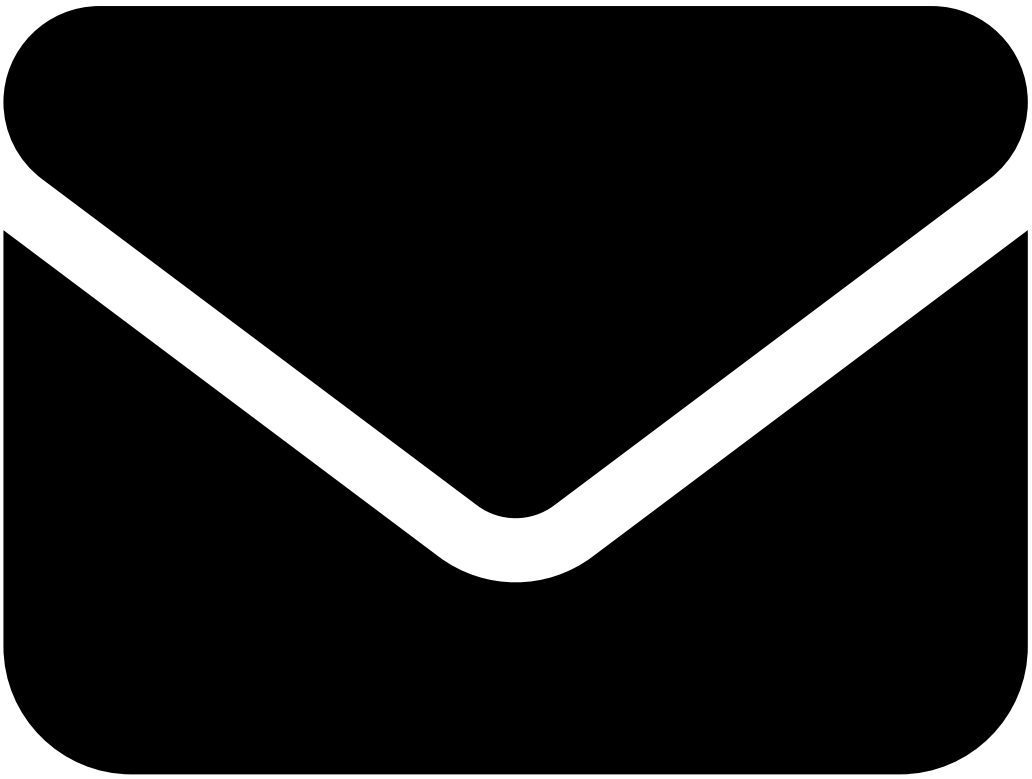
Pasta con broccoli

Pasta Con Broccoli

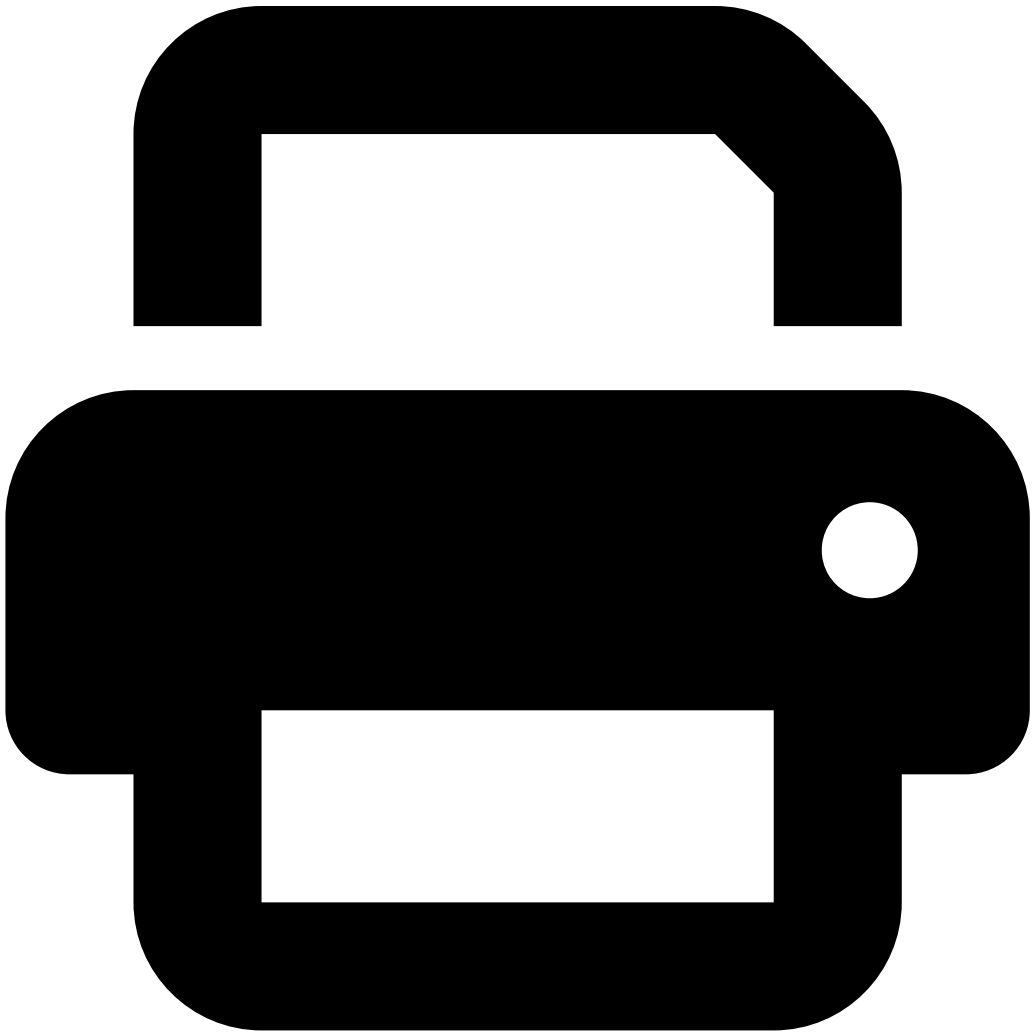
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SMS



Pasta con broccoli or pasta with broccoli is a simple dish that’s easy to make and incredibly comforting. with just a few ingredients, this pasta dish comes together in less than 30 minutes.

It is a great healthy recipe for a quick and easy weeknight meal that is both quick and delicious. It’s ingredients broccoli, garlic, white wine and olive oil may sound simple, but when combined together with pasta and pasta water to form a creamy sauce something delicious happens.

A few variations for this Pasta con broccoli recipe

This classic broccoli pasta recipe has many variations. Of course the first and most obvious one in most of my recipes the pasta shape is always an option. I am using one of my favorite pasta shapes ditalini a small tubular pasta shape.

You can use any pasta shape that fits your taste.

Secondly you can easily add Italian sausage to this vegetarian pasta recipe. If you are going to use sausage remove it from the casing and sautéing it along with the onion and garlic breaking it up while cooking to a golden brown before proceed to adding the rest of the ingredients.

Or you could go vegan by omitting the cheese and using dairy free pasta.

These variations offer different flavors and textures while keeping broccoli as the main ingredient. Enjoy experimenting with them.

And lastly please let me know how this recipe or variations of it work out for you. I love hearing from you it’s my favorite part!!!

Pasta Con Broccoli



- 4 cups broccoli florets
- 3 cups of small shaped pasta
- 2 Tbsp. extra virgin olive oil
- 1/3 cup chopped onions
- 2 Tbsp. minced garlic
- 1 Tbsp. hot pepper flakes
- 1 cup white wine
- 2 cups pasta water

- 1 cup grated parmesan cheese
- 1 cup toasted Italian bread crumbs
- Salt and pepper to taste

1. Start by cleaning and cutting the broccoli. Then in salted boiling water cook the broccoli until fork tender. remove and add to the saute pan. Add the pasta to the same water you cooked the broccoli un, until el dente

2. Meanwhile in a saute pan over medium high heat un the olive oil saute the garlic, onion, and red pepper flakes until soft and fragrant. Add the white wine and simmer until almost evaporated then add the cooked broccoli and mash. Add the pasta water and simmer until sauce thickens . Add half of the parmesan. Toss the cooked and drained pasta to the broccoli mixture and mix until well combined. Plate top with the grated breadcrumbs and remaining parmesan cheese.

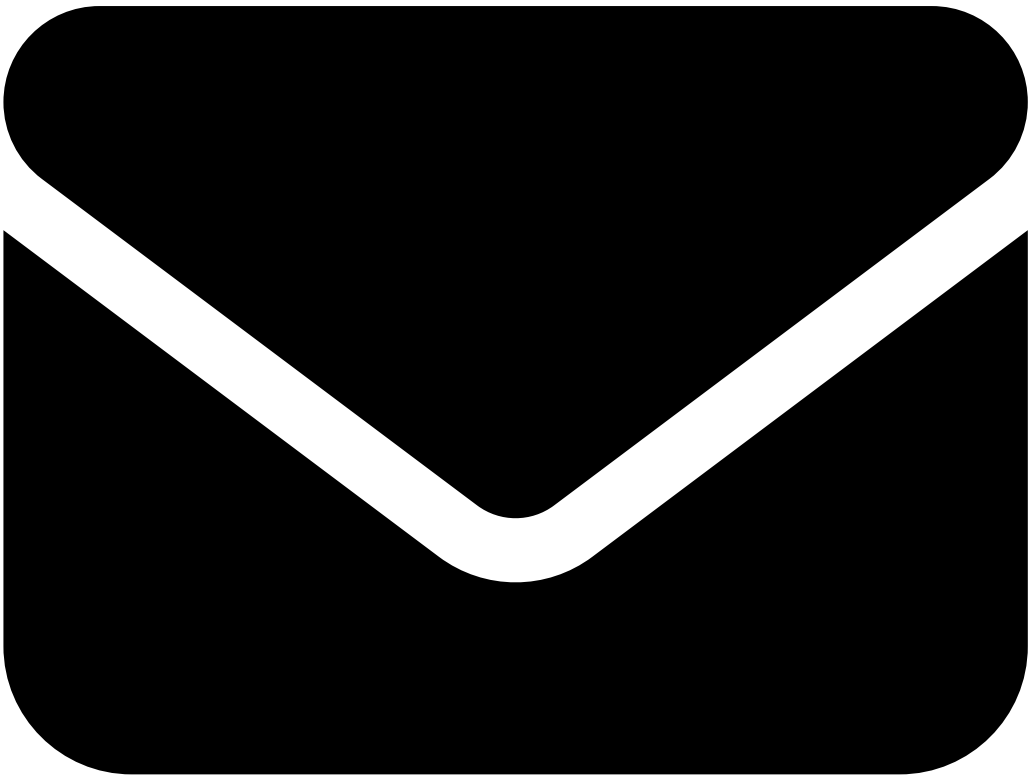
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vegetable puff pastry tart

Vegetable Puff Pastry Tart

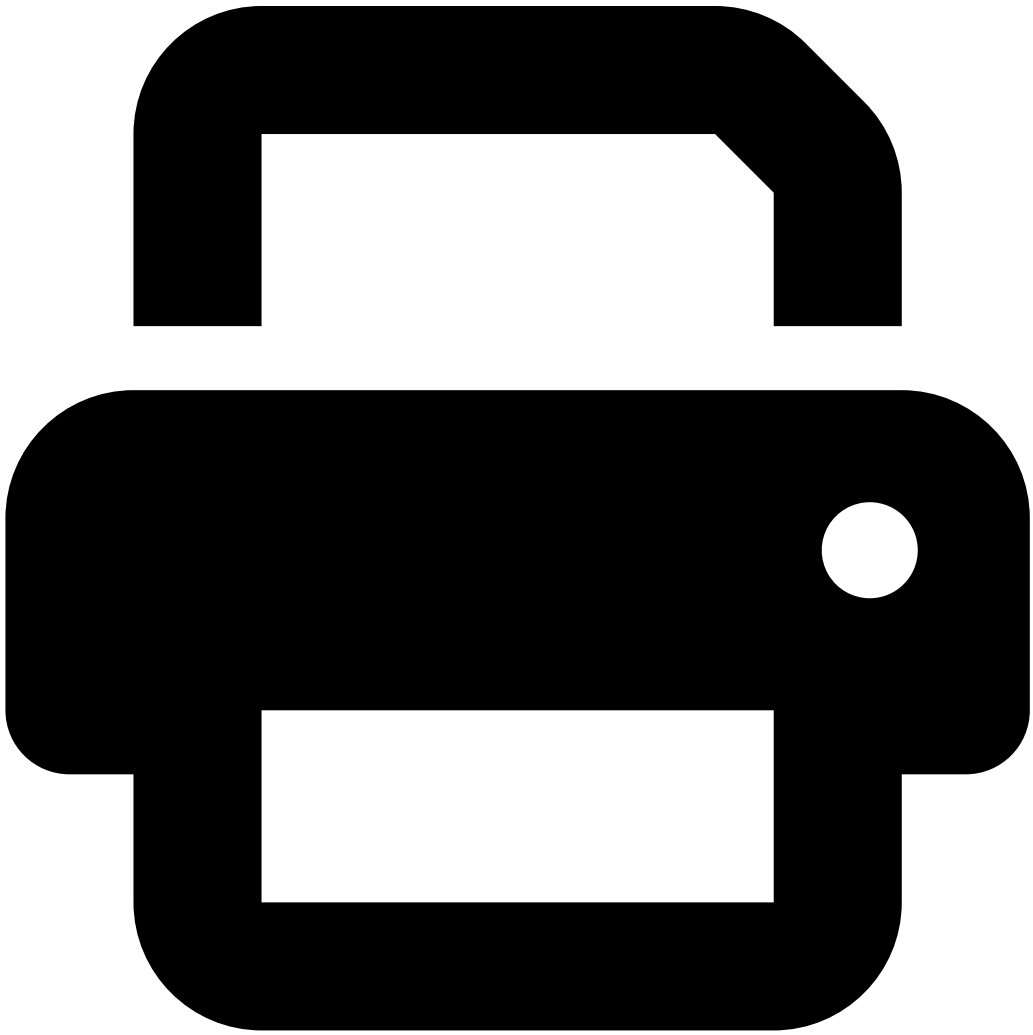
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If you enjoy easy recipes with delicious seasonal ingredients, this summer vegetable puff pastry tart recipe is for you. This tart has just a few ingredients. a crispy puff pastry crust ,a savory marinara and creamy mozzarella center and a topping of just picked summer vegetables.
This tart is great for a casual lunch or light dinner. Or it makes a great appetizer at your next cocktail party or summer barbeque. The tart can be sliced into finger – friendly pieces.

Tips for success when you make this Summer vegetable puff pastry tart

1. Choose the freshest vegetables you can find. Seasonal summer vegetables like zucchini and tomatoes work well.
2. Pre- baking the tart shell helps prevent a soggy crust. prick the crust with a fork to release moisture.

3. Salt the zucchini and tomatoes and let sit for 30 minutes or longer. This step helps extract liquid from the vegetables.
4. Cut the vegetables evenly and as thin as possible using a good kitchen knife or a mandoline slicer if you have one.
5. Season the vegetables well and arrange in a pretty pattern before re- baking for a tart that’s not only delicious but pretty to look at too!!!

Vegetable Puff Pastry Tart



- 1 puff pastry shell
- 1 zucchini
- 2 medium tomatoes
- 1 Tbsp. salt
- 1 cup marinara
- 1 cup shredded mozzarella
- 1 Tbsp. each oregano (Italian parsley and garlic powder)
- 2 Tbsp. extra virgin olive oil
- salt and pepper to taste

1. Start by slicing the zucchini and tomatoes into as thin as possible rounds lay on a flat surface salt and let sit while preparing the puff pastry.

2. On a lightly floured broad roll out the pastry slightly. prick allover with a fork leaving a thin border not

pricked. Prebake in a 350- degree preheated oven on a cookie sheet oven for 15 minutes or until just beginning to brown.

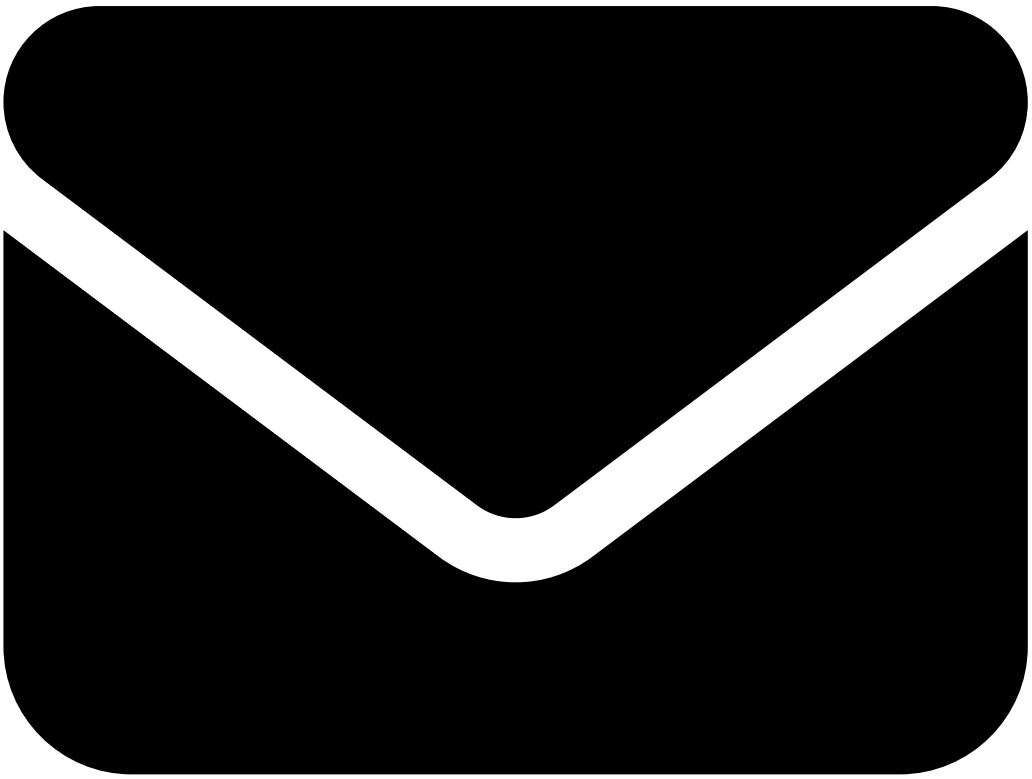
3. Mix all the herbs together
4. line the precooked puff pastry with a thin layer of marinara sauce top with 1/2 the mozzarella . Pat the zucchini and tomatoes dry with paper towels. Top the mozzarella with with the zucchini and tomatoes alternating first with zucchini then with the tomatoes, repeating the process. Sprinkle the vegetables with the herb mixture, the remaining mozzarella and marinara sauce salt and pepper to taste. drizzle with the olive oil and re bake in a 375- degree oven for 15 minutes.

Crispy Zucchini scarpaccia

Crispy Zucchini Scarpaccia

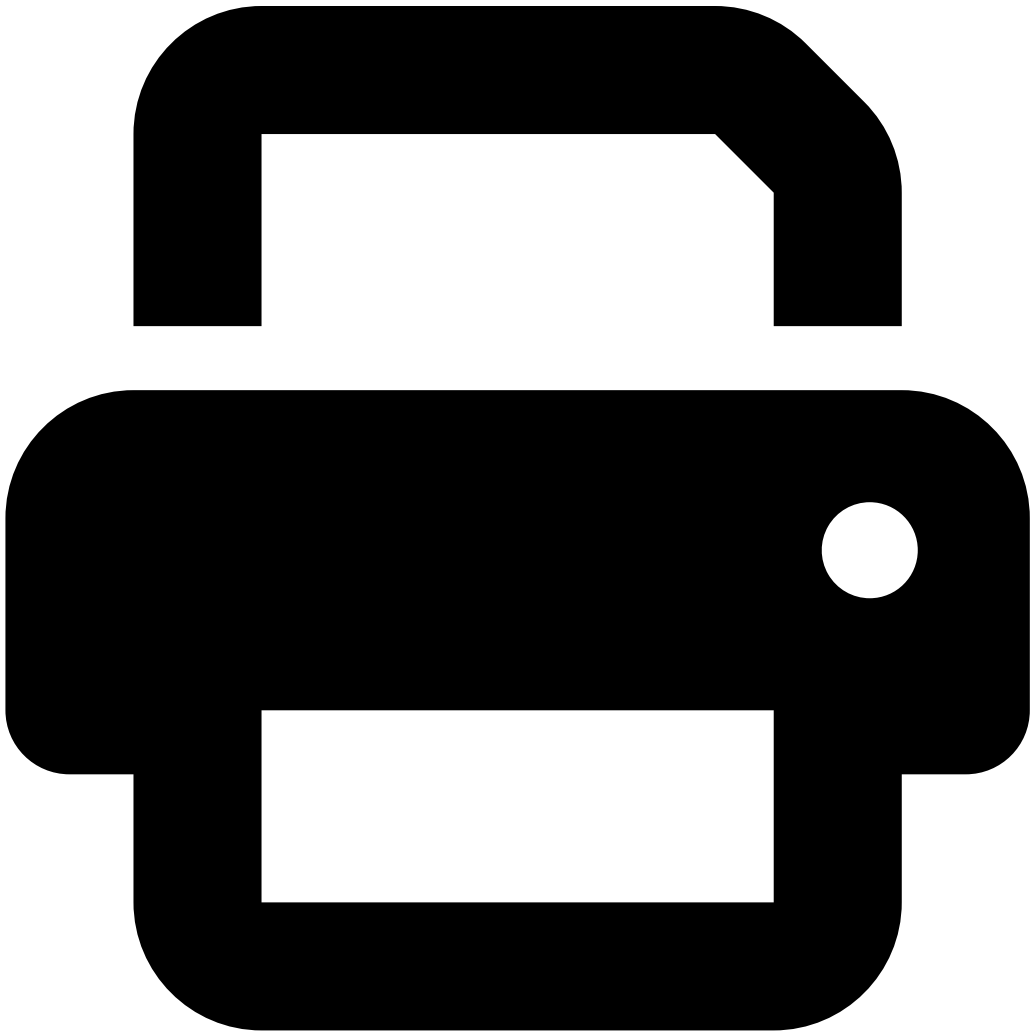
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SMS



Scarpaccia is a kind of rustic Italian flat bread from the Tuscany region of Italy, usually thin, and delicious.
Usually made with zucchini, there are as many variations for this vegetable tart as there are people who make them. I really like the thin, crispy texture and the slight sweetness from roasting the zucchini. I love this simple summer Italian snack. It is a simple recipe full of beautiful summer zucchini. This scarpaccia is perfectly crispy on the outside and chewy and tender on the inside. Topping it with cornmeal before baking adds a nice nutty crunch. This delicious summertime recipe can a simple snack, fancied up into bite size appetizers, or a perfect side dish with a salad for an easy weeknight vegetarian meal.

Zucchini Scarpaccia recipes tips

Salting the zucchini and letting it sit extracts some of the

liquid from the zucchini. Baking the zucchini before adding it to the batter also helps dry out the zucchini. These are important steps in achieving a crispy scarpaccia verses a soggy one. And using this water in the batter adds extra flavor.

Using the right size pan is important in any recipe. In this scapaccia recipe I am using a 7″ x 11″ cookie sheet to get a thin crispy tart,

Crispy Zucchini Scarpaccia



- 2 medium zucchini cut into rounds
- 1 Tbsp. salt
- 2 Tbsp. olive olive +1/3 cup
- 1 cup finely chopped onion
- 1 1/2 cups of flour
- 1/2 cup grated parmesan cheese
- 1 tsp. each onion. garlic (paprika and oregano)
- 1 1/2 cups of water + the water extract from the zucchini
- 1/3 cup corn meal

1. Start by cutting the zucchini as thin as possible into rounds. Lay the rounds flat on a parchment lined cookie sheet , sprinkle with 1 Tbsp. of salt and let sit for 30 minutes to extract the liquid. Then pat dry with paper towels. Drizzle with 1 Tbsp. of olive oil and bake in a

preheated 375-degree oven for 15 minutes.

2. Meanwhile make the batter by mixing the rest of the ingredients except for the corn meal.
3. Fold the baked zucchini into the batter. Spread the batter in a lightly greased 7 x 11 parchment line cookie sheet.
4. Cover the top lightly with the corn meal drizzle with olive oil, sprinkle with grated parmesan cheese. And bake in a preheated 375-degree oven for 45 to 60 minutes or until golden brown and crispy. Cut into squares.

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20 minute tomato basil spaghetti

20 minute tomato basil spaghetti

This 20 minute tomato basil spaghetti comes together in under 20 minutes, the sauce is ready in just about the same time as it takes to cook the pasta.

The best time to make this pasta dish is when tomatoes are in season. The sauce is simple the liquid from the tomatoes combined with the pasta water and grated cheese create a sauce full of delicious fresh Italian flavors.

A few things to know about this 20 minute tomato basil spaghetti

With a few cups of tomatoes, garlic, herbs olive oil and pasta you can make this easy tomato sauce. Use as many tomato varieties as you can get your hands on. Any color any shape – the more the better. Their natural juices release into the pan along with the pasta water create a luscious sauce. This tomato sauce is meant to be chunky, it’s not a smooth sauce. Use an emersion blend for a smoother finish,

Ingredients

- 1/2 Lb. spaghetti
- 4 Tbsp. extra virgin olive oil
- 2 Tbsp. minced garlic
- 4 Tbsp chopped shallots
- 4 cups chopped tomatoes
- 1 Tbsp. fresh or dried oregano
- 2 cups pasta water
- 4 Tbsp. fresh chopped basil
- 1/2 cup grated parmesan

Instructions

1. Start by cooking your pasta el dente reserving 2 cups before draining
2. mean while make the sauce starting by washing, drying and chopping the tomatoes. leave some cherry tomatoes whole.
3. In a saute pan over medium high heat add the 4 Tbsp. of olive oil add the garlic and the shallots saute until soft and just beginning to brown , Add the tomatoes, tomato sauce, oregano and pasta water cook until the sauce thickens about 10 minutes.
4. Toss the el dente cooked spaghetti into the sauce. top

with freshly grated parmesan and basil. ENJOY!!!

Walnut pesto tomato bruschetta

Walnut pesto tomato Bruschetta

Walnut pesto tomato bruschetta combines four my favorite things – juicy summer tomatoes, rich homemade walnut pesto, creamy fresh mozzarella and crunchy toasted bread.

This bruschetta recipe takes advantage of summer produce and it’s easy to make at the last minute. Complete with plenty of ways to customize this recipe, you will be serving this Italian restaurant quality appetizer often.

Things to know about this walnut pesto tomato bruschetta

First making your own pesto is easy uses a few ingredients and keeps well refrigerated. I am using a mortar and pestle to pound the ingredients. Also I am using walnuts instead of pine nuts to keep this pesto recipe more affordable.

Also most crusty breads work in tis recipe. It needs a bread that can hold up to the toppings without becoming soggy. Which brings me to the next good thing to know about this tomato bruschetta recipe- by sautéing the bread on both sides

the bread remains crisp.

One more good thing this recipe can be made in stages. Pesto is something every kitchen should have on hand Make extra and freeze it. You can toast the bread ahead of time and assemble the bruschetta with the pesto, cheese and tomatoes when your ready to serve.

Ingredients

- 6 cloves of garlic
- 4 cups basil leaves
- 1 cup grated parmesan
- 1 cup walnuts
- 2 cups extra virgin olive oil
- 6 slices of crusty Italian bread
- 12 slices fresh mozzarella
- 12 slices heirloom tomatoes
- 4 Tbsp. balsamic vinegar

Instructions

1. In a mortar with a pestle add the garlic, basil and parmesan cheese. Pound until a smooth contingency. Slowly add the olive oil mixing vigorously until well incorporated,
2. Brush the bread slices on both sides with olive oil . In a saute pan over medium high heat saute the bread until golden brown on both sides. About 3 minutes per side.
3. Top the toasted bread first with the pesto then 2 slices of mozzarella top with 2 tomato slices. Drizzle with olive oil, balsamic vinegar and fresh basil. ENJOY!!

Vegetarian zucchini roll-ups

vegetarian zucchini roll-ups

These just picked summer garden zucchini roll-ups are first baked and then filled with a ricotta filling. Then topped with marinara sauce and more cheese before being baked again to a healthy, light deliciousness.

Zucchini makes an easy alternative to transform any dish into a heathier option and the perfect replacement for pasta. A good choice when your craving Italian and want healthy too.

Tips for perfect zucchini roll-ups

Slice the zucchini as thin as possible. You can do this by hand or use a mandoline slicer. In the video below you can see how I cut the zucchini using a knife.

Zucchini contains a lot of water. Baking the zucchini before filling draws much of the moisture out. This step also helps soften it.

And lastly, I used zucchini from my garden in this recipe. If you don’t have access to your own garden store-bought is fine. It’s the time of year when fresh zucchini is readily available and affordable.

Ingredients

- 3 zucchini
- 3 cups my easy marinara sauce
- 3 cups ricotta cheese
- 1 cup grated parmesan
- 1 cup shredded mozzarella

- 1 cups finely chopped spinach
- 1/2 cup breadcrumbs
- 1 egg
- salt and pepper to taste

Instructions

1. Start by slicing the zucchini length wise as thin as possible using a knife. Drizzle with extra virgin olive oil salt and pepper to taste. roast the zucchini in a preheated 375-degree oven for 10 minutes.
2. Mean while make the filling by mixing the rest of the ingredients except for the marinara sauce. Line an oven proof casserole dish with half of the marinara sauce. Put one Tbsp. of the cheese filling in the center of each of the zucchini slices. roll jelly roll style.
3. Place the zucchini rolls on top of the marinara sauce top with the remaining marinara, Top with additional parmesan cheese and the shredded mozzarella
4. Bake in a preheated 375-degree oven for 45 minutes. ENJOY!!!!

Quick zucchini ricotta pasta

Quick zucchini ricotta pasta

I like making really simple pastas in the summer that highlight a main fresh seasonal ingredient. Not only is this zucchini and ricotta pasta recipe quick, it highlights one of the most prolific summer vegetables, zucchini.

This vegetarian summer pasta dish combines garden fresh zucchini, cherry tomatoes with creamy light ricotta and the fresh taste of lemon for a pasta dish everyone will love. and the best part, the sauce is essentially ready when the pasta is cooked. What's not to love?

Variations for this quick pasta dish

This quick zucchini ricotta pasta recipe is a versatile dish, that can be adapted to a number of variations.

One would be if you don't have or like ricotta use a good farmer cheese. If you want to add in more vegetables add in 2 cups of chopped spinach. It's a great vegetarian pasta on it's own , but if you want to add cooked chicken or shrimp.

Of course pasta choice is always an option. You can use any pasta shape you like. I like using small shaped pasta in this recipe. the pasta in this recipe is anelli (Italian for small rings) . I love this classic Italian pasta shape. It can be hard to find . I ordered it on Amazon. I have attached the link.

Lastly if you make this easy, and quick summer pasta dish please leave me comment. I love hearing from you. It's my favorite part!!!

Ingredients

- 1/2 lb. small shaped pasta
- 2 Tbsp. olive oil
- 1 Tbsp. minced garlic
- 4 Tbsp chopped shallots or onion

- 1 zucchini sliced thin
- 2 cups cherry tomatoes
- 2 cups ricotta
- 1 cup pasta water
- juice and zest from 1 lemon
- 1/2 cup grated parmesan
- 2 Tbsp.. chopped Italian parsley

Instructions

1. cook your pasta el dente while making the sauce
2. start by cutting the zucchini into medium dice
3. In a saute pan over medium high heat in the olive oil saute the garlic and shallots until soft and translucid. Then add the zucchini and tomatoes and cook until tomatoes start to burst and zucchini is crisp tender.
4. Add the pasta water and lemon juice and zest. Simmer until sauce thickens about 10 minutes. Then add the ricotta and grated parmesan. Cook just until all ingredients are well combined. Add in the pasta top with Italian parsley. ENJOY!!!

Grilled Italian vegetable panini

Grilled Italian vegetable panini

This grilled vegetable panini sandwich is made with a combination of grilled summer vegetables, creamy fresh mozzarella on pesto lined Italian bread then the entire sandwich is grilled to golden brown goodness, for an easy satisfying summer meal that’s totally vegetarian.

There is something about lightly charred summer grilled vegetables sandwiched together with creamy fresh mozzarella that is just so good.

I love a good Italian panini sandwich something that’s easy to put together and delicious.

Tips and tricks when you make Grilled Italian vegetable panini

1. Vegetables: I used eggplant, zucchini and red bell peppers they are easy to grill and have so much flavor. You can customize this veggie panini by adding or subtracting your favorite vegetable .
2. Pesto: I used homemade pesto if you want a short cut use a good quality store-bought pesto.
3. Bread: A good sandwich starts with good bread. I love a crusty sliced Italian bread but your favorite sliced bread will work great in this recipe. Sliced ciabatta is another great choice.
4. The grill: I use a cast iron indoor grill pan(one of my most used pan) but the vegetables can be grilled on an outside grill along with your BBQ.

Ingredients

- 4 slices Italian bread
- 1 eggplant
- 2 zucchini
- 1 red bell pepper
- 4 slices fresh mozzarella
- 1/2 cup pesto
- 2 Tbsp. butter

Instructions

1. Using a kitchen knife Slice the eggplant, red bell pepper and zucchini into thin slices. Then sprinkle with the Italian herbs, salt, pepper and drizzle with extra virgin olive oil
2. On a preheated indoor or out grill grill the vegetables until cooked and slightly charred.
3. Spread the bread slices with the pesto
4. Assemble the panini by lining with the vegetables and cheese. Add the butter to a flat pan. Grill the sandwiches until golden brown on both sides about 5 minutes per side. using a spatula to press the sandwich flat. ENJOY !!!

Vegetarian zucchini lasagna

Vegetarian zucchini lasagna

I love a classic lasagna but when my garden is overflowing with zucchini this is vegetarian zucchini lasagna starts

showing up on my table. With layers of roasted zucchini marinara and three kinds of cheese, this recipe is full of flavor everyone loves.

It’s a great recipe when you are craving Italian and want low-carb too. Also a good recipe for batch cooking. Make a double batch bake one and freeze one. It can be frozen before or after baking, then tawed out and baked when you are ready to serve.

Three tips for success when making vegetarian zucchini lasagna

T o keep the lasagna from being watery because of the high water content in the zucchini first salt the zucchini and let it sit for at least 30 minutes to extract the liquid. then pat dry with paper towels before roasting . Roasting also helps to extract the water.

Another step to prevent watery vegetable lasagna is to bake the lasagna uncovered for 70% of the cooking time. This allows the steam to escape.

Here is the link for the lasagna casserole dish

Ingredients

- 4 medium zucchini
- 4 cups marinara sauce
- 4 cups ricotta cheese
- 1/4 cup chopped Italian parsley
- 1 egg
- 1 1 /2 cups grated parmesan divided
- 2 cups shredded mozzarella
- 1 cup toasted bread crumbs

Instructions

1. Start by slicing your zucchini as thin as possible with a knife. Lay flat salt the zucchini slices and let sit for 30 minutes. Than pat dry to absorb the liquid.
2. roast the zucchini in a preheated 375-degree oven until lightly brown about 10 minutes.
3. Mix the ricotta with the parsley, egg, breadcrumbs and 1/2 cup of the grated parmesan.
4. In a 7 x11 casserole dish begin layering the zucchini lasagna staring with the marinara sauce, zucchini and the mozzarella repeat the process ending with zucchini, marinara and cheese.
5. Bake in a preheated 375-degree oven for 45 to 55 minutes. Let the lasagna sit for15 minutes before cutting. ENJOY!!!

Melanzane polpetta eggplant meatballs

Melanzane polpette eggplant meatballs

Melanzane polpette eggplant meatballs are a delicious meatless alternative to the traditional meatball recipe. Moist and flavorful with the fresh taste, light taste of ricotta cheese and the sharp taste of a good freshly grated parmesan.

No flavor is lost in this flavor and hearty Italian eggplant meatballs. It’s a delicious alternative when your craving Italian flavors and want vegetarian too.

Your whole family will enjoy these tender melanzane polpette that pair perfectly with your favorite pasta. vegetable side or by themselves with crusty bread.

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Ingredients for melanzane polpette eggplant meatballs

Eggplant: Eggplant is the “meat” in this eggplant meatball and with good reason. It’s rich , meaty and spongy texture holds up well and complements the other ingredients.

Almost any variety of eggplant can be used in this recipe. I prefer to use the large globe eggplant because it has the most meaty pulp. When select an eggplant, look for a slightly firm, but not hard, texture and choose an eggplant that’s heavy for it’s size.

Breadcrumbs: breadcrumbs act as a binder for the eggplant mixture and also absorbs the juices from the meatballs as they cook.

Oil: I use a 50/50 blend of canola and extra virgin olive oil for frying. It has a high smoke point and the olive oil adds flavor.

Ingredients

- 1 medium eggplant
- 1 cup breadcrumbs
- 1/2 cup grated parmesan
- 2 eggs
- 2 Tbsp. chopped Italian parsley
- 1 minced garlic
- 1/3 cup chopped onions
- 2 Tbsp. olive oil
- salt and pepper to taste
- 2 cups oil for frying
- 4 cups marinara sauce
- 2 cups ricotta cheese
- 2 Tbsp. chopped basil

Instructions

1. cut the unpeeled eggplant into small dice. Drizzle with the olive oil, salt and roast in a 375-dregree oven for 15 to 20 minutes. Mash the eggplant using a fork
2. Meanwhile in a bowl add the eggs and wisk to combine mix in the rest of the ingredients, mix well. add in the mashed eggplant and mix just until well mixed. Refrigerate the mixture for at least 30 minutes . Then form into golf size balls
3. Bake in a 375- degree oven for 20 minutes. Heat your favorite marinara add the eggplant meatballs o the sauce. add the basil add dollops of ricotta in between the meatballs. ENJOY!!!