Easy homemade spinach crepes

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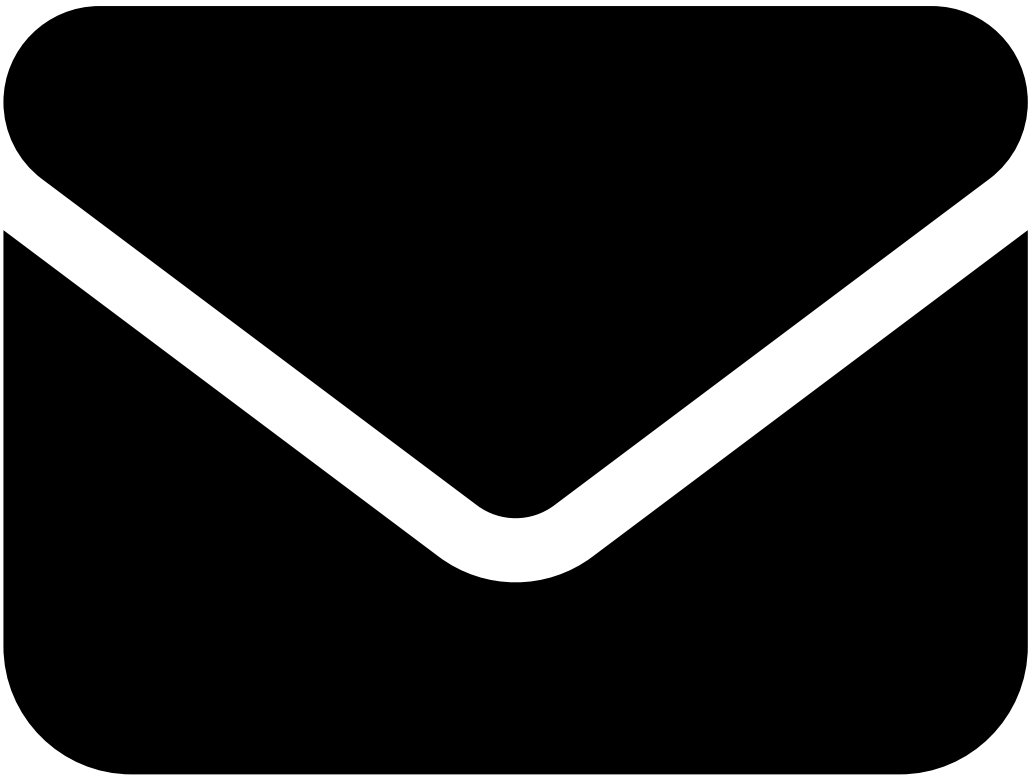




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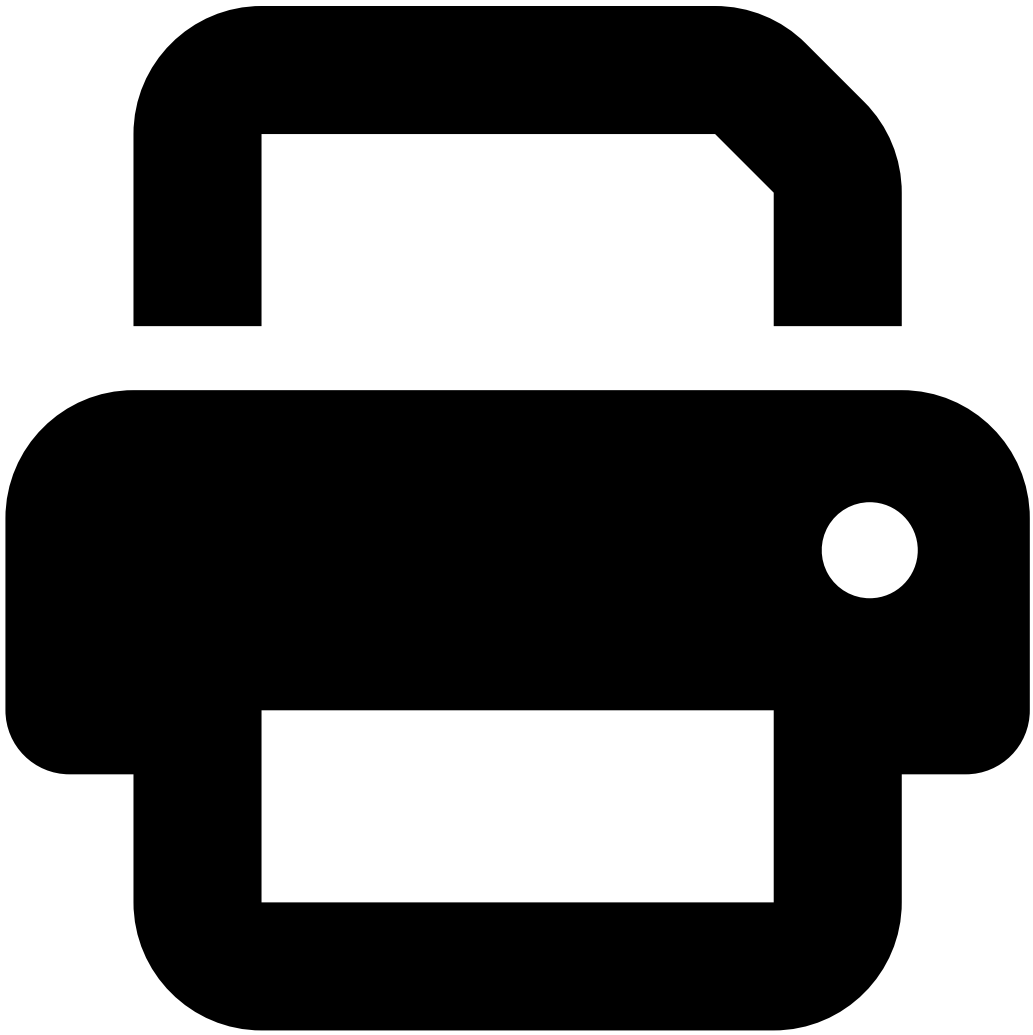

Looking for a quick , easy and delicious healthy meal that’s perfect any time of the day ? These easy, homemade and quick spinach crepes are just what you need! Light , savory, and full of good for you spinach, these crepes come together in minutes and make a versatile base for your favorite fillings. I used them to make a lighter version of spinach manicotti- filled the crepes with a creamy ricotta and spinach filling, placed them in a baking dish with my easy marinara sauce, topped them with shredded mozzarella and baked them until the cheese was bubbly and golden.

Easy homemade spinach crepes

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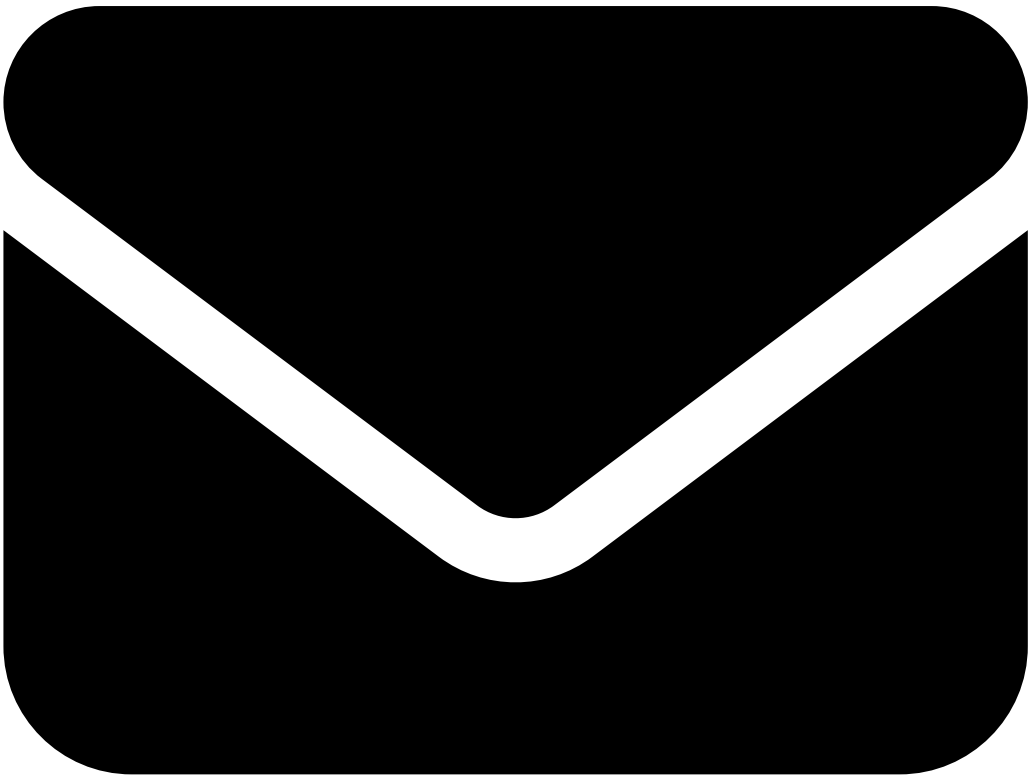




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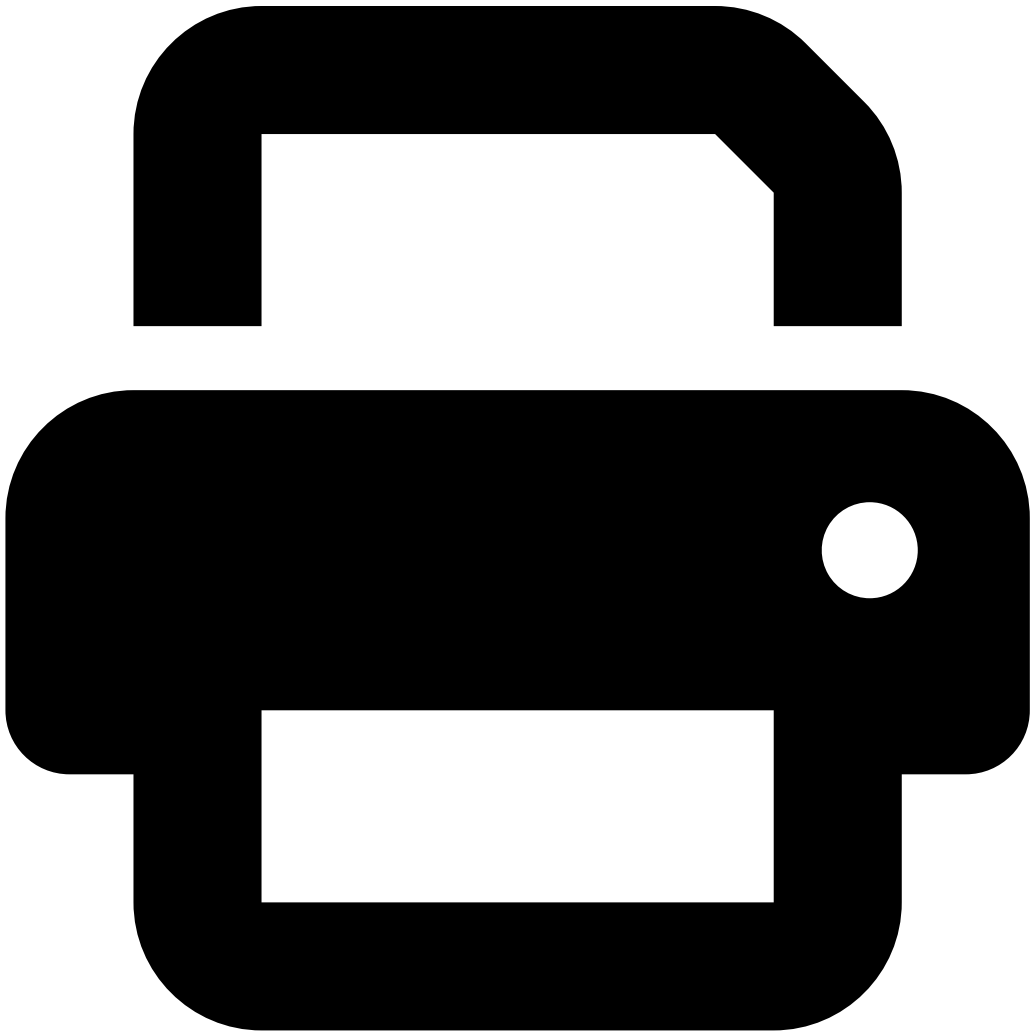

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Things to know about this Easy homemade spinach crepes

recipe

These savory spinach crepes are easy to make! They take a little bit of time- you have to fry each one separately but other then that, they’re really easy to make. Crepes are nothing more than super thin pancakes, deliciously neutral in taste. It’s the fillings that make them savory or sweet.

If you want to make crepes into a lunch or dinner, what I do is make a rich ricotta and spinach filling and use these spinach crepes instead of store-bought pasta tubes to make manicotti. I layer them in a baking dish with my easy marinara sauce and bake until bubbly and golden. It’s a lighter, healthier version on the classic- delicious and perfect to make ahead of time , and bake when you’re ready to serve.

These easy homemade spinach crepes are a healthy alternative, they’re delicious and a versatile staple you’ll make over and over again. Whether you’re making them for a quick lunch, using them for manicotti, or filling them with whatever you have on hand, you’re going to love them!!! Try them with my easy marinara sauce and your favorite savory filling for a delicious easy dinner everyone will love. And if your looking for a more classic option, check out my plain crepes how to make homemade crepes -prefect for sweet or savory fillings. And what I used to make my delicious Italian crepe Manicotti with bechamel

Let me know how you used them- I’d love to hear what fillings you came up with, snap a picture and tag me on social media, I love to see your creations . It’s my favorite part!!

Easy Homemade Spinach Crepes



These Easy Homemade Spinach Crepes are tender, delicate, and naturally vibrant, making a versatile base for both savory and sweet fillings. Simple to prepare and perfect for breakfast, brunch, lunch, or dinner.

- 2 cups fresh spinach
- 1 1/2 cups of flour
- 3 eggs
- 1 cup milk
- 2 Tbsp. of butter
- salt and pepper to taste

1. Prepare the spinach by placing it a dry saute pan and cook until wilted (2-3 minutes) let cool, squeeze out as much liquid as possible.

2. In a blender or food processer combine the spinach, eggs, milk and salt , blend until smooth.
3. Add the flour and pulse until combined. Don’t over mix. The consistency should be smooth and thin , similar to heavy cream. It should coat the back of a spoon. Then set the batter in the fridge to rest for at least 1 hour or overnight.
4. Heat an 8 inch non-stick skillet over medium high heat. Grease with a small amount of batter. Pour a small amount of batter(about 2 Tbsp.) into the pan and swirl to coat evenly. Cook each crepe 1-2 minutes per side. Greasing the pan with butter lightly before each crepe.
5. To store spinach crepes, allow them to cool completely

before stacking and covering them tightly with plastic wrap or placing them in an airtight container. Keep them in the fridge for 2-3 days. For freezing separate each cooled crepe with parchment paper, stack and wrap tightly with plastic wrap or place in a freezer safe container. They will last in the freezer up to three months.

6. To reheat the frozen spinach crepes, thaw the crepes in the fridge, then warm them up in a skillet or microwave until heated through.
7. Second, and so on

Main Course
Italian
homemade spinach crepes, easy crepe recipe

Italian crepe manicotti with Bechamel

Italian Crepe Manicotti with Bechamel

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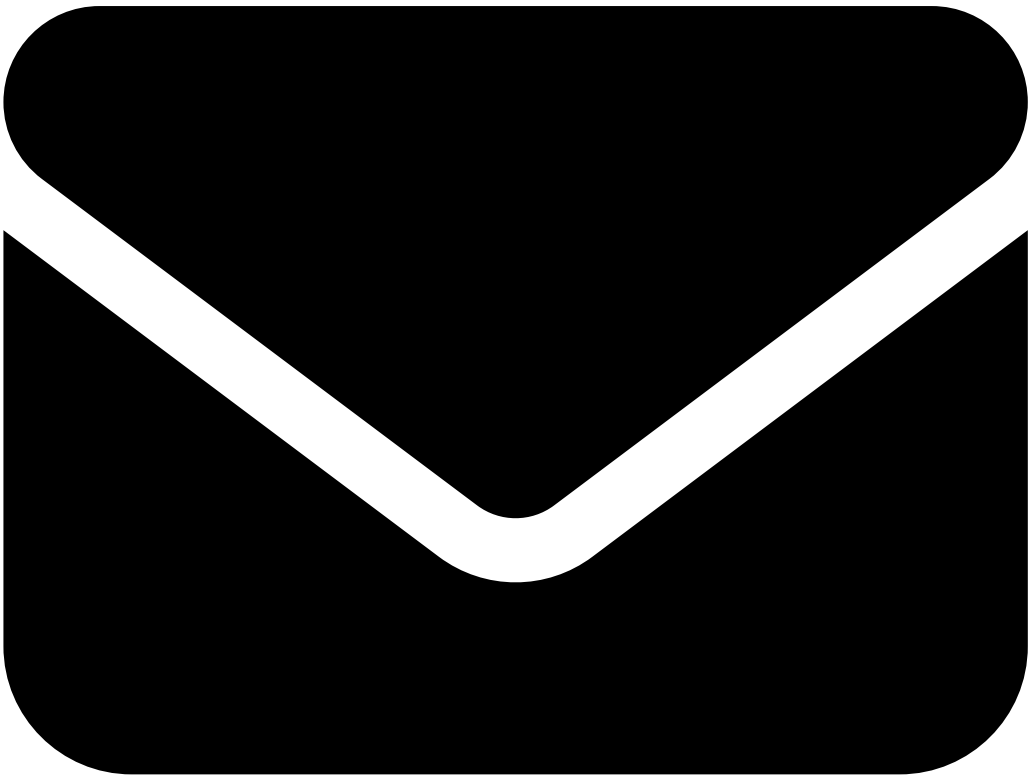




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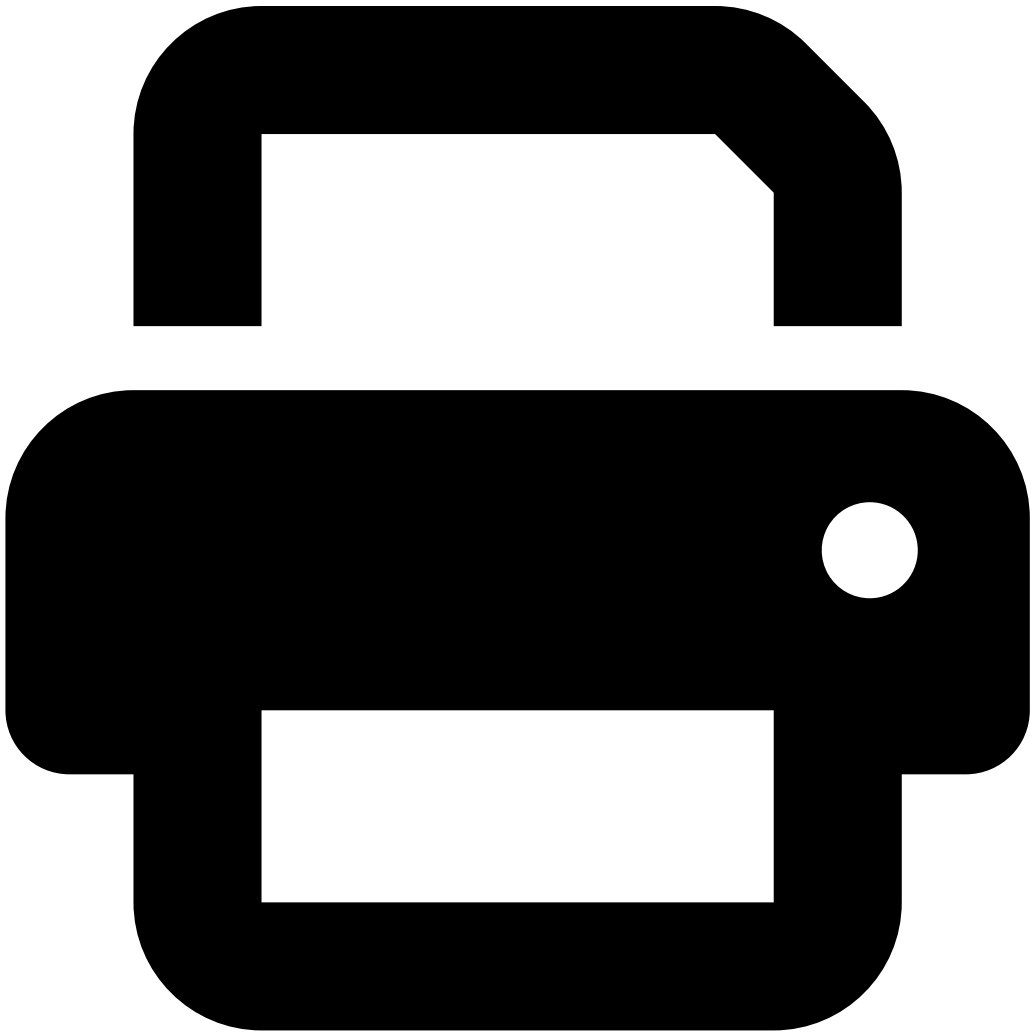

These Italian crepe manicotti with bechamel sauce are made with homemade crepes, filled with a ricotta and spinach filling before being laid on a bed of marinara sauce. Then they are topped with a creamy bechamel sauce and freshly grated mozzarella before being baked to a golden deliciousness.

The crepe recipe is the one I always use they’re soft, light and so easy to work with . Not to mention how easy they are to make. Of course you can use store-bought manicotti shells in this recipe. but why would you when homemade crepes tastes so good and are so easy to make.

Tips for this Italian crepe manicotti with bechamel recipe

A few tips: Let your crepes cool before filling so they don’t tear. Don’t overstuff – just a few spoonful of filling is

perfect. A little bechamel goes a long way, just enough to coat the manicotti and bubble up around the edges. You can assemble the whole dish a day ahead and keep it covered in the fridge-just bring it to room temp before baking. It also freezes beautifully, so it’s great for making ahead when you’re feeding a crowd or the holidays.

If you’ve never made manicotti with crepes , give it a try and tag me when you do. I love to see your creations. And trust me, once you taste these Italian crepe manicotti you’ll never reach for the store-bought shells.

Italian crepe manicotti with Bechamel



Delicate homemade crepes are filled with creamy ricotta and spinach, then topped with marinara, silky béchamel, and melted mozzarella before baking until golden and bubbly.

- 12 crepes from my How to make homemade crepes
- 3 cups your favorite marinara or my easy marinara sauce

FOR THE FILLING:

- 2 cups ricotta cheese
- 2 cups shredded mozzarella divided 1 cup for the filling and 1 cup to top the manicotti before baking.
- 1/2 cup parmesan cheese

- 1 medium egg
- 1 cup blanched spinach or Swiss chard, squeezed dry and chopped
- salt and pepper to taste

FOR THE EASY BECHAMEL SAUCE

- 1/2 stick sbutter
- 1/4 cup flour
- 2 1/2 cups whole milk
- pinch of nutmeg
- salt and pepper to taste

1. Make the filling. In a bowl mix together ricotta, parmesan cheese, 1 cup of the shredded mozzarellas, egg, spinach or chard. Season with salt and pepper to taste set aside

2. Prepare the Bechamel sauce. Melt the butter in a saucepan over medium high heatWhisk in the flour and cook 1-2 minutes stirring . Gradually whisk in the milk a little at a time , stirring continually. Cook 5-6 minutes until the bechamel sauce is smooth and thickened. Season with salt and nutmeg.

3. Assemble the crepes. Preheat your oven to 375-degrees. Place 1-2 generous Tablespoon of the ricotta, spinach filling in the center from end to end of the manicotti. Roll them up like a jelly roll. Repeat with remaining crepes. In an oven proof lasagna pan add the 3 cups of my easy marinara sauce. Place the filled manicotti on top of the red sauce, top with the béchamel sauce. Add the remaining shredded mozzarella and bake covered for 30- 35 minutes . Remove the cover the last 15 minutes.

Main Course
Italian
homemade manicotti

Italian spinach pie Torta Pasqualina

Italian Spinach Pie Torta Pasqualina

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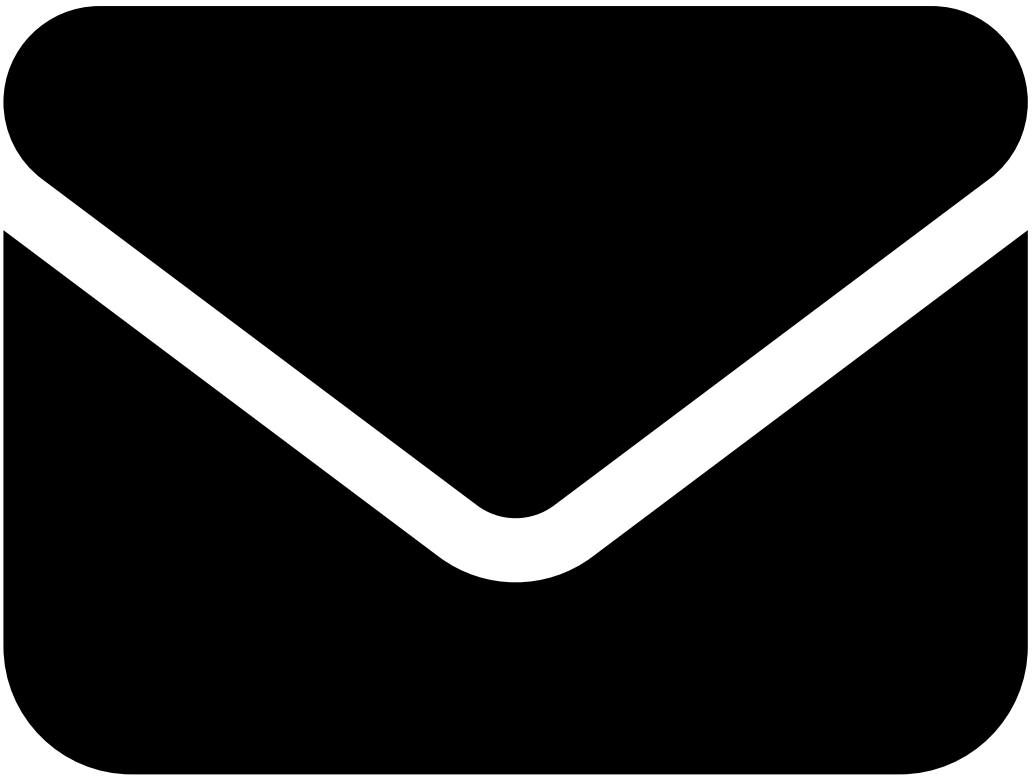




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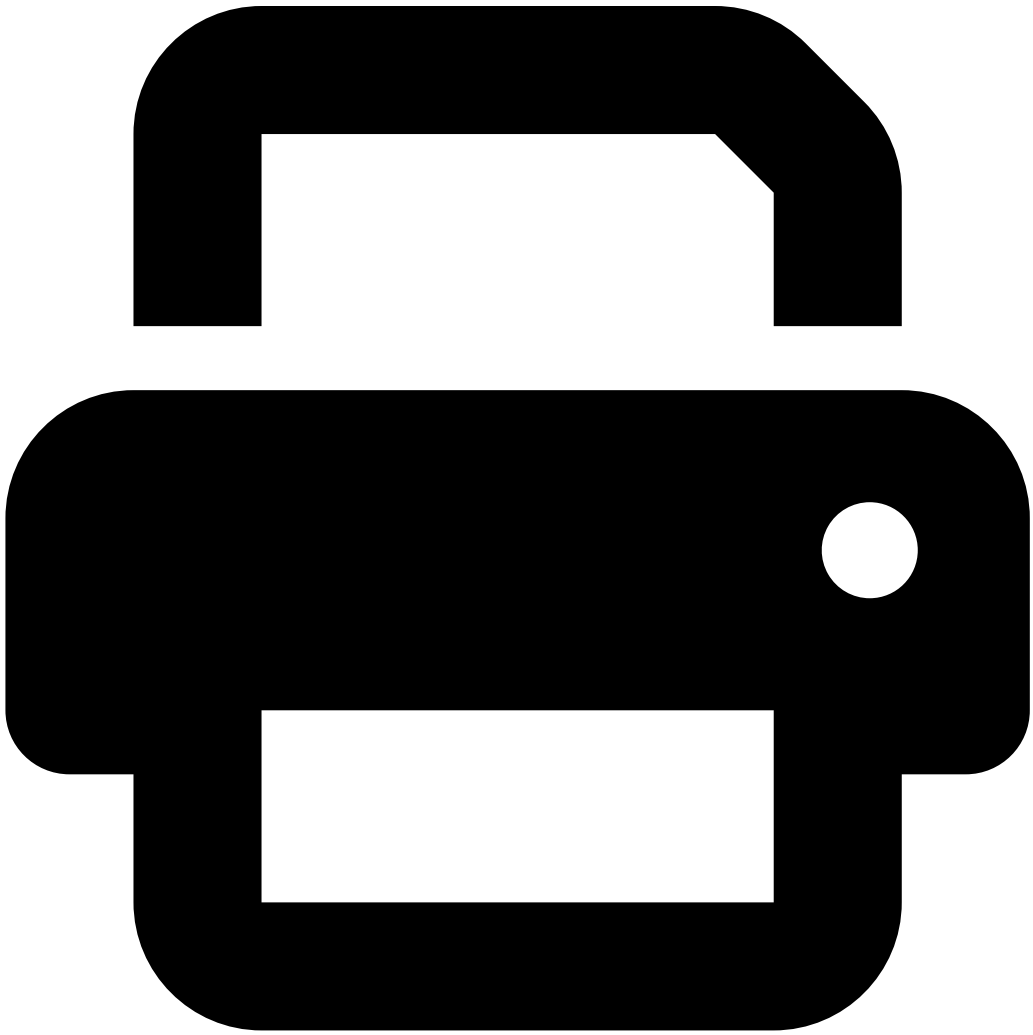

This delicious Italian spinach pie torta Pasqualina is made with pastry dough, spinach, or other greens like swiss chard or artichokes, ricotta cheese and eggs. Traditionally, torta Pasqualina was made with Swiss chard. This leafy green was abundant in Italy during the spring and symbolized the season’s renewal.

Over time , as the dish made it’s way into Italian- American kitchens, the recipe evolved. spinach became a popular substitute- it’s easier to find, milder in flavor, and cooks down perfectly into the creamy filling. Today , both greens are widely used, and many home cooks use what’s seasonal or convenient. You can mix swiss chard and spinach for the best of both greens. Despite the changes the basis of torta Pasqualina remains the same, a flaky pie filled with greens, ricotta and those signature whole eggs inside, symbolizing life and a celebration of renewal.

Make Italian spinach pie Torta Pasqualina easy

To make this classic Italian spinach pie more approachable for busy or beginner cooks, you can (like I did) use store-bought pie crust or puff pastry. The original version used an olive oil dough and had 33 layers of dough, symbolizing the 33 years of Christ's life. In today's home kitchens, you can still honor the spirit of the tradition without all the layers.

Simply roll out the a refrigerated pie crust into a pie pan or spring from pan and press it gently to fit. Add your creamy filling, then crack in your whole eggs, just like the traditional method. You can choose how many eggs to add based on the size of your pie and your preference- some use two , others like me go for four or five. Top with the second crust, crimp the edges and bake until golden. Using ready-made crust gives you a buttery, flaky texture with minimal fuss- perfect for Easter brunch or weekday prep.

Whether you're honoring a family tradition or starting a new one, this Italian spinach and ricotta pie brings a slice of Italy to your table. And with the help of a store-bought crust, you can enjoy all the flavors of Torta Pasqualina- without spending all day in the kitchen. Simple, delicious and full of history, it's a recipe that brings me back to my childhood.

If you like traditional Italian Holiday recipes try my rosemary garlic seared lambchops or Italian Easter rice pie or Italian boneless leg of lamb roast

Italian Spinach Pie Torta Pasqualina



Torta Pasqualina is a traditional Italian savory pie made with tender spinach, creamy ricotta, Parmesan cheese, and eggs baked inside layers of delicate pastry. A classic Ligurian recipe traditionally served at Easter, this rustic Italian pie is delicious warm or at room temperature.

- 2 Tbsp. olive oil
- 1/2 cup chopped onion
- 1 Tbsp. minced garlic
- 1 1/2 lbs. fresh spinach or swiss chard
- 2 cups ricotta
- 1/2 cup grated parmesan cheese
- pinch of nutmeg
- 2 Tbsp. chopped Italian parsley
- 7 eggs 3 mixed into the filling and 4 or more cracked whole into the pie
- 2 pie crust store bought
- egg wash for brushing the crust
- salt and pepper to taste

1. Sauté the onion and garlic in the 2 Tbsp. of olive oil until soft and translucent, then add the spinach and cook for just a few minutes until wilted. Let cool slightly. Then use your hands to squeeze out as much of the liquid as possible and chop.

2. In a bowl, mix the add three of the eggs and whisk slightly, add in the ricotta, parmesan, spinach, parsley, nutmeg, salt and pepper to taste
3. Line a lightly greased pie dish or 8 inch spring form pan with one of the pie crust, fill with the spinach mixture.
4. Make 4-5 small indentations in the filling using the back of a spoon and crack one egg into each one- don’t stir. These will bake whole inside the pie
5. Cover with second crust, seal the edges, and cut a few small slits on the top. brush with egg wash .
6. , Bake in a 375 degree preheated oven for 45-55 minutes, or until golden brown and the filling is set
7. Let cool slightly before slicing.

Appetizer, Main Course, Side Dish
Italian
Torta Pasqualina, Italian spinach pie,

Parmesan asparagus with Blistered tomatoes

Parmesan Asparagus with Blistered Tomatoes

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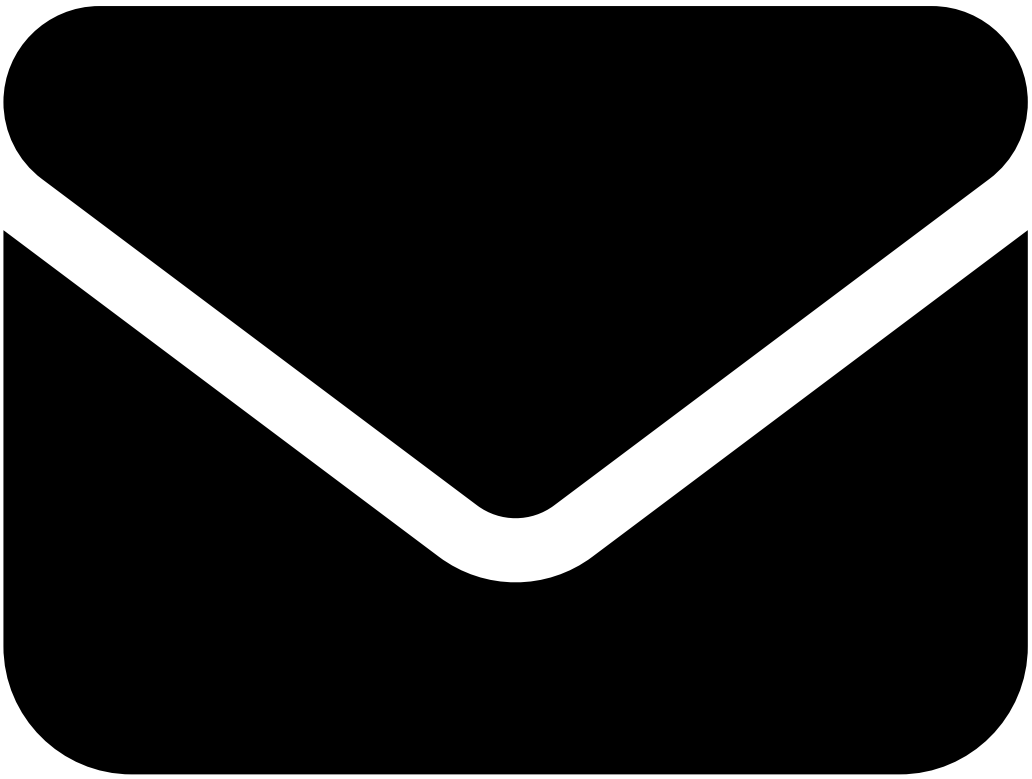




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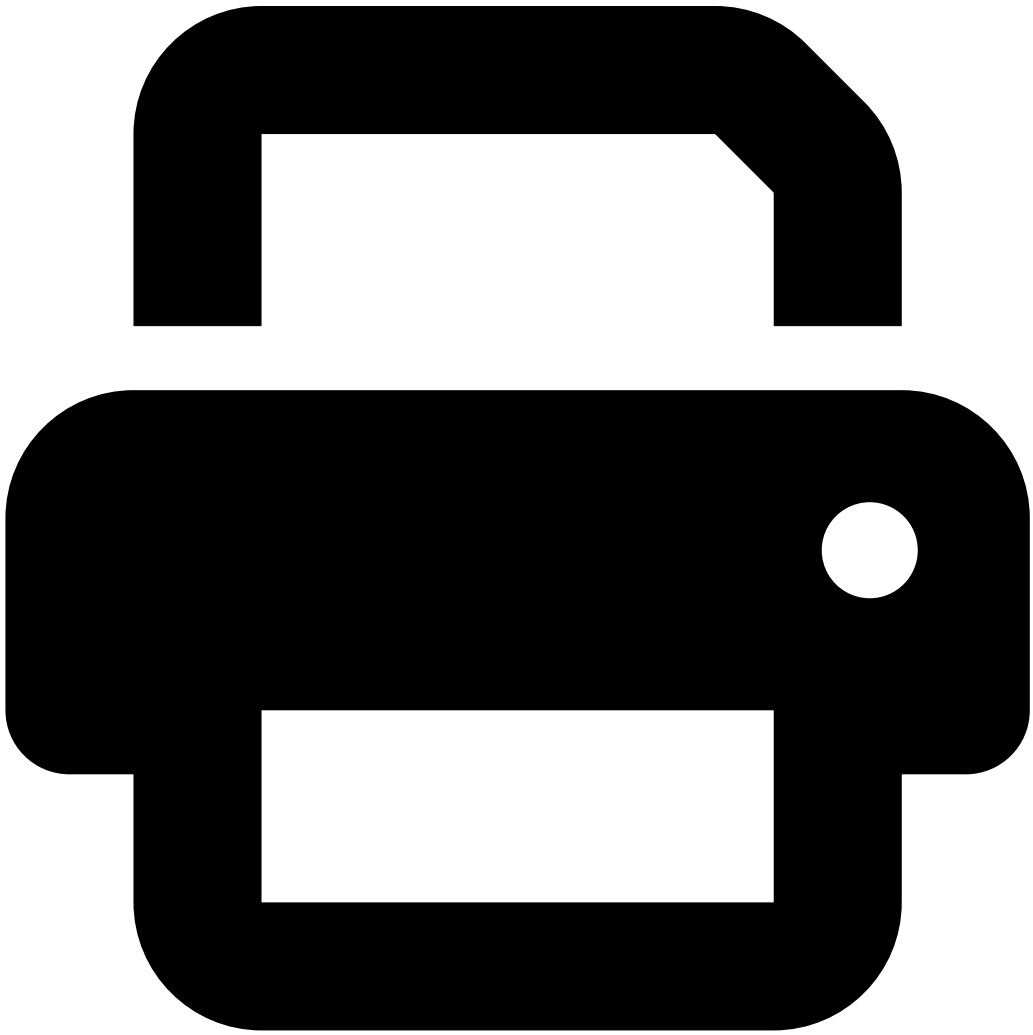

This stovetop asparagus with blistered tomatoes and Parmesan is one of my favorite spring and summer side dishes. It’s simple to make, comes together in one pan, and is a favorite in our house, especially when asparagus is in season.

Asparagus has a short growing season, so when it’s available, I like to make the most of it. I didn’t even like asparagus growing up, but somewhere along the way, my taste buds changed. Now I use it in everything from risotto and pasta to frittatas.

For this recipe, cherry tomatoes are blistered in the pan with garlic until they become tender and slightly charred. They’re removed while the asparagus cooks in the same pan until just tender. The warm asparagus is finished with freshly grated Parmesan, then topped with the blistered tomatoes and another generous sprinkle of cheese.

The combination of tender asparagus, sweet blistered tomatoes, garlic, and salty Parmesan makes this an easy and flavorful side dish for just about any spring or summer meal.

Things to know about this Parmesan asparagus with blistered tomatoes recipe

Look for asparagus stalks that are around the size of your pinky finger for the best results. Skinny asparagus stalks tend to become stringy after cooking and larger ones may require more time to cook. Use ripe cherry or grape tomatoes. Look for ones that are plump and bright in color- we don’t want wrinkled or dull tomatoes they don’t blister as nicely or taste as fresh.

Don’t overcook the asparagus. You want them to be tender but still have a bite. It only needs a few minutes in the pan . especially if you are using the thinner asparagus.

Grate the parmesan fresh . Pre-shredded cheese won’t melt or taste the same. Freshy grated parmesan makes a big difference in flavor.

This Parmesan asparagus with blistered tomatoes is best severed warm or at room temperature. That said leftovers are great on top of toasted bread , for a delicious bruschetta or tossed into pasta.

This asparagus recipe is quick , fresh and full of flavor – perfect for busy weeknights or spring time gatherings. ENJOY!!!

If you like asparagus as much as I do check , be sure to check out some of my other favorite asparagus recipes. Leeks, peas and asparagus risotto or asparagus prosciutto ricotta

tart or asparagus and rice soup

Parmesan Asparagus with Blistered Tomatoes



Parmesan Asparagus with Blistered Tomatoes is an easy one-pan stovetop side dish made with tender asparagus, garlic, sweet blistered tomatoes, and freshly grated Parmesan cheese. It’s a simple, flavorful way to enjoy fresh asparagus during the spring and summer months.

- 1 bunch fresh asparagus trimmed
- 1 pint cherry tomatoes
- 3 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 1/3 cup white wine
- 1/2 cup vegetable stock
- 1 cup freshly grated parmesan cheese
- fresh basil leaves
- salt and pepper to taste

1. Prep the asparagus by trimming off the woody ends
2. In a medium saute pan over medium high heat in 2 tbsp. olive oil saute the garlic until soft and translucent. Add the tomatoes and cook until blistered, remove. In the same pan add the remaining olive oil. Then add the

asparagus, white wine. and the vegetable stock , steam for 7-10 minutes or until the asparagus are cooked but still crisp tender and the liquid has been absorbed.

3. Top the asparagus with the parmesan cheese. Place the tomato mixture on top of the parmesan, add more cheese on top of the tomatoes, cover and cook just until the cheese melts and the tomatoes are heated through.
4. Top with fresh basil.

Appetizer, Side Dish
Italian
asparagus with blistered tomatoes,

Braised Italian artichokes alla Romana

Braised Italian artichokes alla Romana

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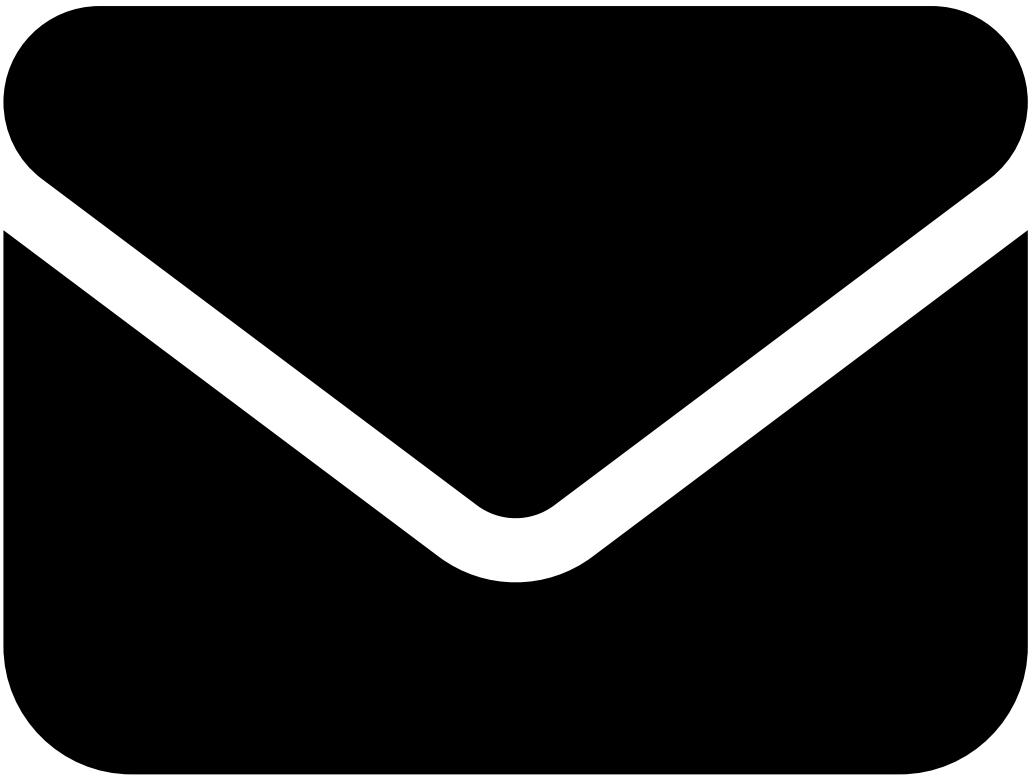




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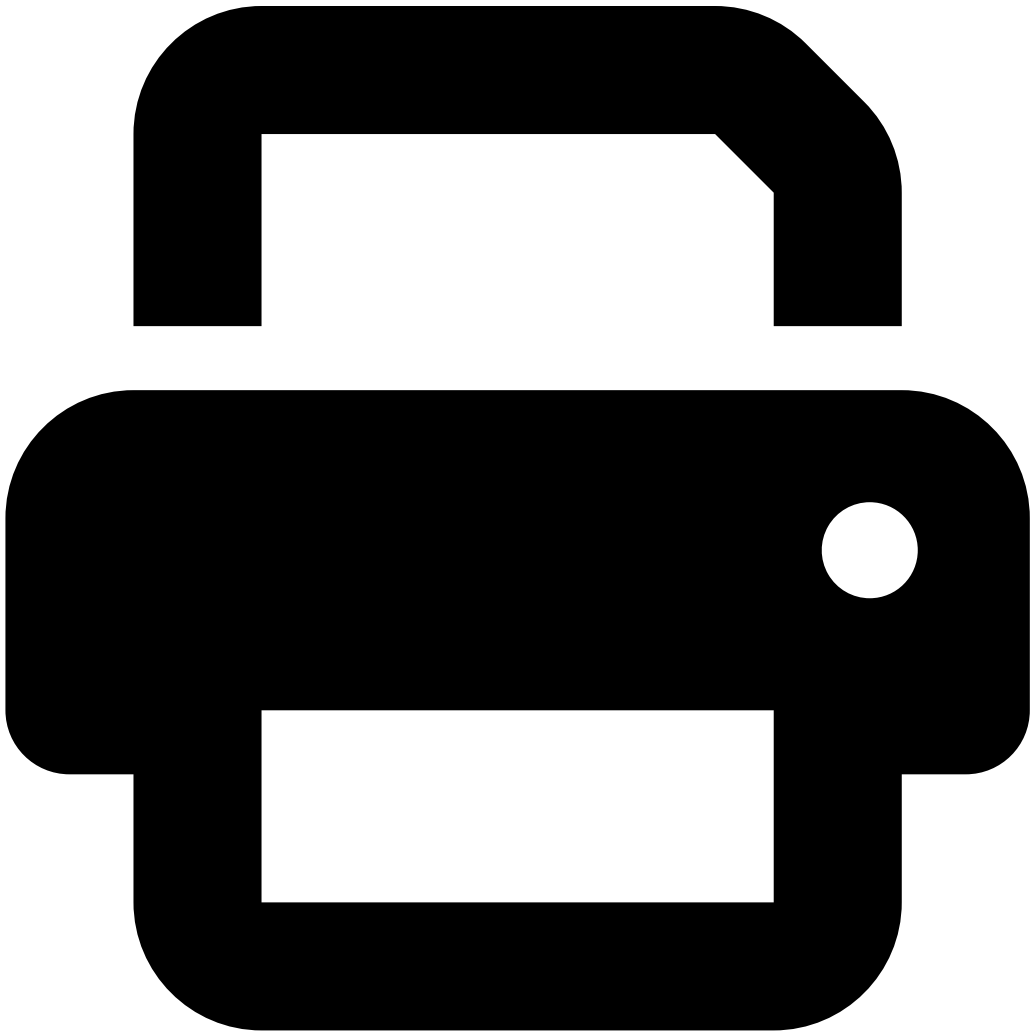

Braised Italian Artichokes alla Romana are as authentic as it gets. Stuffed with breadcrumbs, cheese, garlic, and fresh parsley, they've always been a family favorite in our home. Growing up, my mother made them with the artichokes she grew in our garden. Sometimes she stuffed and braised them on their own, and other times she cooked them alongside the fresh fava beans she harvested each spring.

This recipe is a perfect example of traditional Italian cooking, where simple, seasonal ingredients come together to create something truly special. The flavors are humble yet incredibly delicious, proving that good cooking doesn't have to be complicated.

And while I have fond memories of garden-fresh artichokes, you certainly don't need to grow your own to make this recipe. Just look for fresh, firm artichokes at your local grocery store or farmers market, and you'll be well on your way to

creating this classic Italian dish at home.

Tips for success when making braised Italian artichokes alla Romana

For this Braised Artichokes alla Romana recipe, the best artichokes to use are the smaller, more tender varieties often called baby artichokes or Italian globe artichokes, if you can find them. Look for artichokes that feel firm and heavy for their size, with tightly packed leaves and no browning or dryness on the tips.

When it comes to cleaning them, don’t be intimidated – it just takes a little patience. Start by snapping off the tough outer leaves near the base until you reach the softer, pale green leaves underneath. Using a sharp knife, trim about an inch off the top of the artichoke, then use a vegetable peeler to remove the tough outer layer from the stem. If the fuzzy choke has developed inside, scoop it out with a spoon, though smaller artichokes may not have much at all. As you work, rub the cut sides with lemon to prevent browning, then place the cleaned artichokes into a bowl of lemon water while you finish the rest.

Once the artichokes are cleaned and stuffed, place them upside down in the pan with the stems facing up so the filling stays tucked inside. Nestle them tightly together, then leave them alone – this part is important. Once they’re in the pan, resist the urge to move them around. Let them slowly braise in the seasoned liquid until perfectly tender.

This recipe is a bit of a labor of love, but the result is absolutely worth it. The artichokes become tender, flavorful, and melt-in-your-mouth delicious. If you’ve never made Italian Braised Artichokes alla Romana before, consider this your sign

to try them. Once you taste them, you'll want to make them again and again.

These stuffed artichokes pair deliciously with my ROSEMARY GARLIC SEARED LAMBCHOPS for a delicious restaurant-quality meal. Or along side my perfectly wine reduction filet mignon

Braised Italian Artichokes Alla Romana



Braised Italian Artichokes, known as Carciofi alla Romana, are a classic Roman dish made with tender artichokes, fresh parsley, garlic, mint, olive oil, and white wine. The artichokes are gently braised until meltingly tender and infused with the flavors of the herbs and garlic. This traditional Italian recipe makes an elegant spring side dish or appetizer.

- 3-4 medium size globe artichokes
- 1 lemon
- 2 thinly sliced garlic cloves
- 1/2 cup good quality extra virgin olive oil
- 1 cup white wine
- 1 cup chicken stock
- FOR THE FILLING
- 2 cups breadcrumbs
- 1/2 cup grated parmesan

- 1 Tbsp. finely minced garlic
- 1 Tbsp. olive oil
- salt and pepper to taste

1. Fill a large bowl with water and the juice from 1 lemon.
2. Trim the stems, leaving about 1 inch. Peel the stems with a paring knife. Remove the tough outer leaves until you get to the pale green/yellow tender ones.
3. Slice off the tough top third of the artichokes.
4. Gently open the center and remove the tough choke using a spoon(if present)
5. Use the sliced lemon and rub each artichoke.
6. Place the cleaned artichokes in the lemon water to prevent browning while making the filling.
7. MAKE THE FILLING: Mix together the breadcrumbs, garlic, parmesan cheese, parsley and 1-2 Tablespoons of olive oil. Mix until well combined.
8. Remove the artichokes from the water, pat dry . Place 2 Tablespoons of the filling into the center of each artichoke.
9. Place the olive oil in a large pot large add the garlic and cook for 1 -2 minutes to infuse the oil. Don’t allow the garlic to brown. Then add the wine and chicken stock. Place the artichokes in the pot stem up and filling side down. (they should fit snugly) and the liquid should come about 1/3 of the way up. If the stems are too tall to allow for the pot to be covered just cut the stems shorter and put them in the pot.
10. Cover and simmer over low heat for 30-40 minutes or until tender. Serve warm or at room temperature with some of the braising liquid served on top.

Appetizer, Main Course, Side Dish
Italian
Carciofi alla Romana, Italian artichokes,

creamy lemon parmesan zucchini orzo

Creamy Lemon Parmesan Zucchini Orzo

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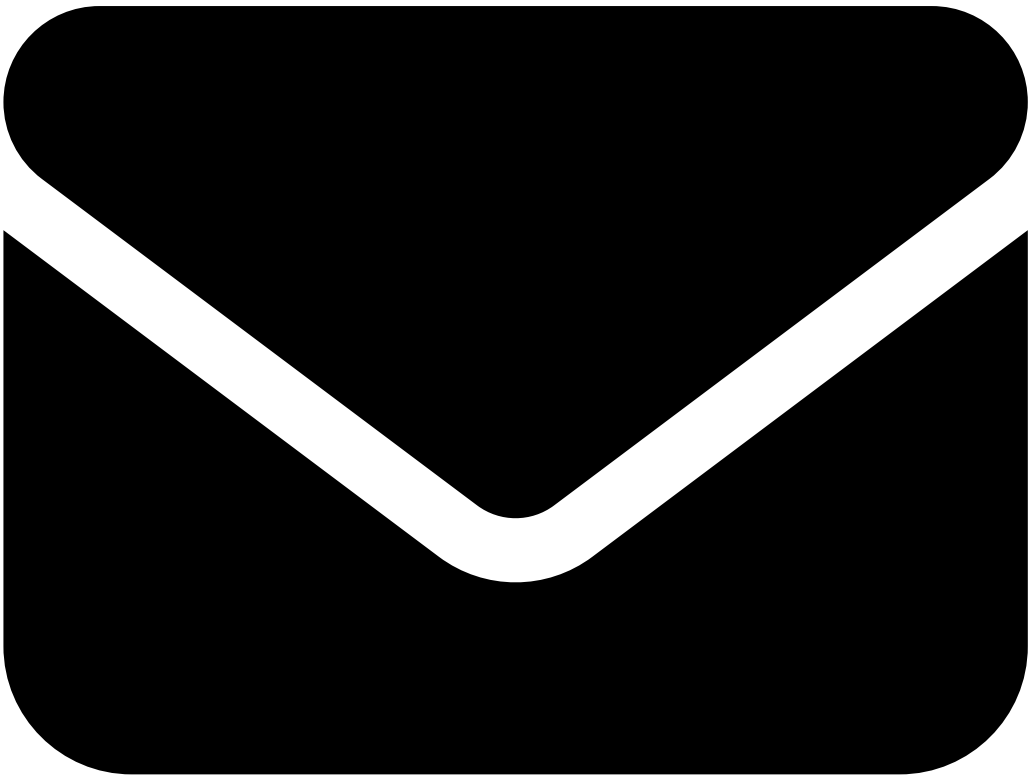




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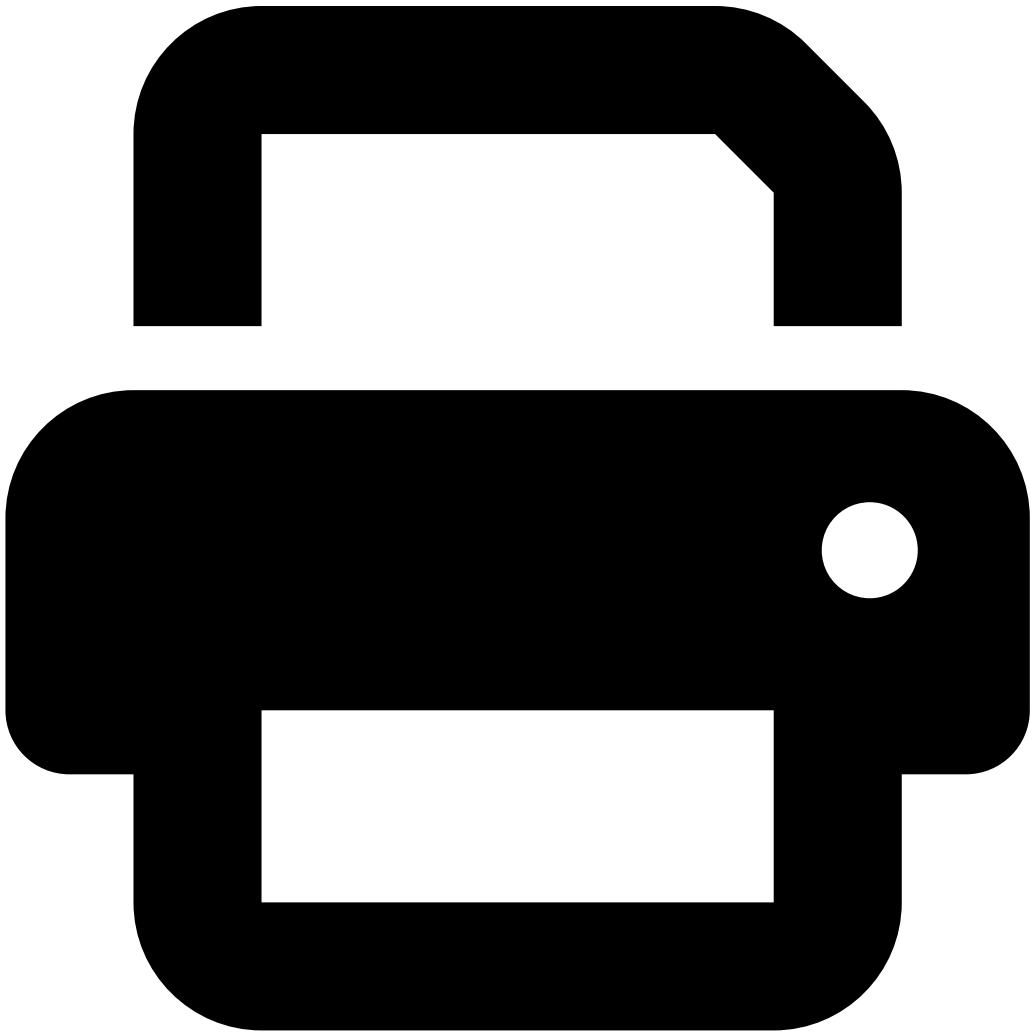

If your looking for a quick and easy weeknight dinner that’s full of fresh flavors, this creamy lemon parmesan zucchini orzo is just what you need. Made entirely in one pan, it’s a fuss-free dish that’s perfect for busy worknights or when your craving something comforting without the cleanup. the orzo soaks up a velvety lemon parmesan sauce, and the zucchini adds a fresh heathy touch.

Serve it as a light vegetarian main , (if you use vegetable stock) or pair it with my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Also a delicious addition to grilled chicken, shrimp or fish for an easy elegant meal. It’s creamy texture and bright citrus flavor also make it a delicious side dish for gatherings, adding color and flavor to your table. Whether served as a main dish or a side, it’s guaranteed to keep them coming back for more.

Switch up this creamy lemon parmesan zucchini orzo

What to switch things up? Try adding grilled chicken, shrimp or seared scallops for a flavor boost. For extra veggies, toss in fresh spinach, cherry tomatoes or peas. If you prefer a little heat, a pinch of red pepper flakes will add a spicy kick. You can even swap out the zucchini for asparagus, broccoli, or whatever is in season. The possibilities are endless, making this one -pan creamy lemon parmesan zucchini orzo your go-to for easy , adaptable meals. With just one pan and minimal effort, you can have a meal that feels special yet easy enough for any day of the week. This orzo recipe is a perfect side dish too along side my rosemary garlic seared lambchops for a complete restaurant quality meal. Or with my Quick And EASY Chicken Francese for a spring time complete meal everyone will love. Give it a try and let me know in the comments what variation you tried and tag me on social media, I love seeing your creations and it helps others.

Creamy Lemon Parmesan Zucchini Orzo



Creamy Lemon Parmesan Zucchini Orzo is a bright and comforting one-pan dish that brings together tender zucchini, delicate orzo, fresh lemon, and savory Parmesan cheese. The orzo cooks right in the pan, creating a naturally creamy texture without needing a heavy sauce, while lemon adds a fresh, vibrant

finish. It’s an easy Italian-inspired side dish or light vegetarian meal that comes together with simple ingredients and makes a delicious way to use fresh summer zucchini.

- 4 cups orzo
- 2 medium zucchini cleaned and cut into dice
- 2 Tbsp. olive oil
- 1 Tbsp. butter
- 1 cup chopped red or yellow onion
- 1 Tbsp. minced garlic
- 1 cup white wine
- 2 cups chicken or vegetable stock
- 1 cup cream
- 1 cup grated parmesan cheese
- juice from 1 lemon
- 2 Tbsp. chopped Italian parsley

1. In a large saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent
2. Add the orzo to the pan and cook for a few minutes to toast. (2-3 minutes) then deglaze the pan with the wine. After the wine has been absorbed add the stock and cream cook until sauce begins to thicken (about 10 minutes) add in the zucchini and parmesan cheese and cook 5 minutes longer.
3. Finish with a squeeze of lemon juice and the Italian parsley.

Main Course, Side Dish
Italian
Creamy Lemon Parmesan Zucchini Orzo

Sicilian Eggplant caponata rigatoni

Sicilian Eggplant Caponata Rigatoni

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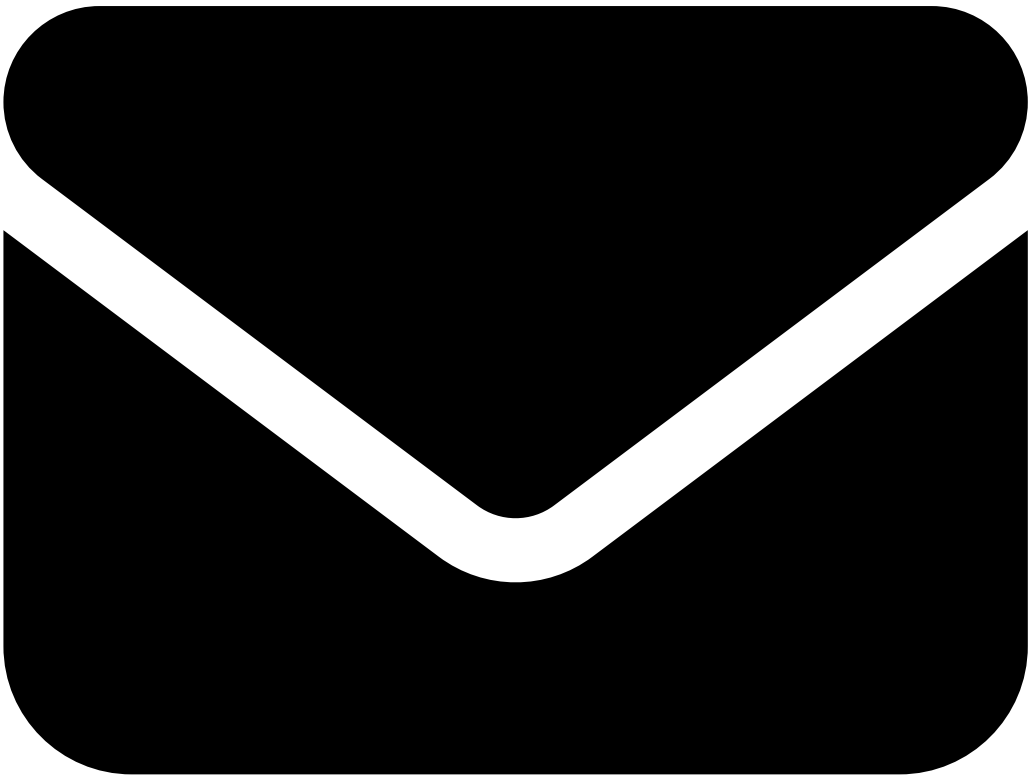




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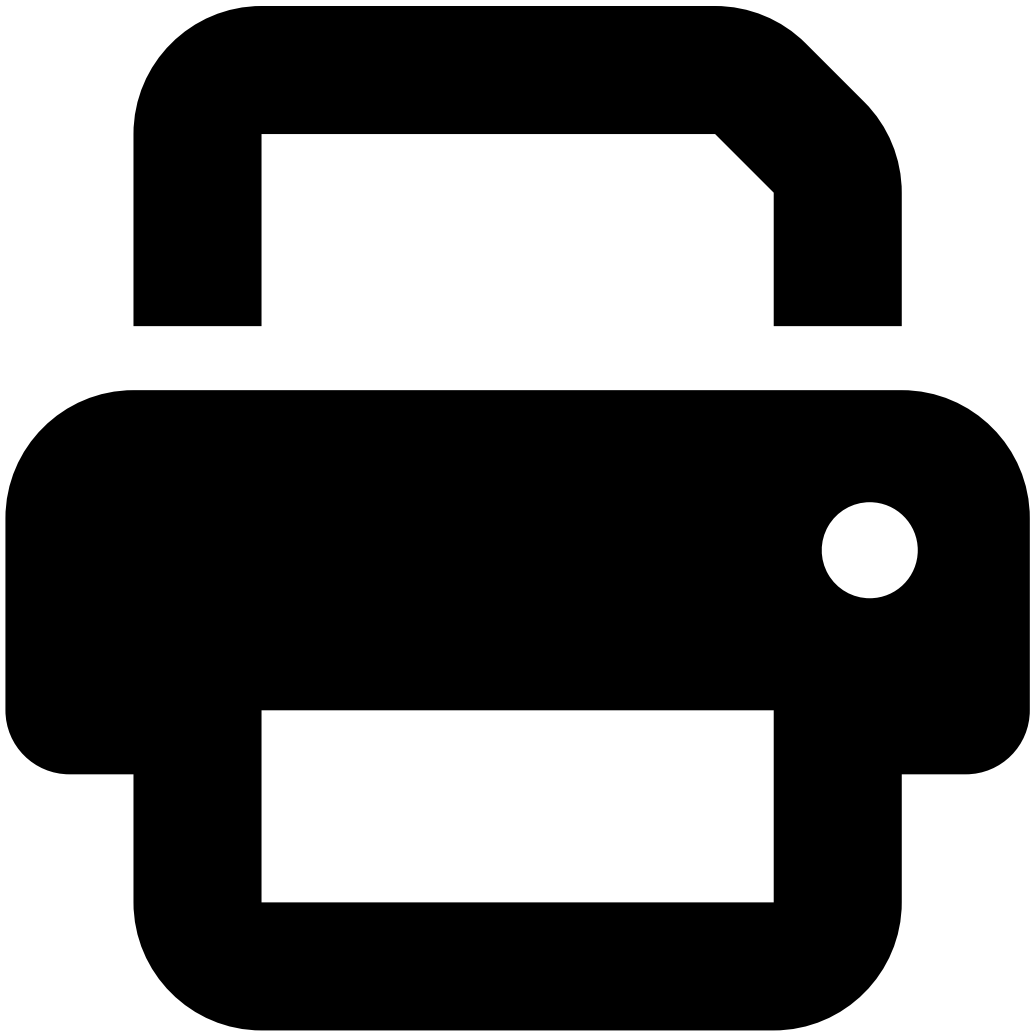

Growing up, my mother made eggplant caponata every summer with farm-fresh produce straight from our garden. Glossy purple eggplant, juicy tomatoes, and fragrant basil were transformed into a vibrant, flavorful caponata—a classic Sicilian sweet-and-tangy relish that has always reminded me of summer.

Caponata is traditionally served as an antipasto or side dish, but I love turning it into a hearty pasta meal by tossing it with rigatoni. The sturdy pasta is perfect for capturing the rich tomato sauce and tender pieces of eggplant, while olives and capers add their signature salty, savory flavor.

Every bite is a delicious combination of sweet, tangy, and savory flavors, making this a wonderful way to use the abundance of summer produce. It’s simple, rustic Italian cooking at its best—and a recipe that brings a little taste of my childhood kitchen to the table.

Delicious variations for Sicilian eggplant caponata rigatoni

1. Meaty caponata Rigatoni: Add crumbled Italian sausage or ground beef for a heathier twist. Brown the meat along with the onions and garlic before adding the tomatoes and eggplant.
2. Seafood Caponata Rigatoni: For a coastal Italian touch, add sauteed shrimp or chunks of white fish like cod or halibut. These seafood compliments the briny capers and olives.
3. Creamy Caponata Rigatoni: For a luxurious twist, stir in a cup of ricotta cheese and 1/2 cup of heavy cream just before serving. This creates a velvety sauce that pairs beautifully with the bold flavors of the caponata.
4. Pasta Swap caponata: While rigatoni is perfect for holding on to the caponata sauce, you can easily swap it for other pasta shapes. Try penne, orecchiette, or even spaghetti for a different texture.

Sicilian eggplant caponata rigatoni is a celebration of bold flavors and simple ingredients, bringing a taste of Italy to your table. Whether you stick to the classic version or try one of the delicious variations, this dish is sure to become a family favorite. Give it a try and let me know in the comments how you made it you own!!! Share your creations and tag me- I’d love to see your take on this Sicilian – inspired pasta.

Sicilian Eggplant Caponata Rigatoni



Sicilian Eggplant Caponata Rigatoni combines a classic Sicilian eggplant caponata with hearty rigatoni for a rustic and satisfying pasta dish. Tender eggplant, tomatoes, olives, capers, and fresh basil simmer together in a rich sweet-and-tangy sauce before being tossed with pasta. It’s a delicious way to use summer produce and transforms a traditional caponata into a complete meatless meal.

- 12 0 z. rigatoni Pasta
- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 3 cup my easy marinara sauce
- 1 cup pasta water
- 1 cup chopped celery
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1 cup pitted and sliced green olives
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste
- 1/2 cup grated parmesan cheese for serving

1. In boiling salted water cook your pasta al dente
2. In a large saute pan over medium high heat in the olive

oil saute the onion and garlic until soft and translucent
3. Add the tomatoes and eggplant and cook until the tomatoes burst and the eggplant is tender.
4. mix the sugar with the vinegar and add to the eggplant mixture along with the capers, olives. pine nuts and marinara sauce let it simmer for 20-25 minutes.

5. Toss the rigatoni in this delicious vegetarian eggplant , top with grated parmesan and shredded basil.

Main Course
Italian
Sicilian Eggplant Caponata Rigatoni,

Easy stove top eggplant caponata

Easy Stove Top Eggplant Caponata

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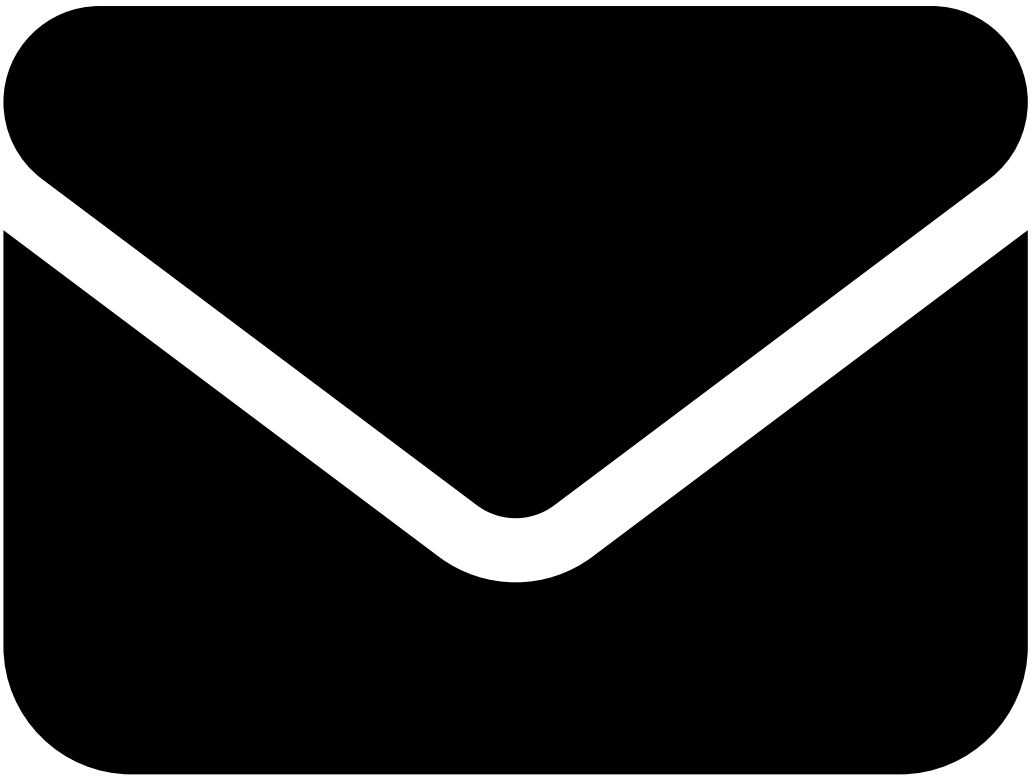




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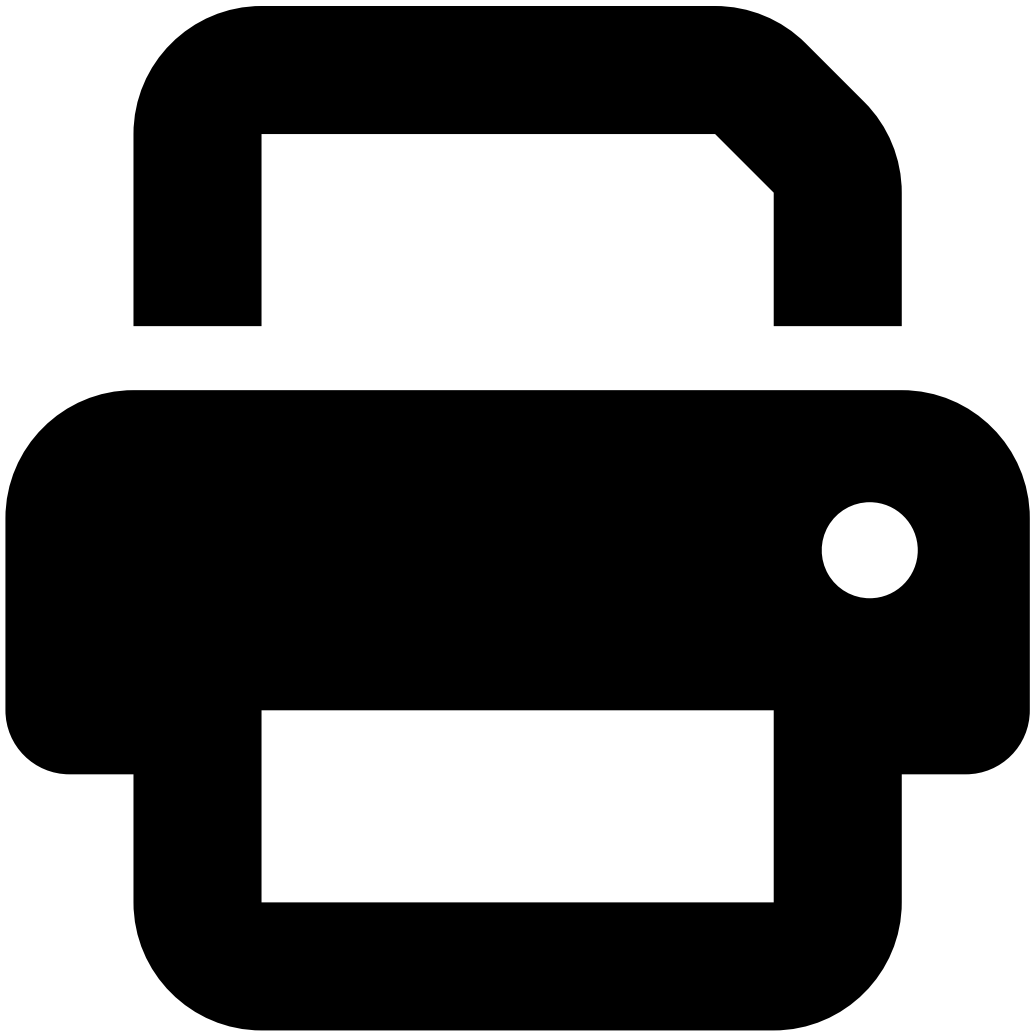

Stove top Eggplant caponata is an easy to make classic Italian dish that’s packed with chunks of eggplant, tomatoes, onions and herbs. It can be enjoyed as a dip, with bruschetta, a side dish, great served over grilled meats, or served as a pasta sauce. My mom would make eggplant caponata every summer using fresh produce from the garden.

Like many Italian dishes, there are as many version of caponata as there people that make it- each with their own twist. Some fry the eggplant for a richer flavor, others roast it for a smoky depth, and some (like me) keep it simple with a stove top simmer. Some recipes add raisins, others include pine nuts for a bit of crunch or bell peppers for a pop of extra color.

Why you will love this easy

stovetop eggplant caponata

This eggplant caponata is the perfect balance of sweet, sour and savory flavors. It’s incredibly versatile- serve it as a side dish, spread it on crusty bread, serve it over pasta, or even as a topping for grilled fish or chicken. Plus it’s a great make- ahead option since the flavors only get better as it sits. Using fresh summer produce makes it a vibrant and wholesome addition to any meal. And with so many variations , you can easily customize it to fit your taste.

Whether you to tradition or add your own twist, this easy stovetop eggplant caponata is a delicious way to savor the best of summer’s produce. It also stores beautifully- keep it an airtight container in the fridge for up to a week. For longer storage caponata is freezer friendly up to three months, making it a perfect make -ahead option.

Make a batch, let the flavors meld , and enjoy it with family and friends. If you give this recipe a try , let me know in the comments how it turns out for you or tag me on Instagram – I’d love to see your version and it helps others.

Easy Stove Top Eggplant Caponata



Easy Stovetop Eggplant Caponata is a classic Sicilian-inspired dish made with tender eggplant, tomatoes, olives, capers, onions, and fresh herbs, all simmered together until the

flavors are rich and beautifully balanced. With its signature sweet-and-tangy flavor, caponata is delicious served warm, at room temperature, or chilled. Enjoy it as an antipasto with crusty Italian bread, a side dish alongside grilled meats or fish, or spoon it over pasta for a heartier meal. It’s a simple, rustic recipe that makes the most of fresh summer eggplant.

- 1 medium eggplant cut into medium dice
- 2 Tbsp. olive oil + 2 cups for frying the eggplant
- 1 cup chopped onions
- 1 tbsp. minced garlic
- 4 cups chopped tomatoes
- 1 cup my easy marinara sauce
- 1 cup chopped celery
- 1 cup kalamata olives
- 1/2 cup red wine vinegar
- 2 Tbsp. sugar
- 2 Tbsp. capers
- 1/2 cup pine nuts
- 1/2 cup torn basil leaves
- salt and pepper to taste

1. In a large saute pan over medium high heat add the frying oil add the diced eggplant and fry until golden . Remove and set aside on paper towels. Remove the frying oil from the pan and add the 2 Tablespoons of the olive oil/ lower the heat
2. Add the onions and garlic cook until soft and translucent
3. Add the tomatoes and cook until the tomatoes burst.
4. mix the sugar with the vinegar and add to the tomato mixture along with the marinara sauce let it simmer for 15- 20 minutes. Then add the fried eggplant, olives and capers simmer an additional 5 minutes.
5. Add in the basil.

Appetizer, Side Dish
Italian
Sicilian Eggplant Caponata,

Classic Italian vegetarian stuffed artichokes

Classic Italian Vegetarian Stuffed Artichokes

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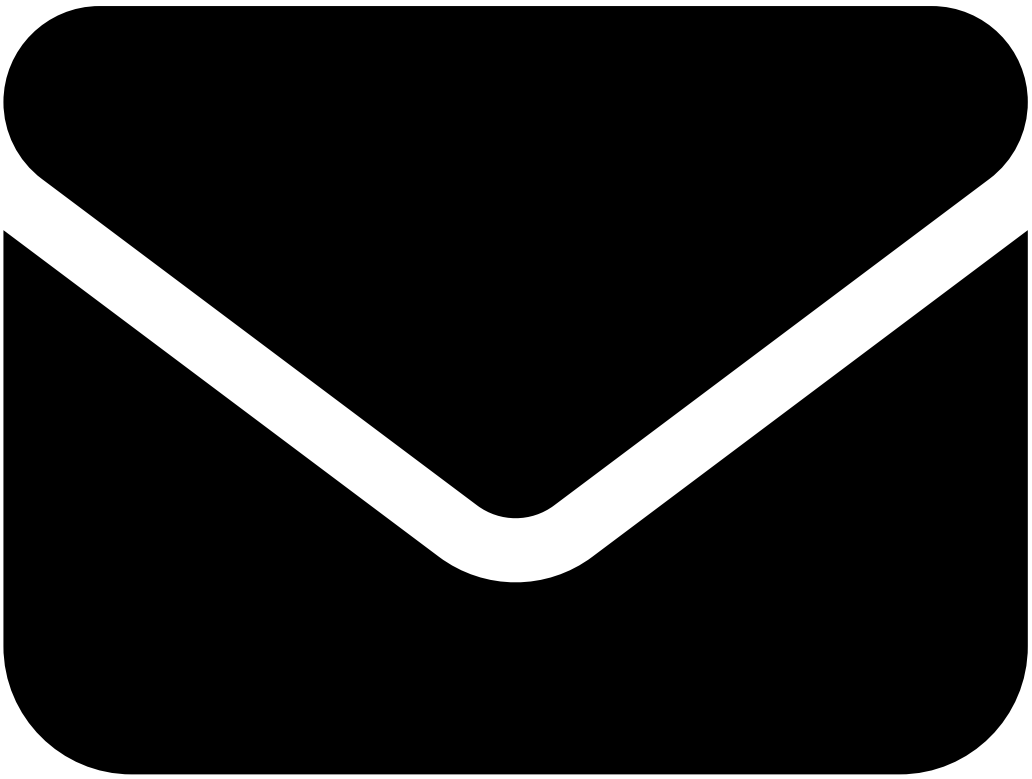




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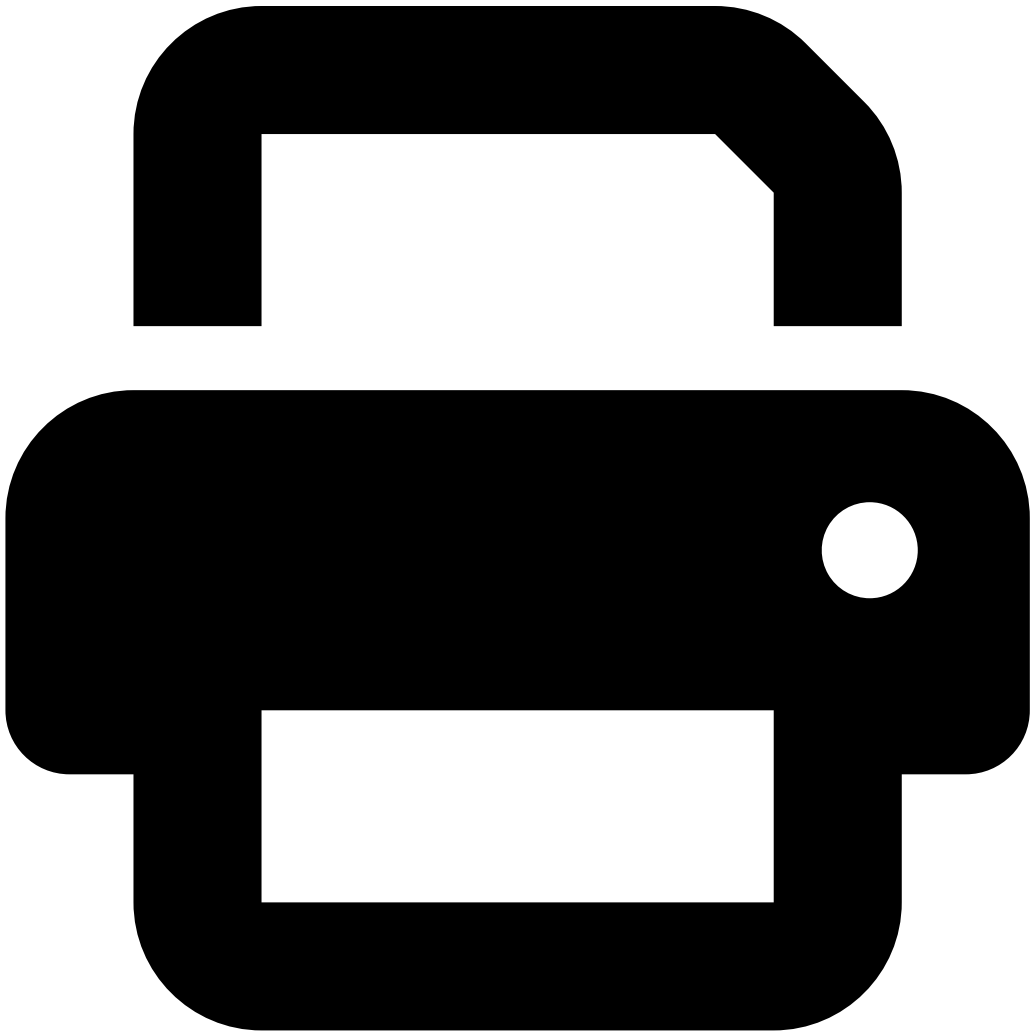

If you’re looking for a delicious and authentic Italian appetizer, these classic Italian vegetarian stuffed artichokes are a must-try! Tender, steamed artichokes are filled with a savory breadcrumb mixture packed with Parmesan cheese, garlic, and fresh herbs.

Growing up, my mom made them a little differently. Instead of stuffing between the leaves, she would only fill the center of the artichoke. It was simple yet delicious, letting the artichoke’s natural flavor shine through. This method was quicker and perfect for busy family dinners. Perfect as a holiday appetizer, a side dish for Sunday dinner, or a centerpiece for special occasions. With simple ingredients and traditional Italian flavors, these stuffed artichokes will transport you straight to an Italian kitchen.

Why you ‘ll love this classic Italian vegetarian stuffed artichoke recipe

You’re going to fall in love with these Classic Italian vegetarian stuffed artichokes for their irresistible combination of flavors and heartwarming tradition. each tender artichoke leaf is coated in a savory mixture of breadcrumbs. The drizzle of olive oil and squeeze of lemon juice bring everything together, enhancing the natural sweetness of the artichoke. It’s a rustic yet elegant dish that’s perfect for family gatherings and special occasions.

What makes this recipe truly special is its connection to Italian heritage. For many families, including mine, stuffed artichokes are a staple at celebrations, passed down through generations. The simple wholesome ingredients come together to create a dish that feels both indulgent and comforting. Plus, they’re surprisingly easy to make!!! with just a little prep , you’ll have an impressive appetizer or side dish that will have everyone reaching for more. Whether you’re introducing this dish to your table for the first time or keeping a family tradition alive, these classic Italian vegetarian stuffed artichokes are to become a favorite.

Classic Italian Vegetarian Stuffed Artichokes



Tender artichokes stuffed with a simple Italian mixture of seasoned breadcrumbs, garlic, parsley, Parmesan cheese, and olive oil, then baked until golden and tender. A classic vegetarian Italian side dish that makes the most of fresh artichokes.

- 2 large artichokes
- juice from 1 lemon + 1 for serving
- 1 1/2 cups Italian seasoned breadcrumbs
- 1/2 cup grated parmesan cheese
- 2 minced garlic cloves
- 1/4 cup fresh chopped Italian parsley
- 1 Tbsp. hot pepper flakes
- 1/2 cup olive oil
- 2 cups water
- Salt and pepper to taste

Prepare the Artichokes:

1. Fill a large bowl with water and squeeze in the lemon juice
2. Trim the artichokes by cutting off the stems and the top inch of the leaves.
3. Use kitchen shears to snip off the pointy tips of the remaining leaves.
4. Gently spread the leaves apart to make room for the stuffing.
5. Place the artichokes in the lemon water to prevent browning.

Make the Filling:

1. In a large bowl, combine the breadcrumbs, Parmesan cheese, minced garlic, parsley, salt, pepper, and red pepper flakes.
2. Drizzle in the olive oil and mix until the breadcrumbs

are evenly coated and slightly moist.

Stuff the Artichokes:

1. Drain the artichokes and pat them dry.
2. Spoon the breadcrumb mixture into the center and between the leaves. Pack the stuffing in gently, but don’t overfill.

Cook the Artichokes:

1. Place the stuffed artichokes in a large pot or Dutch oven.
2. Pour the broth into the bottom of the pot to about 1 inch deep.
3. Drizzle a little olive oil over the tops.
4. Cover and simmer on low heat for 40- 50 minutes, adding more broth if needed. The artichokes are done when the leaves pull away easily.

Serve:

1. Serve warm with extra Parmesan, lemon juice and a drizzle of olive oil.

Main Course, Side Dish
Italian
Italian stuffed artichokes, vegetarian

Leeks peas and asparagus

risotto

Leeks Peas and Asparagus Risotto

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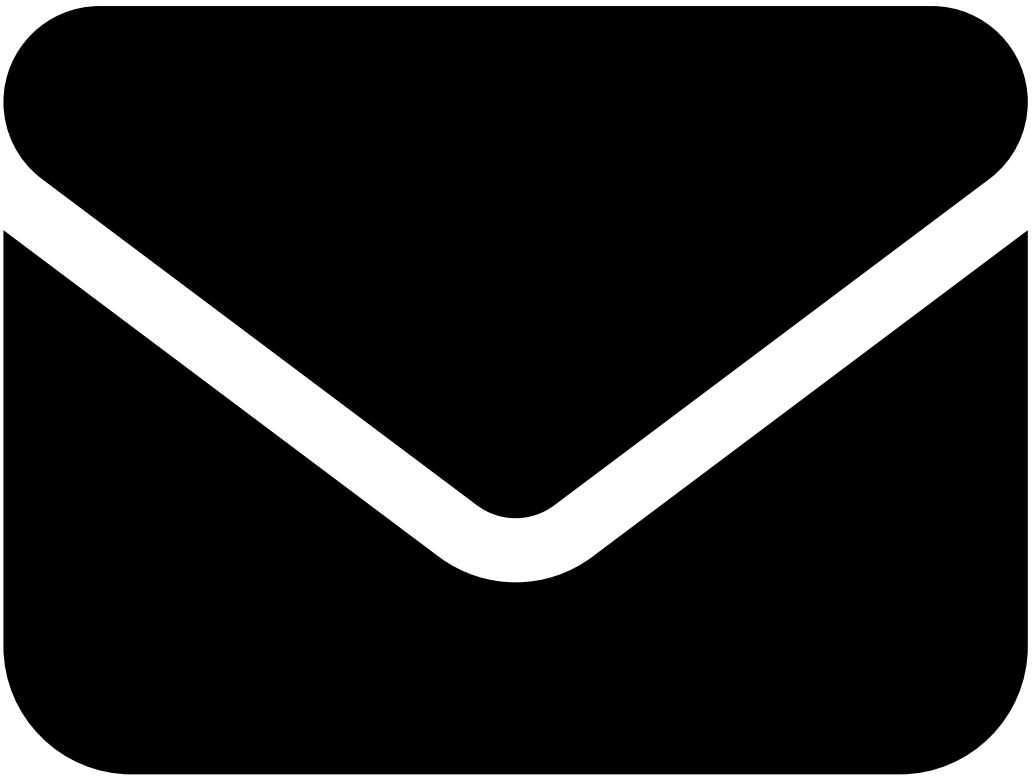




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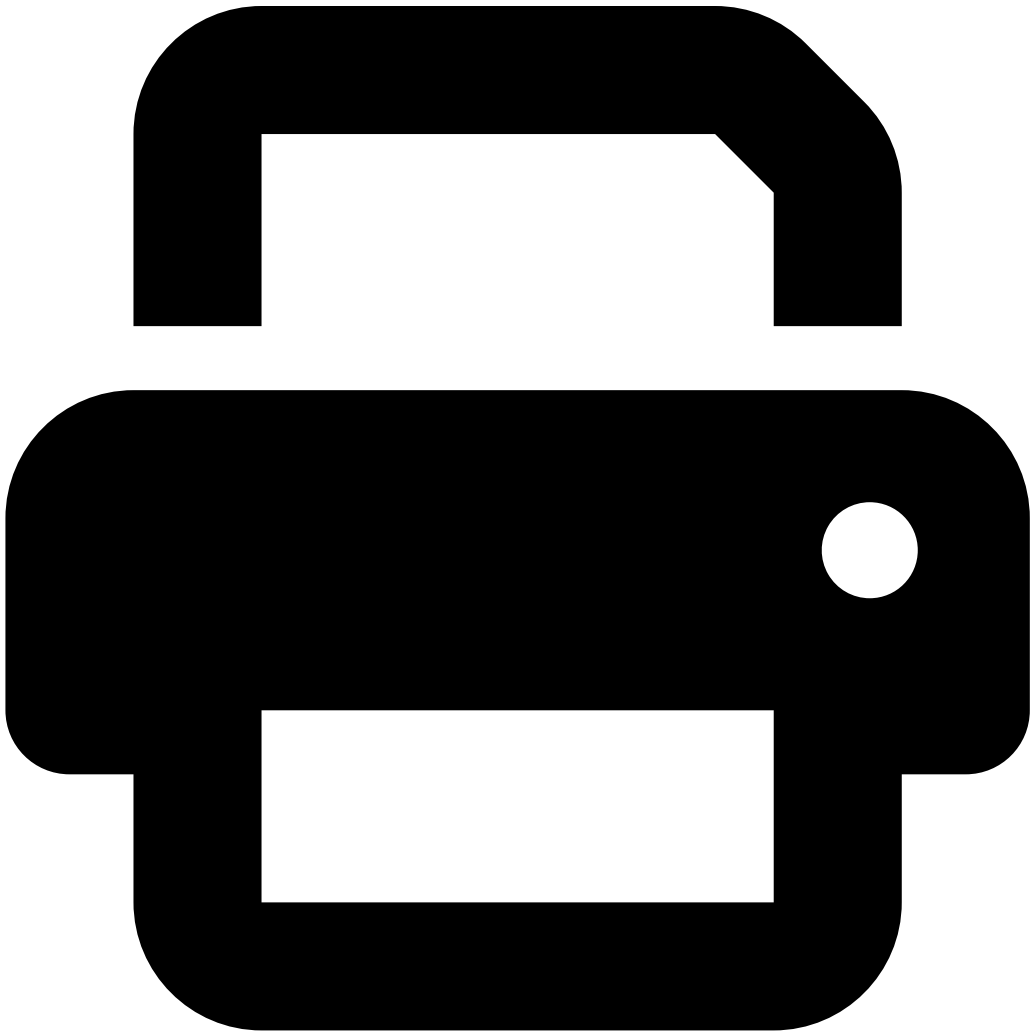

This leeks peas and asparagus risotto combines tender leeks, crisp asparagus, sweet peas and a squeeze of lemon for a bright, zesty finish. Perfect for a light family dinner, a special brunch or simply celebrating the arrival of warmer days.

The leeks provide a subtle sweetness that pairs beautifully with the freshness of peas and the earthy bite of asparagus. As the rice slowly absorbs the warm broth, it transforms into a luscious, creamy dish that feels both indulgent and light. The lemony finish lifts the flavors, making each bite a delightful reminder of spring’s arrival.

- Whether you’re preparing a family dinner or hosting friends, this risotto is a versatile crowd-pleaser. Serve it as a comforting main course with a side of crusty bread, or pair it alongside grilled chicken or fish for a more elaborate spread. Its vibrant colors and fresh flavors will bring a touch of elegance to any

meal.

Things to know about this leeks peas and asparagus risotto recipe

- **Seasonal Ingredients:** Fresh leeks, peas, and asparagus are at their peak in spring, making this risotto a celebration of the season.
- **Creamy Comfort:** The traditional Italian method of slowly adding broth ensures a luxuriously creamy texture without needing cream.
- **Easy Elegance:** Perfect for a weeknight dinner or a special occasion, this risotto brings a touch of sophistication to your table.

Tips for the Perfect Risotto

- **Use Warm Broth:** Always keep your vegetable or chicken broth warm to maintain the cooking temperature of the rice.
- **Stir Consistently:** Stirring frequently helps release the starches from the rice, creating that creamy texture.
- **Taste as You Go:** Adjust salt, pepper, and lemon juice to your liking for the perfect balance of flavors.

This leeks, peas, and asparagus risotto pairs beautifully with a glass of chilled white wine and a side of crusty bread. It’s a delightful way to savor the fresh, bright flavors of spring. Give it a try and let the vibrant greens and creamy rice bring a bit of seasonal joy to your table.

Have you made this risotto? Share your experience in the comments or tag me on social media with your creations. I’d love to see how it turns out!

Leeks Peas and Asparagus Risotto



Creamy Italian risotto made with tender asparagus, sweet peas, and sautéed leeks. This simple spring-inspired dish is packed with fresh vegetables and finished with Parmesan for a rich, comforting flavor.

- 2 cups Arborio rice
- 1 leek cleaned and sliced
- 1 cup trimmed and chopped asparagus
- 1 cup fresh or frozen peas
- 4 cups hot vegetable or chicken stock
- 1/2 cup white wine
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 1/2 cup parmesan cheese
- Juice from 1 lemon
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste

1. Saute the leeks : heat the oil and butter in a large skillet over medium high heat. Add the sliced leeks and saute until soft and fragrant.

2. Toast the rice: Stir in the Arborio rice and cook until lightly toasted 3-4 minutes
3. Deglaze the pan with the wine stirring until absorbed
4. Add the warm broth one ladle at a time, stirring constantly. allow the broth to absorb before adding

more.

5. After 15 minutes, stir in the asparagus and peas. Continue cooking until the rice is creamy and al dente.
6. Remove from the heat , stir in the parmesan cheese , squeeze in the lemon juice and Italian parsley.

Appetizer, Main Course, Side Dish
Italian
leeks peas and asparagus risotto,