

# **Vegetarian stuffed eggplant rollatini**

## **Vegetarian stuffed eggplant rollatini**

Vegetarian stuffed eggplant rollatini is a delicious dish that marries tender slices of roasted eggplant with a creamy ricotta filling, then baked to perfection in my marinara tomato sauce.

This Italian -inspired recipe is as satisfying as it is beautiful, with its rolled presentation and layers of flavor. It's a great option for vegetarians or anyone looking for a lighter twist .

The filling is typically make with a rich blend of ricotta, spinach, egg and parmesan and seasoned with simple Italian herbs. Once stuffed and rolled, the eggplant rollatini are nestled into a marinara sauce lined casserole baking dish topped with more sauce and parmesan and baked. this dish is perfect for dinner parties, family meals or part of an Italian -inspired spread.

## **Why you will love this vegetarian stuffed eggplant rollatini**

It's a lighter comfort food:. This vegetarian stuffed eggplant rollatini recipe has all the flavors of classic Italian comfort dishes, but with a lighter twist. By using eggplant instead of pasta , you get a meal that's satisfying without

being heavy. It's the perfect way to enjoy rich flavors while keeping it vegetarian.

**Versatile:** Whether you're serving vegetarians or experimenting with meatless Mondays, or simply looking to change up your dinner routine this dish is surefire hit. The customizable filling options means you can make this recipe to fit your lifestyle and taste.

**Packed with Italian flavors:** Every bite bursts with the best of Italian food- creamy ricotta, fragrant herbs, tangy marinara, and just the right amount of cheese. It's a dish that brings the comfort of a classic Italian kitchen straight to your table.

**It can be made ahead of time:** Vegetarian stuffed eggplant rollatini is an excellent make-ahead dish, perfect for busy weeknights, or feeding a crowd. You can prepare the entire recipe in advance by assembling the rolls, layering them in the sauce, and covering the dish with foil before storing in the refrigerator for up to two days, then baking when you are ready to serve. It's also freezer friendly!!!!

## **Ingredients**

- 2 medium size eggplant
- 4 cups ricotta cheese
- 1 cup grated parmesan cheese
- 2 cups finely chopped spinach
- 2 Tbsp. chopped Italian parsley
- 1 egg
- salt and pepper to taste
- 4 cups my easy marinara sauce

## **Instructions**

1. Start by cleaning the eggplant then cut on the long

side into thin slices

2. Salt and pepper the eggplant drizzle with olive oil and bake in a 375- degree preheated oven for 10- 15 minutes to soften .
3. In the meantime make the filling in a bowl add the ricotta, parmesan, spinach, parsley, egg, salt and pepper and mix until well combined.
4. Then place 2 tbsp. of the filling in the center of each eggplant slice and roll jelly roll style.
5. In an oven proof casserole dish spread haft of the marinara sauce place the eggplant rollatini in the casserole dish seam side down. Top with the remaining marinara, additional parmesan and bake in a 375-degree preheated oven for 45 minutes. Top with fresh basil, ENJOY!!!!!!

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## **Fuyu persimmon walnut salad**

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This Fuyu Persimmon salad with toasted walnuts and grilled halloumi cheese is vibrant and a bright winter salad that combines the sweetness of ripe fuyu persimmons, the nuttiness of toasted walnuts, and the salty richness of grilled halloumi cheese. Persimmons are one of winters underrated gems. Their natural sweetness and velvety texture make them a star ingredients in both savory and sweet dishes. For this salad we use Fuyu persimmons, which are crisp and perfect for slicing. Paired with toasted walnuts, they bring a warm nutty crunch that contrasts deliciously with the juicy fruit.

This salad also has peppery mixed greens, salty halloumi and a citrusy vinaigrette that ties everything together.

## **Why this Fuyu persimmon walnut salad belongs on your table**

This fuyu persimmon walnut salad is versatile enough for any occasion. It's light yet satisfying, making it an excellent start to a holiday dinner or a refreshing side dish to roasted meats. The vibrant orange color of the persimmons and the ruby red pomegranate seeds add a festive touch to your winter table.

Growing up, persimmons were a wintertime treat in my household. My family would slice them up and enjoy them as a simple snack, but since then I've discovered how delicious they are paired with savory ingredients.

If you're looking to impress family and friends or simply treat yourself to a seasonal delight, this Fuyu persimmon walnut salad is the answer. Please don't forget to snap a photo before diving in- the colors alone are worth celebrating.

## **Ingredients**

- 3 thinly sliced Fuyu persimmon
- 4 cups mixed greens
- 1 cup toasted walnuts
- 4 oz. halloumi cheese sliced medium thick
- 1/2 cup pomegranate seeds
- Dressing
  - 1 cup extra virgin olive oil
  - 1/3 cup white wine vinegar
  - 1 Tbsp. dijon mustard
  - 2 Tbsp. honey or maple syrup
  - salt and pepper to taste

# Instructions

1. In a saute pan over medium high heat in 1 Tbsp. of olive oil cook the cheese until golden on all sides. Remove and in the same pan toast the walnuts until fragrant.
  2. Make the dressing in a bowl or jar whisk together the oil, vinegar, mustard, seasoning, salt and pepper. Adjust your seasonings to taste
  3. Assemble the salad arrange mixed greens on a platter, top with the persimmon slices, toasted walnuts and pomegranate seeds. Place the grilled cheese slices on top. Drizzle with the dressing. ENJOY!!!!
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## **Parmesan scallop mashed potatoes**

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There is something about mashed potatoes that just says Thanksgiving. And when you take that classic and add parmesan cheese and dress it up with scallop sliced potatoes, and broil them it becomes magic. These parmesan scallop mashed potatoes are creamy, rich, and buttery- perfect for pairing with just about any main dish any time of the year. If you have never done mashed potatoes like this or added parmesan to your potatoes, this recipe will become a game changer in the field of mashed potatoes.

# Here are some tips for making parmesan scallop mashed potatoes

1. Choose the right potatoes: Use starchy potatoes like russets or Yukon gold for creaminess and fluffiness. Yukon gold potatoes add a buttery flavor that pairs well with parmesan.
2. For the topping of scalloped potatoes: let the removed potatoes cool then slice the potatoes thin.
3. For the pretty scallop potato topping: Layer the potatoes in an overlapping pattern for a visually appealing and evenly cooked dish. Top with additional parmesan and fresh parsley for a burst of flavor and color.
4. Allow the dish to rest for 5-10 minutes after baking for easier slicing. Parmesan scalloped mashed potatoes are the perfect combination of creamy, cheesy and comforting. By using quality ingredients and broiling to golden perfection you can create a side dish that's as pretty as it is satisfying. Whether served as a holiday side or weeknight treat, this recipe is sure to become a family favorite.

## Ingredients

- 3 lb. Yukon gold or russet potatoes
- 1/2 stick of butter
- 1 cup grated parmesan cheese
- 1 cup whole milk
- 1 Tbsp. chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Start by scrubbing the potatoes clean. Then peel the potatoes and cut in half

2. Place the potatoes in a pot of cold water add 1 tsp. of salt.
  3. Place the pot over medium high heat and bring to a boil. Boil the potatoes for 7-10 minutes. Then remove 3 of the potato half's and set aside. Continue boiling the remaining potatoes for an additional 7-10 minutes or until the potatoes are fork tender. Transfer to a colander and drain well.
  4. Place the pot back over medium heat add the butter and the milk bring to low simmer . add the potatoes, parmesan cheese, parsley salt and pepper to taste.
  5. Use a potato masher to mash the potatoes. Then place the mashed potatoes in a lightly buttered pie pan.
  6. Cut the reserved potatoes into thin slices. Place then on the mashed potatoes in a pretty pattern. Sprinkle with more grated parmesan cheese and broil until just beginning to brown about 7-10 minutes. Sprinkle with Italian parsley. ENJOY!!!!
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## **Vegetarian Mushroom Bolognese Bucatini**

## **Vegetarian Mushroom Bolognese Bucatini**

If your craving Italian and want vegetarian too make this delicious vegetarian mushroom Bolognese bucatini. When your in the mood for the comforting richness of Italian food but want to keep it vegetarian, this mushroom Bolognese bucatini is the

perfect answer. It's hearty, satisfying and packed with bold meaty flavors without the meat!!!

## What to know about this vegetarian mushroom Bolognese bucatini recipe

Mushrooms are the star of this vegetarian recipe. Their meaty texture and hearty flavor make them an ideal substitute for ground beef. In this recipe I used a mix of cremini and baby portabella mushrooms to create a robust and savory pasta sauce. The addition of the vegetable soffrito, red wine and good quality tomatoes add depth of flavor. of course you can use any blend of mushrooms that fit your taste. Although I used bucatini, I love it's hollow center, if you don't have bucatini spaghetti or fettuccine works in this vegetarian recipe too. This vegetarian mushroom Bolognese bucatini is proof that comfort food doesn't have to rely on meat to be rich, satisfying and delicious.

- Whether you're a lifelong vegetarian, experimenting with vegetarian meals, or simply craving a rich , satisfying pasta dish this recipe delivers all the comforting taste of a classic Bolognese with a fresh meatless twist.

## Ingredients

- 1/2 Lb. Bucatini pasta
- 2 Tbsp. olive oil
- 1 cup each chopped onion+ celery+ carrots
- 2 Tbsp. minced garlic
- 4 cups sliced mushrooms
- 1 cup red wine
- 2 cups tomato sauce
- 2 cups crushed tomatoes
- 2 Tbsp. fresh chopped Italian parsley
- Grated pecorino Romano

# Instructions

1. start by saluting the onion, carrots, celery and garlic until soft and fragrant. Then add the mushrooms and cook until beginning to brown.
  2. Deglaze the pan with the red wine waiting until it evaporates, before adding the tomatoes. Cover and simmer for 1 hour. In the meantime cook your pasta el dente. Add a cup of pasta water to the sauce if too thick. Toss the pasta in this vegetarian Bolognese sauce add in the Italian parsley. Plate top with the grated pecorino Romano. ENJOY!!!!
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## **Creamy butternut squash gorgonzola pasta**

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This creamy butternut squash gorgonzola pasta is warm, creamy, cheesy and full of cold weather ingredients. It's an easy pasta recipe made with roasted butternut squash that is pureed along with roasted garlic and onion to create a silky smooth flavorful sauce. The gorgonzola cheese and sage balance out the natural sweetness of the squash and adds an irresistibly savory, cheesy flavor. It's hands down one of the best vegetarian pasta dish for chilly weather.

# Things to know about this creamy butternut squash gorgonzola pasta recipe

Roasting the butternut squash brings out the natural sweetness and adds flavor to the sauce.

Blending the butternut squash , garlic and onions once roasted with pasta water makes a velvety sauce. You can use vegetable or chicken stock in addition to the pasta water. or add a bit of cream for added flavor. Butternut squash can be sweet so season well with salt and pepper. The gorgonzola will add some tang, but if you want more tang add a squeeze of lemon juice or white wine to the sauce.

To wrap it up creamy butternut squash and gorgonzola pasta is the perfect blend of sweet, savory, and earthy flavors making it a delicious pasta dish for any season.

## Ingredients

- 1/2 lb. short pasta
- 4 cups peeled, cleaned butternut squash cut into medium dice
- 1 whole garlic bulb cut in half
- 1 medium peeled onion quartered
- 2 Tbsp. olive oil
- 5-6 sage leaves
- 2 cups walnuts
- 2 cups pasta water
- 2 cups gorgonzola crumbles
- salt and pepper to taste

# Instructions

1. start by placing the squash, garlic bulbs and onions on a baking sheet. drizzle everything with extra virgin olive oil salt and pepper to taste. Then roast in a preheated 400-degree oven for 30 minutes or until the butternut squash is soft and beginning to caramelize. In the meantime cook your pasta el dente. reserving 2 cups of water before draining, and start the sauce
  2. In a saute pan in 2 Tbsp. of olive oil fry the sage leaves and walnuts until the sage is crispy and the walnuts toasted
  3. Put the squash, onion and garlic in a food processor add 1 cup of the reserved pasta water and blend until smooth
  4. Add the butternut puree to the saute pan add in the gorgonzola and the remaining cup of pasta water. Simmer until the gorgonzola is melted and sauce creamy about 5 minutes. Toss the pasta in the sauce . Top with more gorgonzola crumbles. ENJOY!!!!
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**Honey roasted holiday  
vegetables**

**Honey roasted holiday  
vegetables**

Honey roasted holiday vegetables are the colorful picture perfect side dish to go along side any main meal. Oven roasted vegetables are an easy winter side dish that adds color and a

festive touch to your holiday table. This is such a perfect holiday recipe with classic holiday ingredients, such as cranberries and walnuts. The cranberries provide a sweet tangy contrast to the vegetables and the walnuts provide a nice crunch. Honey-roasted holiday vegetables make a delicious side dish with natural sweetness and a caramelized finish.

## **variations for this honey roasted holiday vegetable recipe**

**The vegetables:** use any combination that fits your taste, the vegetables in this recipe can be customized. You can use carrots, parsnip or any any root vegetable.

**Citrus zest:** A bit of lemon or orange zest can add a fresh holiday inspired twist.

**Control the sweetness:** If you prefer less sweetness add a splash of balsamic vinegar when tossing the vegetables in the bowl.

Honey roasted vegetables bring warmth, color, and a festive flavor to any holiday table.

## **Ingredients**

- 3 cups medium dice butternut squash
- 1 medium sliced delicate squash
- 4 cups brussel sprouts cut in half
- 2 peeled medium diced sweet potatoes
- 2 cups fresh cranberries
- 2 cups walnuts
- 1 Tbsp. Italian seasoning
- 3 Tbsp. olive oil
- 2 Tbsp. honey
- salt and pepper to taste
- crumbled gorgonzola

# Instructions

1. preheat your oven to 400- degrees. drizzle a baking sheet with olive oil.
  2. Add the all the vegetables salt and pepper to taste to a large bowl. Drizzle with the olive oil, sprinkle with the Italian seasoning. Salt and pepper to taste. Toss to combine
  3. Spread the vegetables on the prepared baking sheet. Add the walnuts and cranberries. Bake for 20 -25 minutes, or until the vegetables are starting to get tender. Turn and cook an additional 10 -15 minutes, or until fork tender and beginning to brown.
  4. Adjust your seasonings. Sprinkle with gorgonzola crumbles. ENJOY!!!!
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## **Authentic Italian Pasta e Fagioli**

## **Authentic Italian pasta e fagioli**

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. for many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It's the ultimate " cucina povera" dish- poor kitchen. This is the essence of authentic Italian cooking: making the most of

simple ingredients to create something unforgettable.

## What to use in this Authentic Italian pasta e fagioli recipe

This version of pasta e fagioli stays close to its roots using classic Italian ingredients. I used dry cannellini beans soaked over night. You can use canned beans and add them to the tomato sauce 10 minutes before adding the pasta.

Traditionally, ditalini or small shaped pasta is used, but feel free to experiment with other small pasta shapes. Adding a parmesan rind while the soup simmers is a little trick many Italian cooks use to add more flavor. I Use these ingredients for a pasta e fagioli that's filled with all the traditional flavors and textures that bring back those childhood memories in my mama's kitchen.

## Ingredients

- 2 cups short dry pasta
- 4 cups cannellini beans
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 cut chopped celery + 1 cup chopped carrots
- 2 cups crushed tomatoes
- 1 cups tomato sauce
- 2 cups water , vegetable or chicken stock
- A few bay leaves
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste

## Instructions

1. Start by rinsing and soaking your beans overnight

2. In a dutch oven or stock pot over medium high heat in the olive oil saute the onion and garlic until soft and fragrant. Add the celery and carrots and cook for a few minutes to soften.
  3. Add the tomatoes, tomato sauce , stock or water, bay leaves and the beans , simmer covered for 30 minutes or until beans are cooked. Add the pasta and cook 10 minutes longer. Stir in the Italian parsley, ladle into soup bowls top with grated parmesan cheese. ENJOY!!!
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## **Roasted parmesan broccoli side dish**

## **Roasted parmesan broccoli side dish**

If your looking for a simple yet flavorful side dish that complements almost any meal, look no further than this oven roasted parmesan broccoli side dish. Roasting broccoli brings out it's natural sweetness and adds a delicious crunch. The high heat caramelizes the edges, making it a far cry from the sometime soggy texture of steamed or boiled broccoli. Once you try roasting broccoli with good quality parmesan, breadcrumbs, and herbs, you'll wonder why you ever cooked it any other way. It's a game-changer in the world of side dish. Plus, it's so easy to make!!!

# Why you will love this roasted parmesan broccoli side dish

Quick and easy: The prep time is minimal, the oven does the work . leaving you hands free to focus on other parts of the meal.

Healthy and delicious: Broccoli is packed with fiber, vitamins, and antioxidants, and roasting it with olive oil and parmesan keeps it both nutritious and delicious.

Kid friendly: Even picky eaters will like this crispy, cheesy take on broccoli.

Pairing ideas: Oven roasted parmesan broccoli works as a great side to many dishes. I served with crispy oven fried chicken cutlets. It's also delicious along side grilled chicken, steak or pasta dish.

If you make this super easy roasted parmesan broccoli side dish please leave me a comment on your experience with the recipe. I love hearing from you. It's my favorite part!!!

## Ingredients

- 2 Lbs. broccoli florets
- 2 Tbsp. extra virgin olive oil
- 1 cup breadcrumbs
- 1 cup grated parmesan cheese
- 2 Tbsp. chopped Italian parsley
- 2 Tbsp. finely minced garlic
- salt and pepper to taste

## Instructions

1. Start by washing and broccoli pat dry with paper towels then cut into equal pieces

2. Place on a cookie sheet drizzle with the olive oil top the broccoli with the breadcrumbs, parmesan cheese, garlic and Italian parsley.
  3. Roast in a preheated 400 -degree oven for 20 to 30 minutes, or until beginning to brown with a crust form the breadcrumbs and cheese. ENJOY!!!
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## **Tuscan ribollita bean and bread soup**

### **Tuscan Ribollita bean and bread soup**

Tuscan Ribollita soup which literally means reboiled in Italian is a hearty and comforting kale and bean Italian soup made with stale bread. The bread thickens the soup into a delicious stew like consistency. It's easy to make and can be changed up with many ingredients to fit your lifestyle and taste. Maybe you like more beans or less kale it's all good in this recipe. The texture of ribollita will vary based on whether you have it the next day "reboiled" as the name implies. When it's reboiled and cooked with a lot of bread the consistency will be dense almost like a stew.

### **Variations and tips for Tuscan ribollita bean and bread soup**

The vegetables: kale is the base you can increase the amount in your soup. Spinach or swiss chard can be used in place of

kale or add them all. If you want to add more vegetables you can also add in a diced zucchini.

The Beans: One of my favorite addition to this ribollita soup is cannellini beans. If you want to try different beans butter beans works in this recipe. They are basically a bigger cannellini bean and look so nice in the soup. Chickpeas are also very good in this soup.

The ribollita soup keeps well in the fridge for a few days and is great to freeze for a ready made meal. It tastes even better reheated and will have a more robust flavor and a thicker consistency. If too thick thin the soup out with some water or stock. If you want a more stew like consistency Ribollita soup can be day-old bread or any bread for that matter, but breadcrumbs are a great way too. Lightly toasting a cup or two of breadcrumbs and serving them on the table like grated cheese is a nice addition.

If you have enjoyed this ribollita bread and bean soup, or any recipes on this site, please let me know in the comments. I would love to hear how you did and it's good to show others. THANKS!!!!

## Ingredients

- 4Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 Tbsp. red pepper flakes
- 1 cup each chopped onion + celery+ carrots
- 1 cup white wine
- 28 ounce can crushed tomatoes
- 8 cups vegetable or chicken stock
- 2 tsp. each dried thyme and oregano
- a few bay leaves
- parmesan rind
- 2 cups diced potatoes
- 2 15-ounce drained and rinsed cannellini beans

- 1 bunch of kale de-ribbed and roughly chopped
- 4 cups stale Italian bread
- Parmesan cheese for serving

## Instructions

1. Start by sautéing the onion, garlic and red pepper flakes until soft and just beginning to brown. Then add the celery and carrots saute until soft.
2. Add the wine cook until absorbed
3. Add the crushed tomatoes, broth, thyme, oregano, bay leaves and parmesan rind. Bring the soup to a simmer add the potatoes, cover and cook until the potatoes are fork tender. Then remove the parmesan rind and bay leaves. Transfer 2 cups of the soup along with one cup of the beans to a blender. Blend until smooth. Then add the puree back to the soup along with the remaining cannellini beans and kale. cook until the kale is wilted and the beans are tender about 10 -15 minutes, taste the soup and adjust your salt and pepper seasonings.
4. To serve cut or tear the bread into bite size pieces add a handful of the bread to the bottoms of each bowl. Ladle the soup over the bread top with a drizzle of extra virgin olive oil and freshly grated parmesan cheese. ENJOY!!!

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## Italian Pasta e ceci soup

# Italian Pasta e ceci Soup

Pasta e ceci Italian chickpea soup is a classic Roman dish that is made in one pot. It is made with chickpeas and pasta in a rich tomato sauce. Pasta and chickpeas are both staples in Italian cooking, and depending on who you ask pasta e ceci can be referred to as a soup, a stew or a pasta dish. Some version are soupy while others resemble pasta in chickpea sauce.

## Good to know when making Italian Pasta e ceci soup

I am using dry chickpeas and soaking them. This method takes a longer cooking time. Canned chickpeas work well in this recipe that will make this recipe ready in less than 30 minutes. Mashing some of cooked chickpeas before adding the pasta makes a perfectly thick stew-like base for the dish. It is important for the chickpea-broth be loose enough that the dried pasta can be cooked in the same pot, and not leave the dish looking dry.

## Ingredients

- 3 cups dry chickpeas
- 4 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 3 cups chopped tomatoes
- 2 cups vegetable stock
- 2 cups small tubular pasta

# Instructions

1. Start by rinsing and the soaking he chickpeas overnight
2. In a stock pot in the olive oil over medium high heat saute the onion and garlic until soft and fragrant then add the carrots and celery and saute until soft. Then add in the tomatoes and salt and pepper. Add in the vegetable stock and the drained soaked chickpeas. Cover and simmer for 45 minutes or until the chickpeas are fork tender. Add the pasta and simmer for 10 minutes longer. Top with freshly grated parmesan cheese.  
ENJOY!!!!