

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!!!!

Spicy sausage and broccoli Shells

Spicy Sausage and broccoli shells

Spicy sausage and broccoli shells is a classic Italian pasta dish that's so easy to make. You'll love that this hearty meal comes together in less than 30 minutes and uses just a handful of ingredients you probably have on hand. It's the perfect weeknight family meal when you want Italian and easy too. It's a delicious easy recipe , combining savory , spicy Italian sausage, crisp broccoli and el dente cooked pasta in a delicious pan sauce packed with flavor , this sausage, broccoli pasta recipe is the ideal meal for busy nights.

Why You'll love this spicy sausage and broccoli shell recipe

Quick and easy: Ready in less than 30 minutes, this sausage and broccoli pasta dish is perfect for busy weeknight family meals. Few ingredients and simple steps means it's as easy as it is delicious.

Bold and savory flavors: The sausage brings a robust, spicy kick, perfectly balanced by the earthy bitterness of the broccoli.

Nutritious and filling: With the protein from the sausage, fiber and vitamins from the broccoli, and the satisfying carbs

from the pasta, this dish is filling and packed with good for you ingredients.

Customizable: You can easily customize this pasta recipe by controlling the spice level by choosing a mild, medium or hot sausage or even add or subtract the red pepper flakes. And of course the pasta shape is always optional, although I prefer a short pasta shape, you can use whatever shape fits your taste.

Family- friendly: It's one of those dishes that both kids and adults will enjoy, and you can sneak in extra veggies without much fuss.

This is the kind of meal that's simple enough for weeknight meals, but flavorful enough for Saturday night dinner with friends.

Ingredients

- 1/2 Lb. pasta
- 4 cups trimmed broccoli florets
- 2 links spicy Italian sausage casings removed
- 3 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 Tbsp. red pepper flakes
- 1 cup chicken stock
- 2 cups pasta water
- grated parmesan cheese

Instructions

1. Start by cooking your pasta *al dente* reserving 2 cups of the pasta water.
2. In the mean time make the sauce in the saute pan over medium high heat in the olive oil saute the sausage

until beginning to brown before adding the garlic and onion saute until the onion and garlic are soft and fragrant. Deglaze the pan with the chicken stock waiting until it evaporates before adding the pasta water. Then simmer the sauce until it thickens, about 15 minutes.

3. Add the el dente cooked pasta. Then in the same pasta water cook the broccoli until fork tender. Mash some of the broccoli and add to the pasta. Adjust your seasoning. Top with grated parmesan cheese and Italian parsley. ENJOY!!!

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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Pan seared salmon orzo

Pan seared salmon orzo

If your looking for a weeknight dinner that's both both easy for weeknight family meals and fancy enough Saturday night dinner with friends, my pan seared salmon with Tuscan orzo is the perfect meal choice. This dish combines crispy, flaky salmon with a creamy spinach and sundried tomatoes orzo inspired by the rustic flavors of Tuscany. Not only is it easy to make, but it's also a complete meal full of vibrant colors and good for you ingredients, that will impress family and friends.

Why you will love this pan-seared salmon orzo recipe

This recipe brings together two of the best ingredients a rich, comforting pasta dish and perfectly cooked salmon. The orzo , in a garlicky, creamy sauce gets extra flavor from the sundried tomatoes and spinach, and the salmon provides a delicious crispy contrast. It's the perfect balance of comfort food and the fresh ingredients makes it an ideal recipe for any time of the year.

Let me know how your pan-seared salmon with Tuscan orzo turns out! !!!

Ingredients

- 2 lb. cleaned skinless salmon
- 1 Tbsp. garlic, onion and paprika powder
- salt and pepper to taste
- 2 Tbsp. extra virgin olive oil
- 2 Tbsp. butter
- 2 Tbsp. finely minced garlic
- 1/2 cup chopped sundried tomatoes
- 1 cup white wine
- 2 cups chicken stock
- 1 cup heavy cream
- 1 cup water
- 3 cups orzo
- 1 cup grated parmesan cheese
- 2 cups chopped spinach

Instructions

1. Start by cleaning the fish then pat dry cut into equal parts. salt and pepper to taste. Combine the garlic, onion and paprika massage the rub into the fish.
2. In a 12 inch saute pan in the 2 Tbsp. of oil over medium high heat sear the fish on both sides until beginning to brown about 5 minutes per side. Remove cover with alumini foil set aside while making the orzo.
3. In the same pan add the 2 Tbsp. of butter. Add the garlic and saute until soft and translucent. Then add the sundried tomatoes, cook until the tomatoes are soft and fragrant. Deglaze the pan with the wine , waiting until evaporated before adding the chicken stock, cream and water. Add in the orzo lower the heat to a simmer and cook until the orzo is fork tender but firm. About 7

minutes. Then add the grated parmesan and chopped spinach and cook 5 minutes longer. ENJOY!!!

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!!!!

Italian Broccoli Beef pasta

Italian Broccoli Beef pasta

This Italian Broccoli Beef pasta is a simple recipe that comes together in about thirty minutes and versatile too. It can work with different combinations of ingredients

For instance if you don't like beef you can use chicken and if

you hate broccoli you can use spinach . You can also use white wine, chicken or vegetable broth for a another depth of flavor, customize the ingredients to fit your life style and taste.

My favorite has always been the combination of broccoli beef. Tender strips of thinly sliced sirloin sauteed in a simply garlicky, olive oil sauce then tossed with crisp tender broccoli makes this a recipe your going to love.

Delicious on it's own with a simply salad or toss in some pasta or rice for a complete meal everyone will love.

Tips When Making Italian Broccoli Beef pasta

When sauteing the beef for this Italian Broccoli beef the pan and oil need to be smoking hot, you need to hear the sizzle.

If your using pasta save some of the pasta water is a flavor and thickening agent, because of it's starch content You can use white wine, chicken or vegetable broth for a another depth of flavor, always options my recipes to fit your life style and taste

The idea is to have fun experimenting with different ingredients until you come up with something that taste good to you. Everyone has different taste buds, that is why i don't give you measurements for salt and pepper. I personal don't like a lot of salt and I am of the mind set that you can always add more but it's difficult to correct over salting. It can be done in soups and other foods that have a liquid base.

Here's how you correct over salting, add a potato cut in half to the pot. The potato absorbs some of the salt but doesn't correct it completely. So when it comes to salt less is always better.

Unless your talking about basil and garlic, then there is no set amount that's something you measure with your heart...Happy cooking!!!!

If you make this please leave me a comment and don't forget to tag me on Instagram I love seeing your creations and hearing your experience , It's my favorite part!!!!

Ingredients

- 1/2 lb papparadella
- 1/2 lb sirloin strips
- 1/2 lb broccoli florets
- 1 chopped onion
- 3 Tablespoons chopped garlic
- 1 15 oz. can tomato sauce
- 1 15 oz. can chopped tomatoes
- 1 cup reserved pasta water
- 2 Tablespoons each Italian parsley, basil and thyme
- 1/2 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook Pasta according to package directions reserving 1 cup of the water before draining
2. In a large saute pan with 2 tablespoons each of butter and olive oil on medium high heat saute the onion and garlic until tender and just beginning to brown
3. Salt and pepper the steak add to the saute pan and cook until golden brown
4. Add both cans of the tomatoes, and resevered pasta water
5. Simmer covered 20 minutes
6. Add the broccoli and herbs simmer 10 minutes longer
7. Toss the Papparadella with the broccoli beef sauce
8. Sprinkle with the grated Parmesan and ENJOY!!!!

Roasted Butternut squash orzo

Roasted butternut squash orzo

This creamy roasted butternut squash orzo is healthy and delicious. The rich, nutty sauce gets warm fall flavors by roasting the butternut squash with sage and garlic. Roasting the squash brings out its natural sweetness and adds another depth of flavor. And when you mix it with stock, cream and parmesan cheese, it becomes an irresistible rich and savory sauce . This simple recipe is not only delicious it is also affordable!!! Just a handful of ingredients you probably already have on hand.

Roasted butternut squash orzo Variations

Protein: This is a vegetarian recipe if you want to add protein you can saute some Italian sausage spicy or mild along with the garlic. If you want a healthier protein try chicken apple or turkey sage sausage.

Vegetables: you can replace the spinach with Swiss chard or kale and add other vegetables like diced zucchini or mushrooms.

Gluten free: I am using orzo a small shaped rice looking pasta. You can use any shape pasta you like or gluten free.

I recommend roasting the butternut squash in advance. This will reduce your actual cooking time. You could prepare the

whole sauce recipe the day before. Then bring it to the stove top and add the orzo when your ready to serve. You can keep the cooked pasta sauce in your fridge for up to 4 days.

Ingredients

- 4 cups peeled and cubed butternut squash
- 4 garlic cloves
- 4 to 5 sage leaves
- 4 Tbsp/ olive oil
- 1 cup heavy cream
- 2 cups vegetable or chicken stock
- 3 cups orzo
- 3 cups chopped spinach
- 1 cup grated parmesan
- 1 cup gorgonzola

Instructions

1. Preheat your oven to 375- degrees. Start by peeling and cutting the butternut squash into medium size dice. Place the squash on a cookie sheet, add the garlic and sage leaves, salt and pepper to taste, drizzle with the olive oil and roast for 15 to 20 minutes or until soft.
 2. Then add the squash to a pan over medium high heat on the stove top. Add the cream , stock and orzo. Simmer until the orzo is cooked el dent about 10 minutes. Add the spinach and grated parmesan cheese and simmer just a few minutes until the spinach is wilted.
 3. Plate top with the gorgonzola and Italian parsley .
ENJOY!!!
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Baked pasta al forno

Baked pasta al forno

Baked pasta al forno is a classic and hearty baked Italian pasta dish. It is made by layering penne pasta with a hearty Bolognese meat sauce, creamy bechamel sauce and a mixture of cheese then baked to perfection. It's Italian baked comfort food. Pasta baked al forno is the quicker version of lasagna. Basically the same ingredients in a different variation.

Why You will love this baked pasta al forno recipe

This pasta bake is easy to prepare if you have a prep plan in place. For instance the sauces can be made ahead of time even the day before. Then assembled and baked the day you are going to serve.

Or you can assemble the pasta al forno one day refrigerate it and bake it next. Or you can freeze it assembled baked or unbaked for a ready made quick meal. These lasagna casserole pans are freezer to oven to table friendly.

You will love this pasta bake al forno recipe when you want to feed a crowd. The combination of pasta mixed with meat sauce and melted cheese is universally appealing. making it a crowd pleaser at gatherings.

Ingredients

- 1 lb. al dente cooked penne pasta
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic

- 1/2 cup chopped onion
- 1 Lb. lean ground beef
- 1 cup red wine
- 4 cups tomato sauce
- 2 cups water
- 1 pint cherry tomatoes
- a few basil leaves
- 1 stick of butter
- 1/3 cup flour
- 3 cups milk
- pinch of nutmeg
- 4 cups shredded mozzarella
- 2 cups grated parmesan cheese

Instructions

1. Start by making the meat sauce in a stock pot saute the onion and garlic until soft and fragrant. Add the ground beef and cook until brown. salt and pepper to tastes
2. Deglaze the pan with the red wine waiting until it evaporates before adding the tomato sauce, cherry tomatoes and water. Add the basil leaves. Simmer covered for 2 hours.
3. For the bechamel sauce melt the butter in a medium size saucepan over medium heat add the flour stirring continuously cook for one minute. Then slowly add the milk stirring continuously add the nutmeg salt and pepper to taste. Cook until sauce thickens, about 15 minutes.
4. Toss the el dente cooked penne pasta in the bechamel sauce then add 1/2 of the meat sauce. Add in 1/2 of the mozzarella and 1/2 the amount of grated parmesan.
5. Line a oven poof 9 X 12 lasagna pan first with some of the meat sauce add the pasta mixture. Top with the remaining meat sauce, mozzarella and grated parmesan.
6. Bake covered in a preheated 375-degree oven for 45 minutes. remove the cover and bake 15 minutes longer, or

until the cheese is melted and beginning to brown. Let cool slightly before serving. ENJOY!!!

Spicy Pasta Alla Norcina

Spicy pasta alla norcina

Spicy pasta alla norcina is an Italian pasta dish made with sausage in a creamy cheese sauce. There are different variations, some have mushrooms or different cured meats. The recipe is easy to make and takes about as much time to make as it takes the pasta to cook. The sauce starts out by sautéing the onion and garlic then browning the sausage then adding the wine, cream, pasta water, and a pinch of nutmeg and simmering until thick about 10 minutes. Then once off the fire the pecorino is added. The results are a creamy luscious velvety sauce everyone loves.

Things to know About this spicy pasta all norcina recipe

The first thing to know about this pasta recipe is that it uses just a few ingredients and is easy to make. Perfect for a quick week night family meal. But it's also fancy enough for Saturday dinner with friends.

Second some variations of this Pasta norcina uses mushrooms. If you are going to add mushrooms slice cremini can be added when the sausage is beginning to brown. About the sausage I am using spicy Italian sausage and adding fennel seeds. It is hard to find the traditional sausage used in this dish, which

had fennel. Also I like to use spicy Italian sausage. If you are not a fan of heat you can use mild. Or if you like extra spice add 1 to 2 Tbsp. of hot chili flakes along with the sausage. If you like easy pasta dishes that come together quick and use few ingredients try my creamy vegetarian broccoli pasta shells or my zucchini ricotta penne pasta

Ingredients

- 1/2 Lb. rigatoni
- 1 Lb. bulk Italian spicy sausage
- 4 Tbsp.. olive oil
- 2 Tbsp. minced garlic
- 1/2 cup chopped onion
- 1 cup white wine
- 1 cup heavy cream
- 2 cups pasta water
- pinch of nutmeg
- 1 cup grated pecorino Romano
- Salt and pepper to taste

Instructions

1. In a large pot of boiling salted water cook your pasta el dente while making the sauce. saving 2 cups of the water before draining
2. In a large 12 inch saute pan over medium high heat in the olive oil saute the onion and garlic until soft and translucent.
3. Add the sausage and brown breaking it up while cooking
4. Turn the heat up and deglaze the pan with the white wine. Waiting until it evaporates. Then add the cream and pasta water. Lower the heat and simmer until sauce thicken, about 10 minutes
5. Remove the saute pan from the heat. Then stir in the pecorino cheese. Toss the el dente cooked pasta in the

sauce, Top with more grated cheese and chopped Italian parsley. ENJOY!!!!

Title with Recipe Name in it

Text introducing the recipe and what it's all about

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Here's a subheading about your recipe

Talk more about your recipe here. Make sure you're not repeating anything you said in the first section.

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Ingredients

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- Or tsp.
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Homemade Restaurant Mushroom Risotto

Homemade Restaurant Mushroom risotto

It's no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.

Well Am here to tell you this Homemade Restaurant Mushroom risotto isn't complicated at all.

Risotto is a northern Italian rice dish cooked with broth until it reaches a creamy consistency.

The broth can be derived from meat, fish or vegetables, I used chicken broth, if you are vegetarian you can use vegetable stock.

This is one of those recipes you make a enough of, for next day reheats or freeze for a quick ready made meal.

Plus, risotto is easy and versatile enough to have on your family weeknight meal plan. This restaurant quality recipe is also perfect for Holiday dinner with friends, to show off what a great home chef you are.

Serve it up in some pretty restaurant style white plates, cloth napkins and your favorite drink and you just make yourself a restaurant style meal without leaving home.

Tips for Success when making

homemade restaurant mushroom risotto

For this Homemade restaurant mushroom risotto the best rice to use is a short grain Italian rice the most common is arborio rice. It's important to use a short grain rice, it has a higher starch content to produce the creamiest risotto.

Another tip for success when making any risotto recipe is toasting the rice in the olive oil and butter before adding the liquid, it adds a bit of crunch.

And lastly the broth should be hot when adding it to the rice while stirring, only add small amounts of stock, stirring until it's absorbed before adding more.

If you make this recipe be sure to leave me a comment, and please don't forget to tag me on Instagram.

Ingredients

- 2 cups Italian short grain rice
- 2 cups sliced mushrooms
- 1 Tablespoon olive oil and 2 tablespoons butter
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach (optional)
- 4 cups chicken stock or vegetable stock
- 1 cup white wine
- 1 cup grated parmesan
- 2 tablespoons chopped Italian parsley
- salt and pepper to taste

• Instructions

1. Heat chicken or vegetable stock keep warm with the white

wine

2. In a deep saute pan heat the butter and olive oil to medium heat. Add onion and garlic, saute until tender and just beginning to brown
3. Add the mushrooms saute until golden
4. Add rice cook rice until golden, salt and pepper to taste,
5. Add hot stock slowly a little at a time waiting until the stock is absorbed before adding more while stirring continuously.
6. Cook until risotto is firm to the bite about 20 minutes. Add parmesan cheese, and chopped spinach if using the last five minutes . Sprinkle with more Italian parsley and grated parmesan. ENJOY!!!