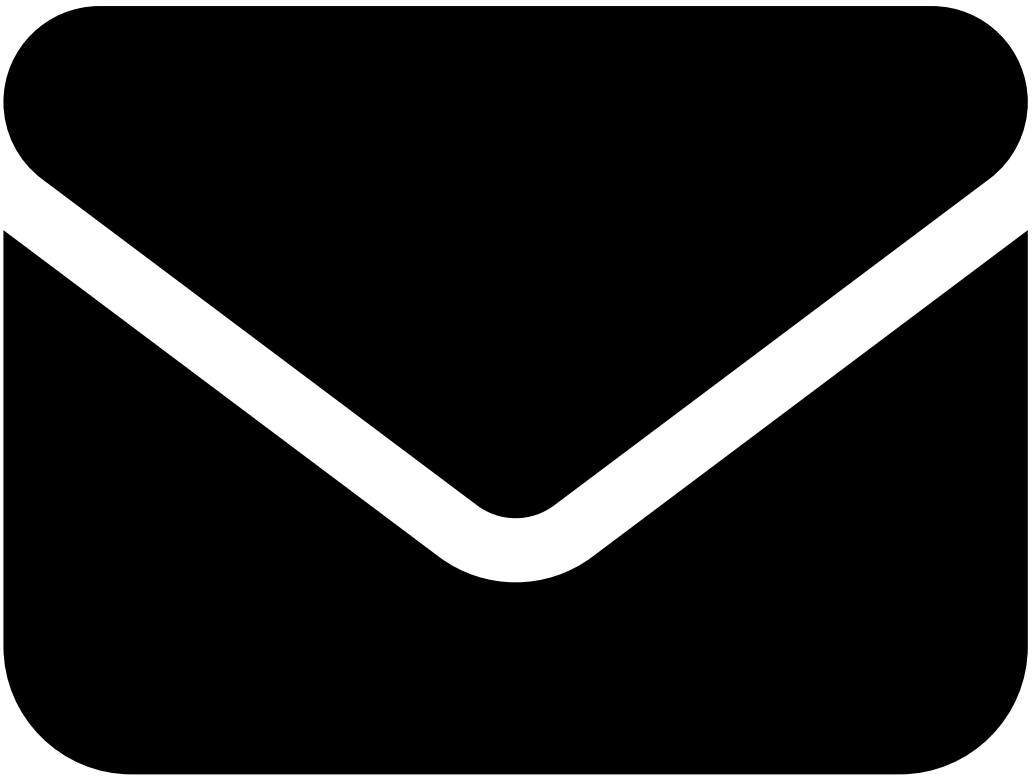




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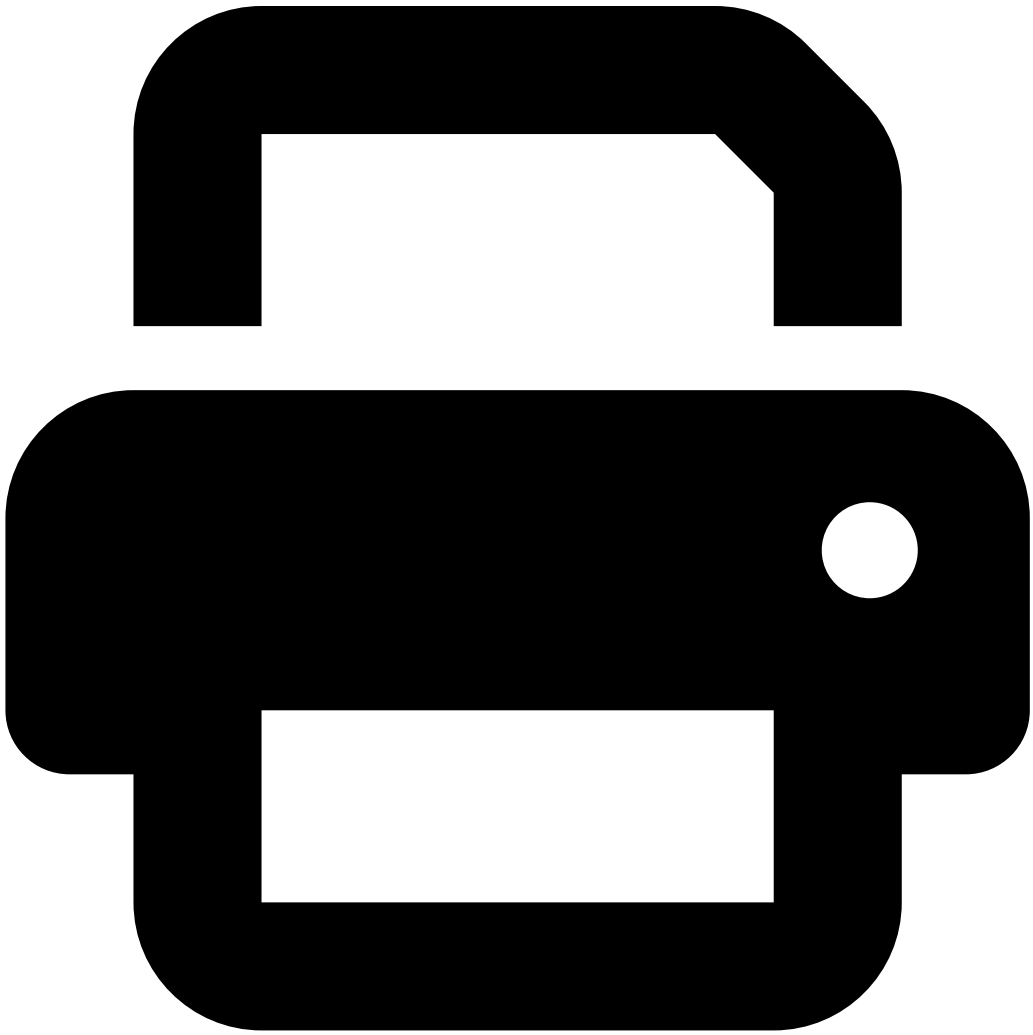

I love this vegetarian orzo with asparagus and peas in the summertime. It’s the kind of easy, light dish that comes together quickly feels good and tastes delicious . The combination of sweet peas, tender asparagus, and a hint of lemon makes it perfect for summer. It’s perfect for a light lunch or on the side of grilled meats and fish.

This has become one of my favorite dishes to make in the summer it goes good with so many different things, and it’s so easy to make. you are going to love it!!!

Things to know about this Vegetarian Orzo with Asparagus and

Peas recipe

- **Seasonal and Fresh**: This dish shines in spring and summer when asparagus is in season and peas are at their sweetest. Fresh or frozen peas both work beautifully.
- **Great for Make-Ahead**: You can cook the orzo and veggies in advance and serve it chilled or gently rewarmed. It holds up well for lunches, potlucks, or picnics.
- **Light but Satisfying**: It’s vegetarian, with just the right balance of comfort and freshness. Add a sprinkle of cheese or a poached egg if you want to make it heartier.
- **Customizable**: Swap in other green veggies like zucchini, spinach, or snap peas. You can also stir in herbs like basil, mint, or parsley for an extra flavor boost.
- **No-Fuss Cooking**: It cooks all in one pan like a risotto but takes less time and effort—great for quick lunches or simple summer sides.

If you are Craving More Orzo Recipes

If you love easy, flavorful dishes like this one, be sure to check out my other orzo recipes! Creamy lemon parmesan zucchini orzo or pan seared salmon

- If you try this recipe, I’d love to hear how it turned out—leave a comment below or tag me on Instagram so I can see your beautiful plates!

Vegetarian Orzo with Asparagus and

Peas



- 2 cups orzo
- 1 Tbsp. olive oil
- 2 Tbsp. butter
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 2 cups asparagus (trimmed and cut into 1 inch pieces)
- 1 cup fresh or frozen peas
- 3 cups vegetable stock
- Juice and zest from one lemon
- 1/2 cup chopped Italian parsley
- 1/2 cup parmesan cheese
- Salt and pepper to taste

1. In a medium skillet or saucepan, heat olive oil and butter over medium heat. Add chopped onion and sauté until translucent, about 3 minutes. Add garlic and cook for another minute.

2. Toast orzo. Stir in the orzo and cook for 1–2 minutes to lightly toast it and coat it in the oil and butter.
3. Simmer with stock. Pour in vegetable stock and bring to a simmer. Stir occasionally, letting the orzo absorb the stock gradually (like risotto). Add more stock or hot water as needed until the orzo is al dente, about 10–12 minutes.
4. Add veggies. When the orzo is nearly done, stir in asparagus and peas. Cook for 3–4 minutes, just until

asparagus is tender and peas are warmed through.
5. Finish with lemon and parmesan. Stir in lemon zest and juice. Season with salt and pepper to taste.

Pan-Fried Eggplant Cutlets (Milanese Style)

Pan-Fried Eggplant Cutlets (Milanese Style)

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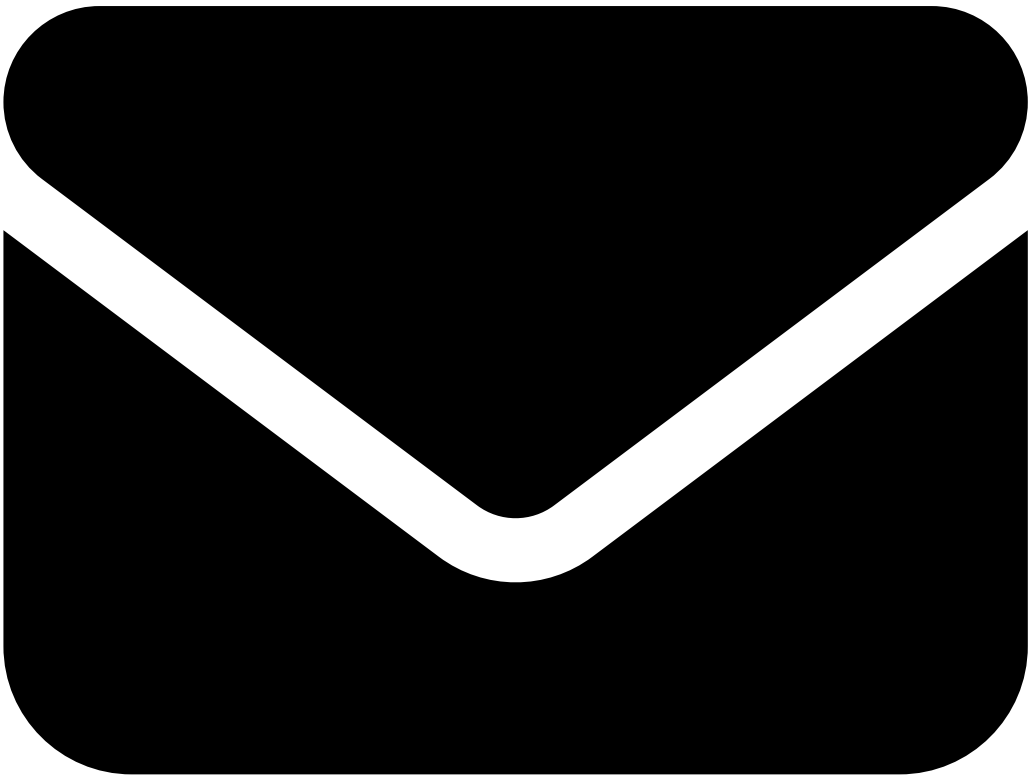




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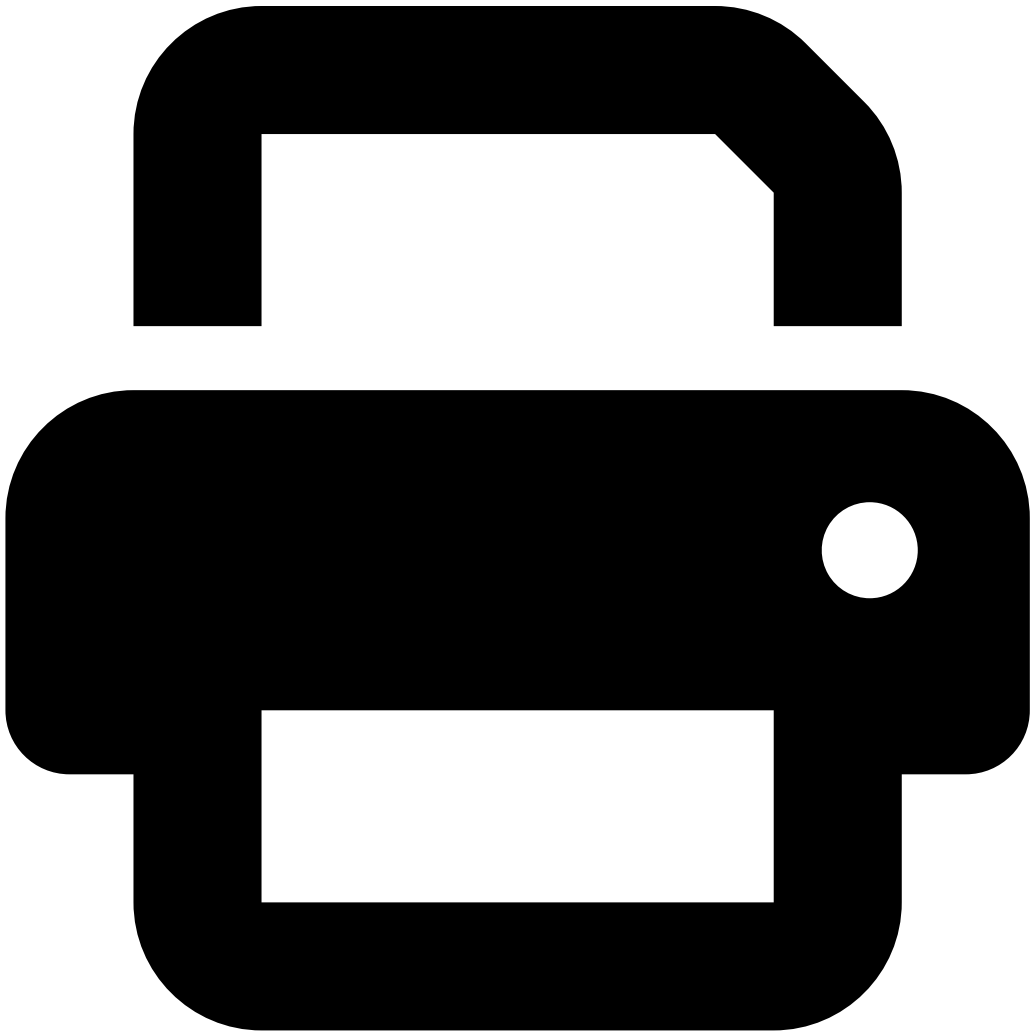

If you think you don’t like eggplant, these crispy Pan-Fried Eggplant Cutlets might just change your mind. Growing up, eggplant Milanese was one of those simple meals that made an ordinary weeknight feel special. Thin slices of eggplant are lightly breaded, pan-fried until golden and crisp, and finished with a squeeze of fresh lemon.

They’re delicious served as a light main course with a peppery arugula salad, or as an appetizer alongside warm marinara for dipping. Like so many classic Italian recipes, this dish relies on a handful of simple ingredients to create something incredibly satisfying.

Things to know about this Pan-

Fried Eggplant Cutlets (Milanese Style) recipe

- **Sweating the Eggplant Matters:** Salting the eggplant slices before cooking draws out excess moisture and bitterness, which helps them fry up beautifully crisp—not soggy.
- **Breadcrumb Choice Makes a Difference:** Traditional Italian-style breadcrumbs give that classic flavor, but using panko will make the crust extra light and crunchy. You can also mix the two for the best of both worlds.
- **Don’t Skip the Cheese:** Mixing grated Parmigiano-Reggiano into the breadcrumbs adds deep savory flavor and helps the coating brown nicely.
- **Shallow Frying Is Key:** You don’t need a deep fryer—just a thin layer of olive oil in a skillet does the trick. Fry in batches and don’t overcrowd the pan to keep everything crisp.
- **Make It a Meal or a Starter:** Serve it with a lemony arugula salad for a light main, layer it on ciabatta with mozzarella for an incredible sandwich, or top it with marinara and melted cheese for a quick eggplant parmesan twist.
- lastly if you like eggplant as much as I do try my other eggplant recipes. Italian baked stuffed eggplant or vegetarian stuffed eggplant rollatini. And eggplant is delicious with pasta try this Sicilian eggplant caponata rigatoni

Pan-Fried Eggplant Cutlets (Milanese Style)



Crispy, golden Pan-Fried Eggplant Cutlets made Milanese style with thinly sliced eggplant, a light breading, and a quick pan-fry. Serve with fresh lemon, peppery arugula, or warm marinara for dipping

- 2 medium eggplants
- Kosher salt (for sweating the eggplant)
- 2 large eggs
- 1½ cups breadcrumbs
- ½ cup grated Parmigiano-Reggiano
- 1 tsp garlic powder
- 1 tsp dried oregano
- 2 Tbsp. chopped Italian parsley
- salt and pepper to taste
- 2 cups Olive oil canola blend (for frying)

1. **Prepare the eggplant:**

   Peel the eggplant in strips. then slice lengthwise into thin 1/3 -inch thick slices

   Set a colander over a bowl. Sprinkle both sides of the eggplant with kosher salt. Let sit in the colander, weighted down, for at least 30 minutes to draw out bitterness and excess moisture. Rinse and pat dry thoroughly.

2. **Set up breading stations:**

   In a second bowl, mix breadcrumbs, Parmigiano, garlic powder, oregano, and parsley

   In a shallow dish add the eggs and wisk slightly

3. **Bread the eggplant:**

   Dip each eggplant slice first into the beaten eggs, and then in the breadcrumb mixture. Press gently to help crumbs adhere.

4. **Fry:**

   Heat the olive oil canola blend in a large skillet over medium heat.

   Fry eggplant slices in batches, about 3–4 minutes per side until golden and crisp. Drain on paper towels and keep warm in a low oven if needed.

5. **Serve:**

   Plate with lemony arugula salad and extra shaved Parmigiano, or spoon warm marinara on the side or over top. and a drizzle of good olive oil .

Appetizer, Side Dish
Italian
pan-fried eggplant cutlets, eggplant Milanese

Lemon ricotta pasta and peas

Lemon ricotta pasta and peas

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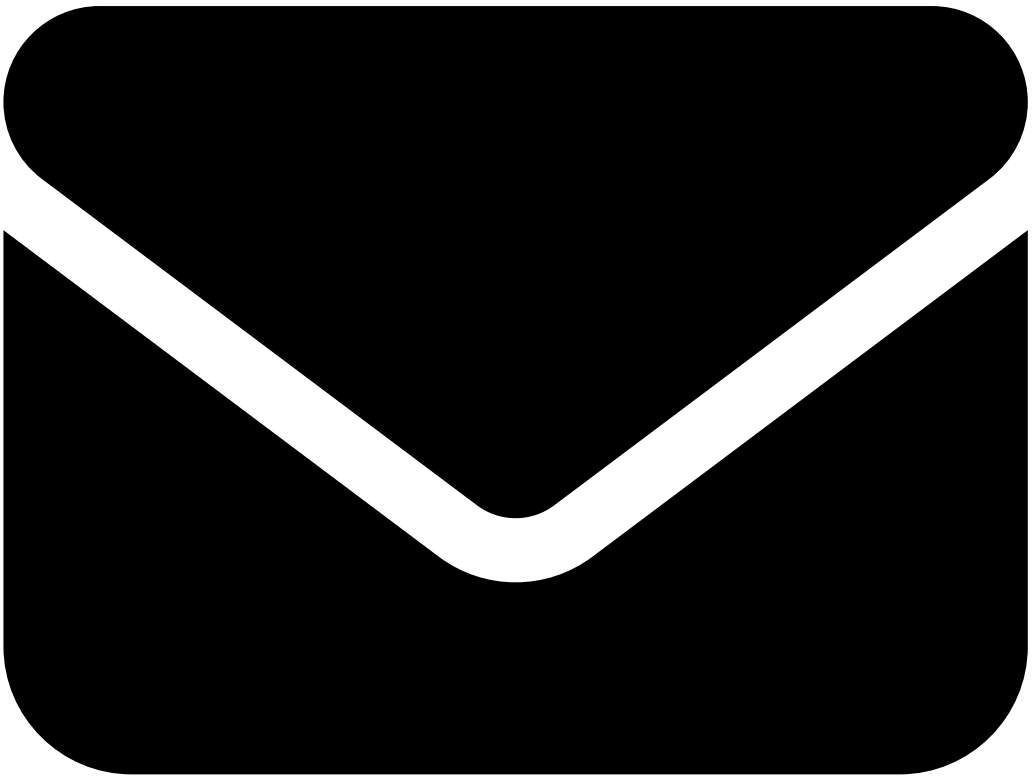




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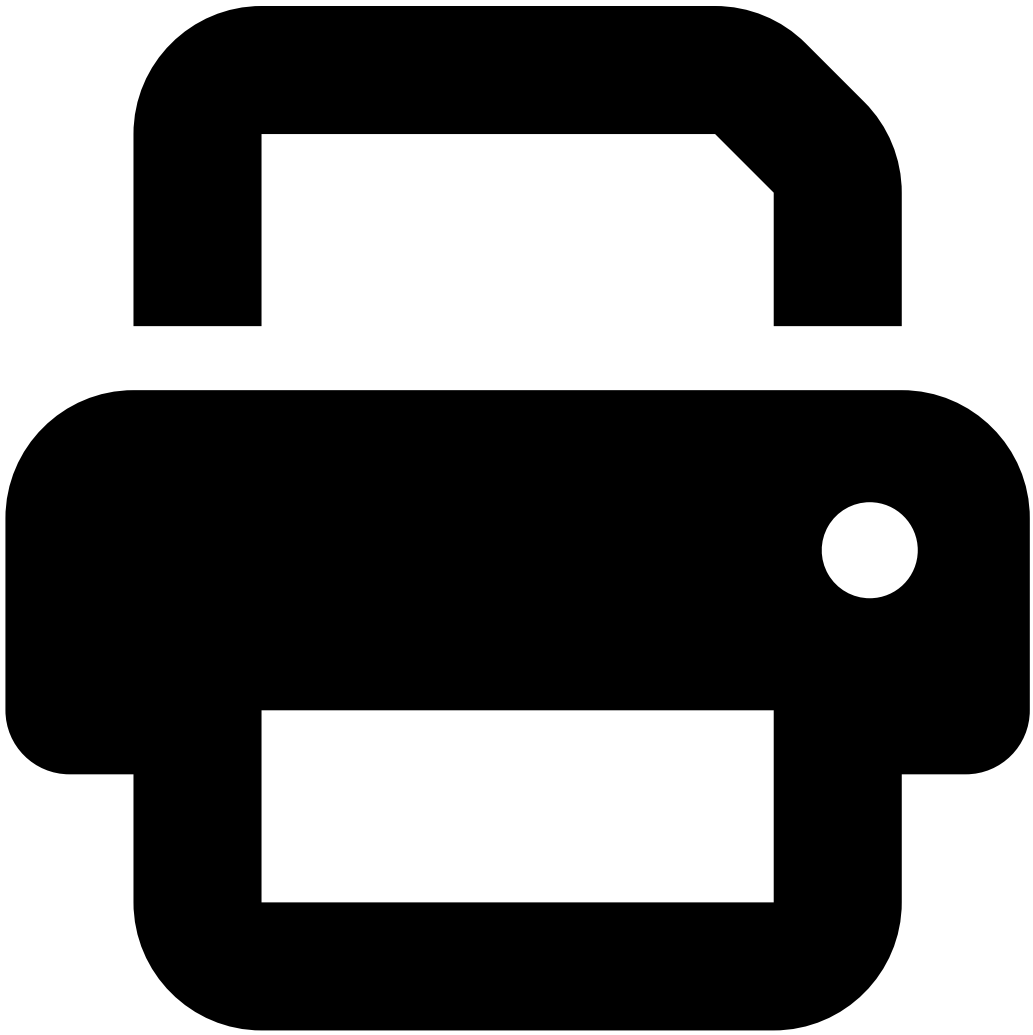

Lemon Ricotta Pasta with Peas is a fresh, creamy twist on the simple *pasta e piselli* I grew up eating. My mother often made this humble Italian dish with ditalini or broken spaghetti, sweet peas, and a light broth. It was a staple in our kitchen, especially in the spring when fresh peas were in season and dinner needed to come together quickly.

I’ve kept the simplicity and comfort of my mother’s recipe but added creamy ricotta and fresh lemon for a little extra richness and brightness. The result is a light yet satisfying pasta that feels both nostalgic and fresh. It’s the kind of easy Italian meal that’s perfect for a busy weeknight when you want something comforting without spending hours in the kitchen.

Things to know about this Lemon ricotta pasta and peas

- **Quick and Easy**: This dish comes together in under 30 minutes, making it perfect for busy weeknights.
- **Use Fresh or Frozen Peas**: Either works beautifully—frozen peas are a great pantry staple and stay sweet and tender.
- **Pasta Matters**: Short shapes like fusilli, orecchiette, or shells work best because they hold onto the creamy sauce.
- **Reserve That Pasta Water**: A splash of hot starchy pasta water helps melt the ricotta into a silky, cohesive sauce.
- **Lemon Brightens Everything**: Use fresh lemon juice and zest—it cuts through the richness of the ricotta and adds a fresh finish.
- **Make It Your Own**: Add fresh herbs like basil or mint, a sprinkle of grated Parmesan, or even a few chili flakes for a touch of heat.
- If you like easy warm weather pasta dishes try my vegetarian zucchini and tomato pasta or my creamy lemon parmesan zucchini orzo
- To sum it up this lemon ricotta pasta and peas is the perfect combination of easy and delicious. The addition of the ricotta elevates the entire dish. Sometimes , it’s just one ingredient that transforms a simple recipe into something memorable. I hope you try it and taste the difference ricotta makes-let me know what you think in the comments.

Lemon ricotta pasta and peas



Lemon Ricotta Pasta and Peas is a creamy, bright take on classic Italian *pasta e piselli*. Tender peas, creamy ricotta, and fresh lemon come together with pasta for a simple, comforting meal that’s ready in about 30 minutes.

- 1/2 lb. small shaped pasta
- 4 cups fresh or frozen peas
- 2 cups ricotta cheese
- 2 Tbsp. olive oil
- 1 cup finely chopped onion
- 1 Tbsp. minced garlic
- juice and zest from 1 lemon
- 2 cups pasta water
- 1/2 cup grated parmesan cheese
- 2 tbsp. chopped Italian parsley
- freshly ground black pepper
- salt to taste

1. In a pot of boiling salted water cook your pasta el dente reserving at least 2 cups before draining
2. While the pasta is cooking, in a large saute pan over medium heat add the olive oil, then add in the onion and garlic and cook until soft and fragrant , but not brown.
3. Add the peas and cook 4-5 minutes until the peas are cooked but not mushy. Then add in the pasta water and the ricotta. Simmer until sauce thickens (3-5 minutes).
4. Add the parmesan cheese , and freshy ground black

pepper, salt according to taste,

5. Plate top with more parmesan and the freshly chopped Italian parsley.

Main Course
Italian
lemon ricotta pasta, pasta and peas

Vegetarian zucchini and tomato pasta

Vegetarian zucchini and tomato pasta

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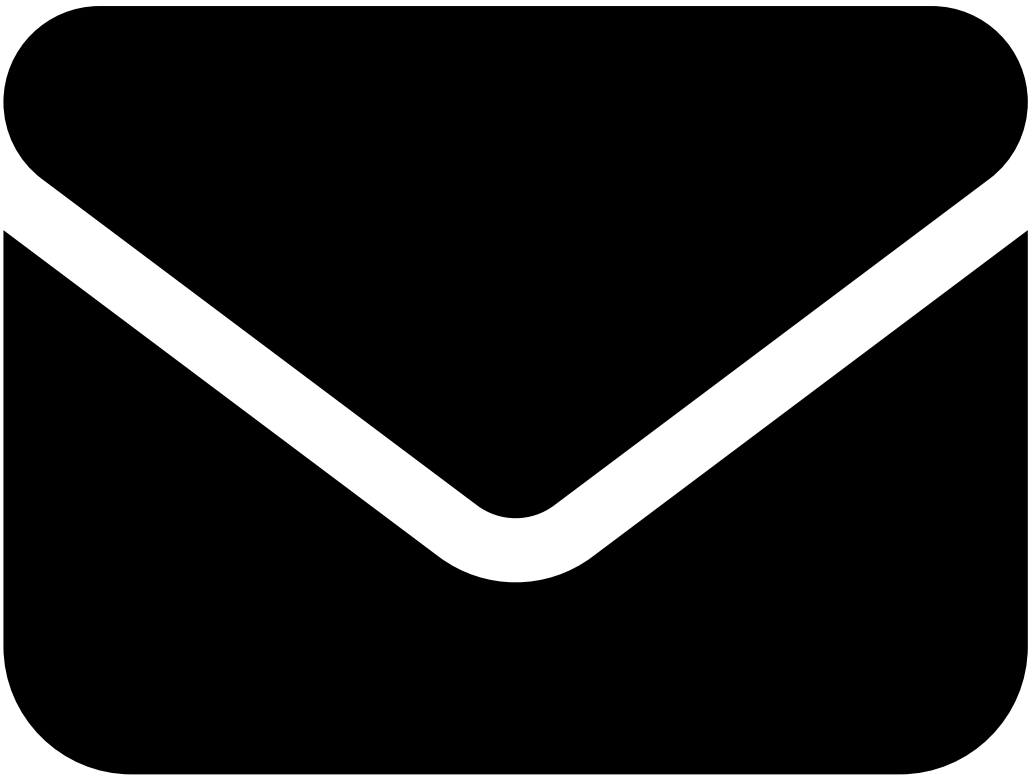




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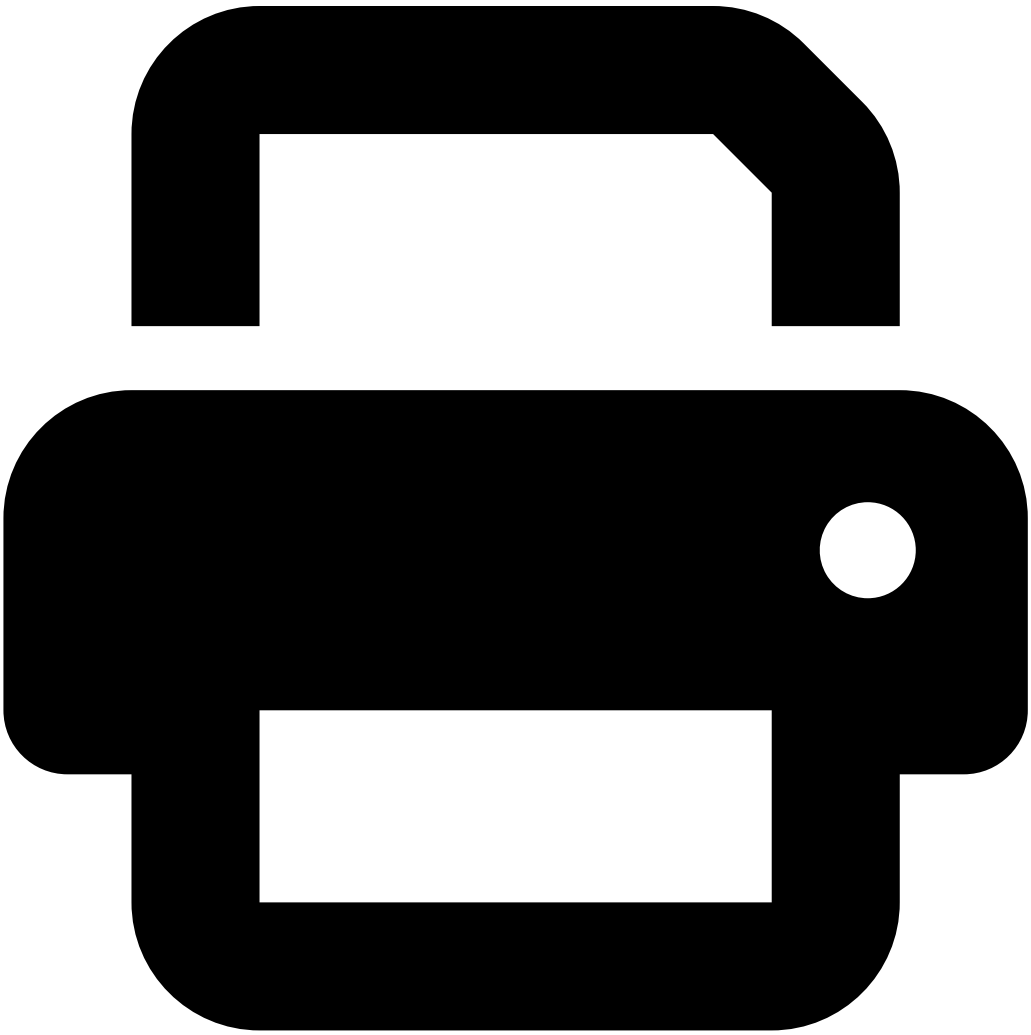

This vegetarian zucchini and tomato pasta is one of those easy, feel-good meals I like to make when the garden (or the market) is full of summer produce. It comes together with just a handful of simple ingredients-zucchini, sweet cherry tomatoes, garlic, and pasta- nothing fancy, just simple flavors that produce delicious results. It’s the kind of dish that feels good for you fresh.

Things to know about this vegetarian zucchini and tomato pasta recipe

1. It’s all about easy : This pasta dish uses a few fresh seasonal ingredients and makes them delicious. No fancy techniques, or unrecognizable ingredients you can’t

pronounce, just good ingredients done right.

2. Quick and easy : You can have this meal on your table in under 30 minutes, making it perfect for busy weeknight meals.
3. Naturally vegetarian and easy to customize :
4. It’s meatless but still satisfying, and if you want to add a protein boost, try tossing in some grilled chicken, shrimp or white beans during the final toss with the pasta. They soak up the garlicky tomato juices and make the meal extra special for Saturday dinners with friends.
5. I hope this simple vegetarian zucchini and tomato pasta brings a little comfort in how easy it is to make . It’s one of those recipes that doesn’t ask much of you, but gives so much back fresh, easy, and delicious. Whether you keep it vegetarian or add your favorite protein, it’s the kind of reference recipe you’ll want to come to again and again.
6. And please when you make this pasta dish leave me a comment below with your experience with the recipe. Snap a photo, and tag me on social media. I love seeing your creations. It’s my favorite part!!

Vegetarian zucchini and tomato pasta



Vegetarian Zucchini and Tomato Pasta combines tender zucchini, juicy tomatoes, garlic, and pasta for a simple, fresh Italian-inspired meal that’s light, flavorful, and easy enough for a weeknight dinner.

- 1/2 lb. short pasta
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1 teaspoon red pepper flakes
- 2 medium zucchini cut lengthwise and sliced
- 1 pint cherry tomatoes
- 1 cup my easy marinara sauce
- 1 cup vegetable stock
- 1 cup reserved pasta water
- Salt and pepper to taste
- Grated parmesan and a few basil leaves for serving

1. Bring a pot of salted water to a boil and cook your pasta el dente. Reserve about 1 cup of the pasta water, then drain.

2. While the pasta is cooking, heat the olive oil in a large skillet, over medium heat. Add the garlic and saute until soft and fragrant- don’t let it brown.
3. Add the tomatoes, red pepper flakes and a pinch of salt and cook 5-6 minutes until the tomatoes are soft and blistered
4. Add the zucchini and cook until tender 4-5 minutes. Add the marinara sauce and the reserved pasta water and cook 5 minutes longer.
5. Add the drained pasta to the pan. Toss everything together until well coated and glossy. Stir in the parmesan cheese and stir to melt into the sauce
6. Serve hot with fresh basil leaves and additional parmesan cheese.

Main Course
Italian
vegetarian zucchini pasta,