

creamy lemon parmesan zucchini orzo

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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. THANKS!!!!

Ingredients

- 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

Instructions

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 5 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. ENJOY!!!!
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Sicilian Eggplant caponata rigatoni

Sicilian eggplant caponata rigatoni

Growing up, my mother would make eggplant caponata every summer using farm-fresh produce straight from our garden. The glossy purple eggplant, juicy tomatoes, and fragrant basil were transformed into a vibrant delicious caponata- a sweet tangy Italian relish. While caponata is traditionally served as a side dish or antipasto, I love tossing it with rigatoni for a hearty and satisfying pasta meal. Every bite is full of bold flavors of eggplant, olives, and capers , all simmer together in a rich tomato sauce. It's a delicious taste of summer and perfect way to cook with seasonal ingredients.

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 your own!!! Share your creations and tag me- I'd love to see your take on this Sicilian – inspired pasta. ENJOY!!!!

Ingredients

- 12 Oz. 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

Instructions

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.

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.

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

Easy stove top eggplant caponata

easy stove top eggplant caponata

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. THANKS!!!!

Ingredients

- 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

Instructions

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. ENJOY!!!!!!
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Classic Italian vegetarian stuffed artichokes

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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. ENJOY!!!

Ingredients

- 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

Instructions

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.

2. Make the Filling:

In a large bowl, combine the breadcrumbs, Parmesan cheese, minced garlic, parsley, salt, pepper, and red pepper flakes.

Drizzle in the olive oil and mix until the breadcrumbs are evenly coated and slightly moist.

3. Stuff the Artichokes:

Drain the artichokes and pat them dry.

Spoon the breadcrumb mixture into the center and between the leaves. Pack the stuffing in gently, but don't overfill.

4. Cook the Artichokes:

Place the stuffed artichokes in a large pot or Dutch oven.

Pour the broth into the bottom of the pot to about 1 inch deep.

Drizzle a little olive oil over the tops.

Cover and simmer on low heat for 45-60 minutes, adding more broth if needed. The artichokes are done when the leaves pull away easily.

5. Serve:

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

Leeks peas and asparagus risotto

Leeks peas and asparagus risotto

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!

Buon Appetito! ☐

Ingredients

- 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

Instructions

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. ENJOY!!!

Pasta de Santo Giuseppe

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This pasta de Santo Giuseppe has as many variations as there are regions in Italy. The one mandatory ingredient in this classic Italian dish is toasted breadcrumbs instead of grated cheese. Santo Giuseppe was a carpenter, and the breadcrumbs represented sawdust.

This Italian pasta dish is easy and delicious and can be enjoyed year-round, but it holds special significance on March 19th, when Italians celebrate La Festa di San Giuseppe – Saint Joseph's Day. While much of the world turns to Saint Patrick's day on March 17th, Italians focus on honoring Saint Joseph, the patron saint of fathers, workers and the needy. Traditionally, this day is marked with meatless meals, as it falls during Lent. The toasted bread crumbs sprinkled on top symbolize the sawdust of Saint Joseph's carpentry workshop, reminding us of his humble and hardworking nature. Families across Italy, prepare festive tables known as St. Joseph's alters, filled with breads, fava beans, and other symbolic foods, offering gratitude for his protection and provision.

Three variations for this Pasta de San Giuseppe

1. Sicilian sweet and savory: This variation combines the traditional pasta with anchovies, garlic, fennel, and toasted breadcrumbs sauteed in olive oil.
2. Southern Italian tomato -based (my version): In some regions, the dish is prepared with a light tomato sauce, often featuring crushed San Marzano tomatoes, onions and garlic. This gives a slightly richer flavor while still maintaining the signature toasted breadcrumb topping.
3. Vegetarian lentil and fava bean: as a nod to Saint Joseph's role as a protector of the poor, some families incorporate lentils or fava beans – symbols of good

fortune- into the dish. The beans add protein and a hearty texture, making this version a complete, satisfying meal. Pasta di Santo Giuseppe is more than just a dish, it's a symbol of Italian heritage, faith and gratitude. Whether prepared with anchovies, tomatoes, or beans, the humble toasted bread crumbs remain a constant, reminding us of Saint Joseph's humility and hard work. On March 19th, Italians gather to celebrate his legacy, honoring tradition through food, family and faith. No matter which variation you choose, this dish is a delicious way to connect to Italy's deep-rooted culture and religious traditions.

Ingredients

- 12 oz. spaghetti
- 2 cups bread crumbs
- 1 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. butter
- 2 Tbsp. olive oil
- 4 anchovy fillets
- 2 Tbsp, hot red pepper flakes
- 2 cups cherry tomatoes
- 2 cups my easy marinara sauce
- 1 cup pasta water

Instructions

1. In a large pot of salted rapidly boiling water cook the spaghetti al dente.
2. In a saute pan in 1 Tbsp. of butter and 1 tbsp. of olive saute 1 Tbsp. of minced garlic until soft and the bread crumbs and cook until the breadcrumbs are toasted and golden, remove from the fire add in the grated parmesan and 2 Tbsp. of freshly chopped Italian parsley and set

aside,

3. In the same pan add the remaining 1 tbsp. of butter and olive oil add the remaining 1 tbsp. of minced garlic cook until soft and translucent, then add the cherry tomatoes cook until the tomatoes burst.
4. Add in the marinara and pasta water simmer until the sauce thickens about 15 minutes. Add some fresh torn basil leaves, then toss the spaghetti in the sauce.
5. Plate top with the breadcrumb mixture. ENJOY!!!!

Spicy eggs in Purgatory

Spicy eggs in Purgatory

Spicy eggs in purgatory is a dish that perfectly balances simplicity and bold flavors. This traditional Italian recipe features eggs poached in a rich, garlicky tomato sauce with a touch of heat. It's an easy one-pan meal that's perfect for breakfast, brunch or even a light dinner.

The origins of eggs in purgatory are deeply rooted in Italian cuisine, particularly in the southern regions like Campania. The name Uova in Purgatorio is said to symbolize the fiery tomato sauce as purgatory and the delicate eggs as souls within it. Similar to the Middle Eastern shakshuka, this dish showcases the universal love for eggs cooked in a flavorful sauce.

Tips for the best spicy eggs in

purgatory

1. Adjust the spice to your liking by increasing or reducing the red pepper flakes.
2. Use my easy marinara sauce for a rich and flavorful sauce.
3. Don't overcook the eggs if you prefer runny yolks, keep an eye on them as they set.
4. Add extra toppings like crumbled feta, olives or cooked Italian sausage or pancetta.

Spicy eggs in purgatory is one of those magical dishes that delivers big flavors with minimal effort. Whether you're enjoying it for breakfast or dinner, this dish is sure to become a staple in your kitchen.

Have you tried making Eggs in Purgatory? Let me know your favorite variations in the comments below. I love hearing from you. It's my favorite part and it helps others. Thanks!!!

Ingredients

- 2 Tbsp. olive oil
- 2 cups sliced mixed color bell peppers
- 1 cup chopped onions
- 1 Tbsp. minced garlic
- 1 Tbsp. hot pepper flakes
- 3 cups my easy marinara sauce
- 4 eggs
- 1 Tbsp. each chopped basil and Italian parsley

Instructions

1. Start by cleaning your bell peppers and cutting into thin strips
2. In a saute pan over medium high heat in the olive oil saute the bell peppers, red pepper flakes, onions and

garlic until soft and translucent

3. Then add in the marinara sauce and simmer for 10 minutes.
 4. Make 4 indentations with the back of a spoon in the sauce and drop the eggs into them. Simmer covered until the eggs reach your preferred doneness. Top with the basil and Italian parsley.
 5. Serve with toasted bread. ENJOY
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Italian Cauliflower pasta alfredo

Italian Cauliflower pasta alfredo

This creamy Italian cauliflower pasta alfredo is a lighter twist on the classic alfredo sauce while still full of rich flavor. Instead of heavy cream , this dish uses pureed cauliflower and milk to create a luscious sauce that coats every strand of pasta. It's the perfect way to sneak in some extra vegetables without sacrificing flavor. This recipe is proof you don't need heavy cream for a comforting past dish. Plus, It's so easy to make!!!

Why you'll love this Italian cauliflower pasta alfredo

Traditional alfredo sauce relies on lots of butter and cheese, this version gets its creaminess from cauliflower.

This pasta dish has all the comforting flavors of a classic alfredo but with a healthier twist.

This cauliflower sauce can be used over vegetables, chicken or even as a dipping sauce for bread.

This Italian Cauliflower pasta alfredo dish comes together in about the same time it takes to cook the pasta, making it an easy and delicious option for a quick weeknight dinner.

Ingredients

- 1/2 Lb. fusilli.
- 4 cups cauliflower florets
- 2 Tbsp. olive oil
- 2 Tbsp. butter
- 1 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups milk
- 1 cup pasta water
- 1 cup parmesan cheese
- 1 Tbsp. chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Start by cleaning the cauliflower and cutting into florets. Then boil the cauliflower in salted water until soft.
2. Remove the cauliflower and mash into a puree set aside while you make the sauce and cook the pasta according to package directions
3. In a saute pan over medium high heat in the olive oil and butter saute the onion and garlic until soft and translucent.
4. Add the milk and pasta water, return the mashed cauliflower back to the pan and cook an additional 5

- minutes. Then add in the grated parmesan cheese.
5. Adjust your seasonings (salt and pepper) to fit your taste.
 6. Plate, top with more cheese and chopped Italian parsley. ENJOY!!!!
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Creamy vegetarian broccoli pasta shells

Creamy vegetarian broccoli pasta shells

This creamy broccoli pasta shells recipe is not only healthy but also quick and easy to make. The mix of soft broccoli , tasty pasta and gooey cheese is a hit with everyone. Pasta and broccoli are a great combination for your health. Pasta gives you energy and broccoli is full of vitamins and fiber. Together, they make a meal that's good for you and taste delicious. It's a perfect blend of comforting flavors and wholesome ingredients, ideal for a satisfying weeknight dinner.

What's great about this recipe is how versatile it is. You can switch out the pasta shape , adjust the cheesiness, or even add a protein like grilled chicken breast or shrimp for a heartier meal. This creamy broccoli pasta shell will undoubtedly become a family favorite for it's simplicity and delicious taste.

If you love easy pasta dinners like this, be sure to check out

my other pasta and broccoli pasta recipes for more delicious inspiration. 30 minute broccolini and sausage pasta or my creamy Italian sausage and broccoli pasta. ENJOY!!!!

Why You'll love this creamy vegetarian broccoli pasta shells recipe

Quick and easy: This recipe is perfect for busy weeknight family meals, taking just 30 minutes from start to finish. With simple ingredients and straightforward steps.

Healthy and delicious: Packed with nutrient – rich broccoli, this dish provides a good source of fiber and vitamins, making a wholesome meal for the whole family.

Customizable: Whether you're looking to add protein, swap the milk for cream for a creamer option , or experiment with different pasta shapes, this recipe is incredibly versatile to suit your lifestyle and tastes. ENJOY!!!

Ingredients

- 4 cups washed and trimmed broccoli
- 1/2 lb. medium size shells
- 2 Tbsp. olive oil
- 4 Tbsp. butter
- 1 small shallot minced
- 2 Tbsp. flour
- 3 cups milk
- 1 cup chicken or vegetable stock
- 2 cups freshly grated sharp cheddar cheese
- 1 cup four cheese blend
- pinch of nutmeg

Instructions

1. Start by cooking the broccoli in a large stock pot in salted water until soft, remove use a potato masher to mash the broccoli and set aside
 2. In the save water as you cooked the broccoli cook the pasta shells el dente
 3. While the pasta is cooking make the sauce. In a saute pan in the olive oil cook the shallots until soft and translucent. Add the butter once the butter is melted add the flour and cook for 1- 2 minutes.
 4. Then slowly pour in the milk and stock. Bring to a boil lower the heat and add the cheeses and nutmeg.
 5. Simmer the sauce until the cheese melts and the sauce thickens.
 6. Add in the broccoli and the el dente cooked pasta shells. Cook just for a few minutes just to combine the flavors and ingredients.
 7. ladle into pasta bowls top with additional grated parmesan cheese and freshly chopped Italian parsley.
ENJOY!!!!
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**Easy spinach Ricotta ball
recipe**

Easy spinach ricotta ball

recipe

If your looking for a vegetarian Italian recipe that doesn't compromise on flavor or tradition, this easy spinach ricotta ball recipe is the perfect choice.

These tender cheesy bites are packed with savory flavors of spinach, ricotta, parmesan and fresh herbs all rolled together and baked before being simmered in my easy marinara sauce. They pair deliciously with marinara sauce, a simple salad or a loaf of crusty bread. Plus , they're versatile enough to be made ahead of time, making them a perfect choice for busy weeknight meals or family and friend gatherings.

Trust me , this is one vegetarian dish meat-lovers included - will love.

Why I love this easy spinach ricotta ball recipe

Healthy and delicious: These spinach balls are packed with nutrients from the spinach and cheese making it a healthy meal that's also full of flavor.

Easy to make: This spinach ricotta ball recipe requires just a few ingredients and is simple to prepare , making it perfect for all cooks of all skill levels.

Versatile: You can serve these spinach ricotta balls as an appetizer, snack, side dish or paired with a salad and crusty bread for a complete meal. They're perfect for parties, family dinners or meal prep. They can be make ahead of time and are freezer friendly.

Baked not fried: baking these easy spinach ricotta balls instead of frying them still gives them a crispy exterior with less oil, making them a lighter, healthier option.

These spinach ricotta balls prove that vegetarian dishes can be just as satisfying and full of flavor as their meat-based counterparts. With their tender texture and cheesy goodness, they are a true celebration of simple, classic Italian ingredients. ENJOY!!!!

Ingredients

- 1 Lb. ricotta
- 2 cups steamed and chopped
- 1/2 cup grated parmesan
- 1/2 cup breadcrumbs
- 1/2 cup flour
- 1 egg
- Salt and pepper to taste
- 4 cups my easy marinara sauce

Instructions

1. Steam the spinach and squeeze out as much of the water as possible
2. In a bowl mix all the ingredients.
3. Form into golf size balls bake in a preheated 375-degree oven for 10- 15 minutes
4. bring the marinara sauce to a slow simmer. Add the spinach ricotta balls and simmer for 10 minutes.
5. Top with grated parmesan cheese.
6. ENJOY!!!