Zucchini ricotta penne pasta

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I love making easy pasta recipes in the summer that highlight the fresh ingredients of the season. This zucchini ricotta penne pasta recipe uses one of the most abundant Summer vegetables, zucchini.

The best part about this recipe is that the sauce and pasta are ready at the same time.

It may be easy and quick to make , but penne pasta with zucchini and ricotta is as delicious as any fancy restaurant dish.

This is Italian cooking at it’s best easy unpretentious but really, really good.

Customize this zucchini ricotta penne pasta recipe

There is so many reasons to love this zucchini ricotta penne pasta recipe easy, quick . delicious and customizable to fit your life style and taste.

First you can customize this recipe by using any shape pasta you like. I recently made this recipe using ditalini small tubular shaped pasta.

And you can experiment with ingredients too, You can saute pancetta or Italian sausage along with the zucchini. Fish lovers might like another variation where shrimp are saute with the zucchini.

Ingredient

1/2 Lb. penne pasta

2 medium zucchini

2 Tbsp. olive oil

2 Tbsp. butter

2 Tbsp. minced garlic

1/2 cup chopped onion

2 cups ricotta cheese

Juice from one lemon

2 ladles pasta water

1/2 cup grated parmesan cheese

1/2 cup chopped Italian parsley

Instructions

1. Cook your pasta el dente. meanwhile make the sauce. Start by washing and slicing the zucchini into half moons.
2. Then in the olive oil and butter saute the onion and garlic until soft and just beginning to brown.
3. Add the sliced zucchini and saute until zucchini is beginning to brown. Add the pasta water and lemon juice simmer until sauce thickens, about 10 minutes.
4. Mix the grated parmesan with the ricotta and add to the zucchini simmer just to heat through. Toss the penne in this vegetarian sauce. Add the parsley grate more cheese over the top. ENJOY!!!

Easy Sicilian Pasta alla Norma

Easy Sicilian Pasta alla Norma

Pasta alla Norma also called pasta con le melanzane pasta with eggplant in English is a classic Sicilian pasta dish. It is an easy recipe that uses few ingredients and comes together in less than an hour.

It is made of pasta with tomato sauce fried eggplant and served with grated ricotta sala da grated cheese and basil.

This traditional Italian pasta is a satisfying vegetarian dinner, and it can be ready in under an hour.

Things to know about this Easy Sicilian pasta all Norma recipe

The first thing is to choose dense, heavy eggplants and slowly frying them until caramelized results in a tender, meaty eggplant texture.

Second if aged ricotta salata is unavailable, a combination of different cheeses can replicate it’s salty, sharp taste. You could use Pecorino Romano or feta.

If you make this recipe, be sure to leave me a comment. Above all, I love to hear how the recipe turns out in your kitchen.

Ingredients

- 1/2 Lb. rigatoni
- 1 medium eggplant
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onions
- 2 cups crushed tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 1/2 cup grated ricotta salada or parmesan
- a few basil leaves
- 3 cups olive oil canola blend for frying

Instructions

1. Start by washing and drying the eggplant cut into medium size
2. Bring the frying oil to medium high heat. fry the eggplant until golden brown. remove and drain on paper towels.
3. Meanwhile cook the pasta el dente and start on the sauce
4. In a saute pan add the 4 Tbsp. of olive oil. Then over medium high heat add the onion and garlic and saute until soft and just beginning to brown.
5. Add the tomatoes, pasta water and red wine. simmer until sauce thickens about 20 minutes. Add the fried eggplant and simmer 10 minutes longer. Toss the pasta in the eggplant sauce add the basil.
6. Plate grate the cheese over the top. ENJOY!!!!

Italian Potatoes, tomatoes and green beans

Italian Potatoes, tomatoes and green beans

Fresh green beans and potatoes simmered together in a light tomato sauce until deliciously tender. This recipe brings me back to my childhood. My mother would prepare this for dinner when the tomatoes and green beans were in season. She would instill my sisters and I in picking and trimming the green beans, and we would sit under the olive trees in the hills of Tuscany trimming green beans, telling stories and making priceless memories.

Fresh, vibrant and full of delicious flavor this Italian potatoes, tomatoes and green beans is full of good for you ingredients.

Made with a savory combination of onions, garlic, potatoes and green beans all simmered in a delicious Italian flavored tomato sauce makes for a delicious vegetarian dish that’s easy to make.

Things to know about this Italian potatoes, tomatoes and green bean recipe

Freshly picked green beans have such a distinct texture and flavor over any frozen or canned product. If you don’t have

excess to fresh green beans the best alternative would be to use frozen green beans.

When Summer rolls around though , beans are one garden staple I almost always plant. If you don’t have a green thumb the use fresh store-bought.

I use cherry tomatoes in this recipe but any tomato works. If you are going to use large tomatoes cut them into dice.

One more thing always use Italian parsley when you make this Italian potato tomato and green bean recipe. The curly parsley is flavorless and should not be used in Italian cooking. I hope you make this. I think you will love it!!!!

DO NOT PUT IMAGES IN THIS TEXT BLOCK!

Ingredients

- 1 lb. trimmed green beans
- 3 russet potatoes
- 4 cups cherry tomatoes
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 medium chopped onion
- 2 cup marinara sauce
- 1 cup potato water
- 1/2 cup chopped Italian parsley

Instructions

1. Start by peeling the potatoes and cutting into large dice. Clean and trim the green beans
2. In salted boiling water cook the the potatoes until almost cooked about 10 minutes. Add the green beans and cook 10 minutes longer or until the potatoes are fort tender and the green beans cooked but still crisp.
3. meanwhile in a saute pan over medium high heat in the olive oil sate the garlic and onion until soft and just beginning to brown.
4. Then add in the tomatoes, marinara and the cooking water from the potatoes. Simmer until sauce thickens. About 10 minutes. Add the drained cooked potatoes and green beans to the tomato sauce. Add in the Italian parsley. ENJOY!!!

Italian green beans and

Tomatoes

Italian green beans and tomatoes

I grew up eating this classic Italian green bean and tomato side dish. Its a simple Italian dish that is bursting with summer flavors. Garlic, onions, cherry tomatoes and green beans are gently stewed together in this delicious Italian side dish that is perfect to serve with almost any summer meal.

This classic Italian green beans and tomato recipe has withstood the test of time, since now I make it for my family.

Fresh, frozen or canned green beans?

Honestly I always choose fresh over anything. And growing up in Italy the tomatoes and green beans came from the garden.

But if you have to choose between frozen or canned use frozen green beans. The canned ones don’t work in this recipe, they are mushy and tasteless.

As far as the marinara sauce I always have my easy marinara sauce on hand. You can use your favorite store-bought marinara in this recipe.

About the tomatoes, I use cherry tomatoes. Any fresh tomato works in this Classic Italian green bean and tomato recipe. If you use large tomatoes cut them into dice before adding them to the onion and garlic.

Now about the parsley I only use Italian parsley. The curly parsley is flavorless. There is a noticeable difference in taste.

I hope you make this easy and delicious Italian classic, when you do please leave me a comment. I love hearing from you. It’s my favorite part!!!

Ingredients

- 2 lbs. green beans
- 4 cups cherry tomatoes
- 2 cups marinara sauce
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 2 Tbsp. chopped Italian parsley

Instructions

1. Start by trimming and washing the string beans. Then par boil until fork tender.
2. In a saute pan over medium high heat in the olive oil saute the garlic and onion until soft and just beginning to brown.
3. Add the cherry tomatoes, marinara sauce and the water. Simmer until the tomatoes burst and the sauce thickens, about fifteen minutes.
4. Drain the string beans add to the tomato sauce. Adjust your seasonings.
5. Add in the parsley . ENJOY!!!

Tomato and Spinach Fettuccine

Tomato and Spinach Fettuccine – Easy Vegetarian Pasta Recipe

This Tomato and Spinach Fettuccine is a quick and delicious vegetarian pasta recipe that’s perfect for weeknight dinners or entertaining guests. Made with colorful heirloom cherry tomatoes, fresh baby spinach, and fettuccine noodles, it comes together in under 30 minutes.

Burst tomatoes create a naturally sweet and vibrant sauce, finished with a touch of cream for richness. Tossed with wilted spinach and al dente pasta, this simple yet elegant dish brings out the best of fresh summer ingredients.

If you’re looking for an easy creamy tomato pasta that’s full of flavor and ready fast, this Italian-inspired recipe is the perfect choice!

Variations for this Tomato and Spinach Fettucine recipe
One of the easiest ways to change up this tomato and spinach fettuccine is by swapping the pasta shape. While fettuccine or other long noodles like linguine or spaghetti work beautifully, short pasta like penne, rigatoni, or farfalle are great options too.

If you’re looking to add protein, this vegetarian pasta recipe pairs perfectly with grilled chicken or sautéed shrimp. Both are healthy and flavorful additions that keep the dish light and satisfying.

Finally, if you’re not a fan of spinach, you can easily substitute it with broccoli, kale, or even zucchini.

Lastly, I love hearing from you it’s my favorite part, so when

you make this **Tomato and Spinach Fettuccine** please leave me a comment. Let me know your experience with the recipe, and please don't forget to tag me on Instagram with your creations!!! If your looking for more easy vegetarian summer pasta recipes try my Vegetarian zucchini and tomato pasta, or my vegetarian orzo with asparagus and peas they are so good and easy to make. ENJOY!!!

Ingredients

- 1 Lb. Fettuccine
- 1 pint heirloom cherry tomatoes
- 2 cups chopped spinach
- 1cup reserved pasta water (Always reserve more than the recipe calls for.)
- 1 cup heavy cream
- 1 cup vegetable stock
- 1 cup grated parmesan cheese
- 2 Tbls. each butter and olive oil
- 1 Tbls. chopped garlic
- 1/2 chopped yellow onion
- 1/4 cup each chopped Italian parsley and basil
- Pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions reserving 2 cups of the pasta water before draining
2. Meanwhile in a large saute pan over medium heat bring to butter and oil to medium heat
3. Add the garlic and onion saute until tender and just beginning to brown
4. Add the tomatoes sautéing until blistered smashing down with the back of a wooden spoon salt and pepper
5. Deglaze the pan with the vegetable stock scraping up the

brown bits at the bottom of the pan.
6. Then add the nutmeg, cream and reserved pasta water.
7. Simmer covered for 15 minutes or until sauce thickens.
8. Add the chopped spinach, parmesan cheese, and basil simmer 5 minutes longer.
9. Toss the fettuccine with creamy sauce, sprinkle with Italian parsley and additional parmesan.
10. ENJOY!!!!

Vegetable Zucchini fritters

Vegetable Zucchini fritters

It’s that time of year when we have more zucchini then recipes. So I am always looking for different recipes to use them in.

Zucchini fritters are savory vegetable patties made from grated zucchini mixed with flour, egg and seasonings. Once combined, the batter is shaped into patties and pan- fried until golden brown and crispy on the outside and tender on the inside.

They make a great summer side dish, appetizer or light main course.

Tips for success when making vegetable zucchini fritters

1. Grate the zucchini and onion and place either in a tea towel or colander. Sprinkle with a bit of salt and let

sit for 10 minutes. this helps draw out the excess liquid. dry zucchini is key to crispy fritters.
2. The zucchini mixture should be slightly thick but not too dry.
3. Heat a generous amount of oil(I use a combination of extra virgin olive and canola oil for frying.) over medium high heat. Drop spoonful’s of the batter into the pan and flatten slightly using the back of the spoon. cook until golden brown and crispy. Drain on paper towels serve with marinara sauce . ENJOY!!!

Ingredients

- 2 medium size zucchini
- 1 small onion
- 1 Tbsp. minced garlic
- 1 egg

- 1 cup flour
- 1 tsp. baking powder
- 1/2 cup grated parmesan
- 2 Tbsp. chopped Italian parsley
- Salt and pepper to taste
- 2 cups oil for frying

Instructions

1. Start by washing the zucchini and drying
2. In a bowl lined with a clean tea towel grate the zucchini and the onion . wring the towel to squeeze out as much of the liquid as possible. Discard the liquid.
3. remove the zucchini from the towel. Mix the baking powder with the flour. Slightly beat the egg.
4. Mix all the of the ingredients together
5. Form into patties and fry over medium low heat until golden brown, about 5 minutes per side, Serve with marinara and ENJOY!!!!

Ciambotta Italian vegetable stew

Ciambotta Italian Vegetable Stew (Zucchini, Eggplant &

Potato Stew)

This traditional **Ciambotta recipe** is a rustic Italian vegetable stew made with fresh summer zucchini, eggplant, potatoes, bell peppers, tomatoes, onions, garlic, and Italian herbs. This hearty yet light **Italian zucchini eggplant and potato stew** is the perfect vegetarian meal for a quick lunch, an easy weeknight dinner, or a delicious summer side dish when garden vegetables are in season.

Ready in just **30 minutes**, Ciambotta showcases the true essence of Italian cooking – simple, seasonal ingredients combined to create incredible flavor. The vegetables slowly simmer together in a light tomato sauce infused with garlic, extra virgin olive oil, and fragrant Italian herbs, creating a comforting dish that is naturally healthy and satisfying.

This classic **Italian vegetable stew** is even better the next day when the flavors have had time to deepen, making it perfect for meal prep or enjoying throughout the week. Serve it with crusty Italian bread to soak up the flavorful sauce, over creamy polenta, or alongside your favorite Italian dishes.

A celebration of summer vegetables, Ciambotta is proof that simple ingredients can create the most memorable meals.

Tips for Making Ciambotta Italian vegetable stew

1. Choose fresh zucchini:
Select firm, fresh zucchini that are free from soft spots or blemishes. There is no need to peel the zucchini – the skin adds color, texture, and nutrients to the stew.

2. Pick the right potatoes:

You can use any variety of potatoes for Ciambotta, but starchy potatoes like russet potatoes will break down as they cook and naturally help thicken the tomato sauce. Don’t discard the potato cooking water – adding a little to the stew helps create a richer sauce while adding extra flavor and body.

3. Season with simple Italian flavors:
The beauty of Ciambotta comes from simple seasoning. Salt, black pepper, garlic, and fresh Italian herbs like parsley bring out the natural flavors of the vegetables. Add delicate fresh herbs toward the end of cooking to preserve their bright flavor and freshness.

Shop the picture : Stainless steel saute pan

Ingredients

- 2 medium size zucchini
- 3 medium potatoes
- 1 small eggplant peeled
- 1 cup diced celery
- 2 bell peppers
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 chopped onion
- 2 cups cherry tomatoes
- 1 cup marinara sauce
- 1 cup water
- 2 Tbsp, chopped Italian parsley

Instructions

1. Start by peeling and cutting the potatoes and eggplant into medium size cubes. Then boil the potatoes in salted water until fork tender. Save one cup of the water before draining
2. In a saute pan over medium high heat add the olive oil

add the onion and garlic. Sauté until soft and just begin to brown. Add the celery, peppers, eggplant, cherry tomatoes, marinara sauce and potato water. Simmer until sauce thickens and tomatoes burst. Add the zucchini. and par boiled potatoes to the tomato mixture

3. Simmer until the zucchini and potatoes are fork tender but still crisp. Add the Italian parsley. ENJOY!!!!

Spaghetti alla Nerano

Spaghetti alla Nerano

Spaghetti alla Nerano is an Italian pasta dish invented in the village of Nerano on the Sorrento peninsula, made with spaghetti, fried zucchini, provolone and parmesan.

It’s an easy vegetarian pasta recipe that can be ready in less than 30 minutes. If your craving pasta and want quick and easy too, this is the prefect recipe.

Things to know about spaghetti alla Nerano

The key to getting the toasted sweet taste of the zucchini is by deep frying. I get questions about alternatives to frying, I tried roasting, baking, and air frying my conclusion? Sometimes you just have too deep fry not only to preserve the taste but most important the integrity of the recipe.

And there you have it a delicious dish of spaghetti all

Nerono, capturing the essence of Italian cooking right in your kitchen. With it’s simple ingredients and rich flavors, this pasta recipe is a testament to the beauty of Italian cooking, where quality and simplicity go hand and hand.

Ingredients

- 2 medium size zucchini
- 1/2 lb. spaghetti
- 2 cups canola olive oil blend for frying
- 1/2 cup torn basil leaves
- 3 Tbsp. butter
- 1 Tbsp. finely minced garlic
- 2 Tbsp. minced shallots
- 1 cup freshly grate parmigiana Reggiano cheese
- 1 cup freshly grated provolone cheese
- 2 cups pasta water
- salt and pepper to taste

Instructions

1. Bring the oil to medium high heat
2. slice the zucchini into thin slices or small dice
3. Fry the zucchini until golden brown. remove and drain on paper towels add the torn basil leaves to the fried zucchini salt and pepper to taste.
4. Make the sauce while you are cooking the spaghetti el dente- by adding the butter to a clean pan, then add the garlic and shallots and cook until soft and translucent.
5. Add the pasta water lower the heat and simmer until sauce thickens add the cheese cook just until cheese melts, just a few minutes. Then add the zucchini reserve some to garish the plate. Toss the spaghetti in this delicious vegetarian sauce. Grate more cheese over the top and ENJOY!!!!

Spring Pasta E Piselli

Spring Pasta e Piselli

Of all my childhood pasta dishes this Spring pasta e Piselli was my favorite, and still is!!! It’s a simple vegetarian Italian pasta recipe your whole family will love.

I have fond childhood memories of my mom, two older sisters and I sitting around a wooden picnic table my father build, shelling fresh from the garden Spring peas.

If you don’t have access to fresh peas, frozen peas are a great alternative and can be used when a recipe calls for peas.

As far as pasta shape, any short tubular pasta such as tubetti or ditali works well in this recipe.

My family’s version of Paste e Piselli is vegetarian. You can add pancetta or bacon to the onion mixture, if you want.

The most important ingredients in this few ingredient paste and peas are freshly ground black pepper and freshly grated parmesan cheese.

Why I love this Spring pasta e Piselli recipe

The first and most important reason I love this Spring pasta e piselle (Pasta and peas) recipe is, it’s delicious!!

Not only is this vegetarian pasta dish delicious, the second

reason I have had a life long love affair with this Pasta e Piselli recipe it’s super easy, uses few ingredients and my whole family loves it !!

Happy Summer my friends!!! Give this recipe a try and please don’t forget to leave me a comment with your experience. I love hearing from you, it’s my favorite part!!

Ingredients

- 1/2 Lbs. small pasta
- 3 cups peas
- 4 cups Chicken or vegetable stock
- 3 Tbs. olive oil
- 1 yellow onion chopped
- 2 Tbs. minced garlic
- 2 Tbs. chopped Italian parsley
- 1 Tbs. red pepper flakes
- 1 cup grated parmesan
- Salt and freshly ground pepper to taste

Instructions

1. In a medium size stock pot bring the olive oil to medium heat
2. Add the onion, parsley, garlic and red pepper flakes saute until tender, fragrant and just beginning to brown
3. Add the peas saute 5 minutes salt and pepper
4. Add the Stock simmer for 10 minutes
5. Remove 2 cups of the pea and broth mixture and either blend in a blender or use an immersion blender to blend to a smooth consistency. Then return back to the pot.
6. Add the pasta and simmer until the pasta is al dent, about 7 minutes.
7. Add a generous amount of freshly grated parmesan and freshly ground black pepper
8. ENJOY!!!!

Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)

Italian Pasta e Piselli in tomato sauce is a classic, comforting pasta dish that’s both simple and satisfying. Made with everyday ingredients, it comes together quickly for an easy vegetarian meal that’s perfect any night of the week.

Tender small pasta is tossed with sweet cherry tomatoes, onion, garlic, and fresh or frozen peas, creating a light yet flavorful sauce that feels rustic and homey. Even though the ingredients are simple, the finished dish is rich, fresh, and deeply satisfying.

Just like the white sauce version of pasta e piselli, this tomato-based variation is versatile and pantry-friendly. It’s the kind of recipe you can make anytime, using ingredients you likely already have on hand**Things to know when making Italian Pasta e Piselli Recipe (Pasta and Peas in Tomato Sauce)**

For the most authentic flavor, use fresh shelling peas when they are in season. Sweet, tender farm-fresh peas add incredible texture and flavor to this classic Italian pasta

dish. If fresh peas aren’t available, frozen peas are an excellent substitute and work beautifully year-round. I often freeze extra peas from my garden or the farmers market to enjoy this recipe even during the colder months.

To enhance the flavor, finish the dish with fresh basil for a bright, aromatic touch. A generous sprinkle of high-quality Parmigiano Reggiano adds richness and depth, bringing all the ingredients together for a simple yet satisfying Italian meal.

Here are a few related recipes you may also enjoy if you love simple, seasonal Italian dishes that highlight fresh vegetables and classic Mediterranean flavors.

Spaghetti alla Nerano
A classic pasta from Italy’s Amalfi Coast made with silky zucchini, fresh basil, and cheese for a simple yet elegant summer meal.

Ciambotta with Chicken
This rustic Southern Italian stew combines seasonal vegetables and tender chicken in a comforting one-pot dish full of Mediterranean flavor.

Braised Artichokes alla Romana
Tender artichokes are slowly braised with garlic, herbs, and olive oil in this traditional Roman side dish that celebrates fresh produce.

Italian Tomato Salad with Heirloom Tomatoes
Juicy garden tomatoes, fresh basil, and a simple vinaigrette come together in this refreshing Italian salad that pairs perfectly with any pasta dinner.

Ingredients

- 1/2 Lb. medium size shells
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic

- 1/2 cup chopped onion
- 1/2 cup chopped Italian parsley
- 4 cups cherry tomatoes
- 2 cups tomato sauce
- 1 cup pasta water
- 3 cups of peas
- 1 cup grated parmesan cheese

Instructions

1. Bring a large pot of salted water to a boil and cook the pasta until al dente according to package instructions. Reserve a small cup of pasta water, then drain.

2. In a large skillet, heat olive oil over medium-high heat. Add the onion and garlic and sauté until softened and fragrant, about 3–4 minutes.

3. Add the peas, cherry tomatoes, tomato sauce, and a splash of reserved pasta water. Bring to a gentle simmer and cook until the tomatoes begin to break down. Use a potato masher or the back of a spoon to crush the tomatoes into the sauce.

4. Continue simmering for about 15 minutes, or until the sauce has thickened and developed flavor.

5. Stir in and Parmigiano Reggiano, and simmer for an additional 3–5 minutes until the sauce is well combined.

6. Add the drained pasta to the skillet and toss until fully coated in the sauce. Taste and adjust seasoning with salt and pepper if needed. Serve immediately.