

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 Fettuccine 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!!!!
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Vegetable Zucchini fritters

Vegetable Zucchini fritters

It's that time of year when we have more zucchini than 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!!!!
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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 perfect 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 to 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 alla Nerano, capturing the essence of Italian cooking right in your kitchen. With its 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!!!!
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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 built, 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 Pasta 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 pasta 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.
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Cucumber tomato avocado salad

Cucumber Tomato avocado salad

Cucumber tomato avocado salad drizzled with creamy Italian Vinaigrette is the perfect side dish to any summer meal!!!Quick, fresh, and delicious.

My mother served this easy cucumber and tomato salad most every night with dinner in the summer when the tomatoes where in season and it there peak flavor.

This tomato, avocado, onion and cucumber combo is delicious on its own on hot summer days when your craving something light. but pairs perfectly with bbq meals and crusty Italian bread.

Things to know when making cucumber, tomato avocado salad

Cucumbers: you can use Persian, English or regular

Tomatoes: My tomatoes aren't ready yet. I bought 2 heirloom tomatoes at the market for six dollars. It really pays off to grow whatever you can. Not only is it more affordable he flavor can't be bought.

red onion: Not only does it give the a salad a pop of color, but also a peppery taste. I like red onions on most salads

Avocado: Add a subtly nutty flavor with a hint of sweetness. They have a creamy, buttery texture that makes them a delicious addition to tomatoes and cucumbers.

Creamy Italian dressing brings it all together in the most

delicious way!!!

If you are looking for more summer salads try my refreshing watermelon cucumber feta salad or a summer favorite Italian pesto fusilli salad

Ingredients

- 2 peeled cucumbers
- 2 large heirloom tomatoes
- 1 medium avocado
- 1 sliced red onion
- 1/2 cup chopped Italian parsley
- 1/2 cup red wine vinegar
- 1 cup extra virgin olive oil
- 1/2 cup plain Greek yogurt
- 1/2 cup grated parmesan cheese
- 1 Tbsp. minced garlic
- 1 Tbsp. Italian herb blend
- salt and pepper to taste

Instructions

1. Start the prep by washing the cucumbers and tomatoes, peeling and dicing the red onion, mincing the garlic and peeling and slicing the avocado into medium size dice.
 2. Cut the cucumbers in medium large cubes
 3. Make the creamy Italian dressing. In a jar add the vinegar, olive oil, yogurt, minced garlic, Italian herbs and the salt and pepper.
 4. Shake well before coating the tomatoes , cucumbers, avocado and red onions with this creamy Italian vinaigrette.
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Italian Vegetarian stuffed artichokes

Italian vegetarian stuffed artichokes

These Italian vegetarian stuffed artichokes are made with simple ingredients. This is one of those recipes that takes me back to my mamas kitchen in north Italy where I first learned this family recipe, The artichokes came from the family farm (la campana) the flavor of just picked artichokes is mouth watering!!!

A traditional Italian comfort dish stuffed artichokes are a staple in most Italian kitchens. variations can vary, With some having meat and vegetables added to the filling,

Three tips for success when making Italian vegetarian stuffed artichokes

first select fresh and tender artichokes when you make these Italian vegetarian stuffed artichokes. Choose artichokes that are firm, heavy for their size and have tightly closed leaves.

Second prepare the artichokes properly by cutting off the top quarter and removing the tough outer leaves and center choke.

Cut the stems off leaving a flat bottom surface so the stuffed artichokes stand up straight in a pot. I use my white medium

size dutch oven.

Lastly if you make these delicious Italian vegetarian stuffed artichokes please let me know how they work out for you.

And please don't forget to tag me on Instagram I love hearing from you. It's my favorite part!!!!

Ingredients

- 4 artichokes
- 2 eggs
- 1/ 2 cup milk
- 2 cups Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 1 Tablespoon minced garlic
- 1/2 cup chopped Italian parsley
- 1 cup water
- 1 cup vegetable stock
- 1/4 cup extra virgin olive oil
- 1 onion cut in quarters + 4 garlic cloves
- the juice from one lemon

Instructions

1. Start by cleaning the artichokes. remove the tough outer leaves, cut off the tips and the stem. Remove the center of the artichoke. Place the artichokes in cold water. Add the juice from one lemon. and 1 tablespoon of salt set aside, while making the filling,
2. Make the filling in a bowl add the eggs and milk whisk until well combined. Add the garlic, breadcrumbs, and Italian parsley. salt and pepper to taste. Mix until well combined.
3. Remove the artichokes from the water. discard this water. Fill the centers of the artichokes with the filling.
4. Stand the artichokes up in a stock pot add the water, vegetable stock, olive oil, onion and the garlic cloves.
5. Simmer on the stove top over medium low heat, for 30 minutes or until the artichoke leaves are tender.
6. Serve on a platter pour the pan juice over the

artichokes and enjoy!!!

Vegetarian escarole and beans

Vegetarian escarole and beans

Classic Italian Escarole and Beans (Vegetarian Recipe)

This classic vegetarian **Italian escarole and beans** recipe is a hearty, comforting dish made with simple, wholesome ingredients. Tender **cannellini beans** are simmered with sautéed **garlic** and flavorful **escarole** for a rustic vegetarian meal that's full of flavor.

Naturally **meatless**, this traditional Italian recipe is perfect with a side of **crusty Italian bread** for soaking up every bite. While some versions include meat like sausage or pancetta, this one stays true to its **humble vegetarian roots**—easy, satisfying, and budget-friendly.

Things to know about this vegetarian escarole and beans recipe

This vegetarian escarole and bean recipe results in a stew like consistency. If you prefer a more soupy consistency, simply add more vegetable stock.

I used canned cannellini beans. You can use dry beans. If you do use dry beans soak them for a few hours. Then cook them in the stock until soft before adding in the escarole.

This recipe is the vegetarian version of escarole and beans. If you want to add meat, add Italian sausage to the escarole pan sautéing the sausage until brown before adding in the escarole. I use my white Dutch oven when I make this recipe. Its so pretty I serve from it right at the table.

Lasty if you make this vegetarian escarole and beans please leave me a comment. And don't forget to tag me on Instagram. I love hearing from you. It's my favored part!!!

Ingredients

- 1 large head escarole
- 4 cups cannellini beans
- 4 Tablespoons olive oil divided
- 4 Tablespoons minced garlic divided
- 1 tablespoon hot pepper flakes
- 1 cup white wine
- 1 cup vegetable stock
- salt and pepper to taste

Instructions

1. Start by rising the beans
2. Cut the escarole into bite size pieces
3. in two tablespoons of olive oil saute the garlic and the hot pepper flakes until soft and fragrant
4. Add the escarole saute until limp about 10 minutes. salt and pepper now. Set aside.
5. In a separate pot add the remaining olive oil and garlic saute until soft.
6. Add the beans and the vegetable stock and simmer for 10 minutes
7. Add the escarole mixture to the beans and simmer 10 minutes longer to combine flavors.
8. Serve with crusty Italian bread. ENJOY!!!

Creamy mushroom penne pasta recipe

Craving comforting Italian flavors? This **creamy mushroom penne pasta recipe** is the perfect dish to satisfy your pasta cravings. Made with tender penne pasta and sautéed mushrooms, all tossed in a rich and silky garlic-infused cream sauce, this easy pasta recipe brings restaurant-quality Italian comfort food right to your table.

Perfect for weeknight dinners or a cozy weekend meal, this **creamy mushroom pasta** is a crowd-pleaser that feels indulgent yet comes together quickly. The savory mushrooms add a deep umami flavor that pairs beautifully with the smooth, cheesy sauce, making every bite satisfying and full of flavor.

Whether you're a fan of vegetarian pasta dishes or just looking for a delicious way to enjoy mushrooms, this **Italian-inspired creamy penne pasta** is sure to become a favorite. Serve it with a sprinkle of Parmesan and fresh herbs for an elegant, satisfying meal that's ready in under 30 minutes.

Three tips when making this creamy mushroom penne pasta recipe

First start by sauteing the mushroom in the olive oil and butter mixture until golden brown when you make this creamy mushroom penne pasta recipe, this adds depth of flavor to your mushroom sauce.

Second, build flavors gradually by adding the garlic and shallots letting them saute until soft, before deglazing the the pan with either white wine or chicken stock.

Lastly finish with freshly grated parmesan cheese. Season with fresh chopped Italian parsley. Salt and pepper to taste. Enjoy!! If your looking for more easy vegetarian pasta recipes try my zucchini and tomato pasta shells , a delicious summer pasta dish

Please email or comment with questions. And please don't forget to tag me on Instagram if you make this easy creamy mushroom penne pasta recipe. I love hearing from you. It's my favorite part!!!! If your looking for more easy vegetarian pasta recipes try

Many of you asked about my preferred saute pan.I have linked my favorite .

Ingredients

- 1/2 lb. penne pasta
- 1/2 stick of butter
- 1 Tablespoon extra virgin olive oil
- 2 tablespoon minced garlic
- 3 tablespoon minced shallots
- 1/2 pound sliced cremini mushrooms
- 2 cups white wine or chicken stock
- 2 cups cream
- 1 cup pasta water
- 1 cup grated parmesan
- 1/2 cup chopped Italian parsley

Instructions

1. In the 1/2 stick of butter and the one tablespoon of olive oil saute the shallots and garlic until soft and fragrant
2. Add the mushrooms and saute until brown salt and pepper the mushrooms
3. Deglaze the pan with the white wine or chicken stock

simmer until the liquid evaporates. before adding the cream and pasta water.

4. Simmer until sauce thickens about 15 minutes.
5. Add in the parsley, toss in the el dente penne, grate more parmesan cheese over the top. Enjoy!!!