Roasted Delicate Squash Oreganata

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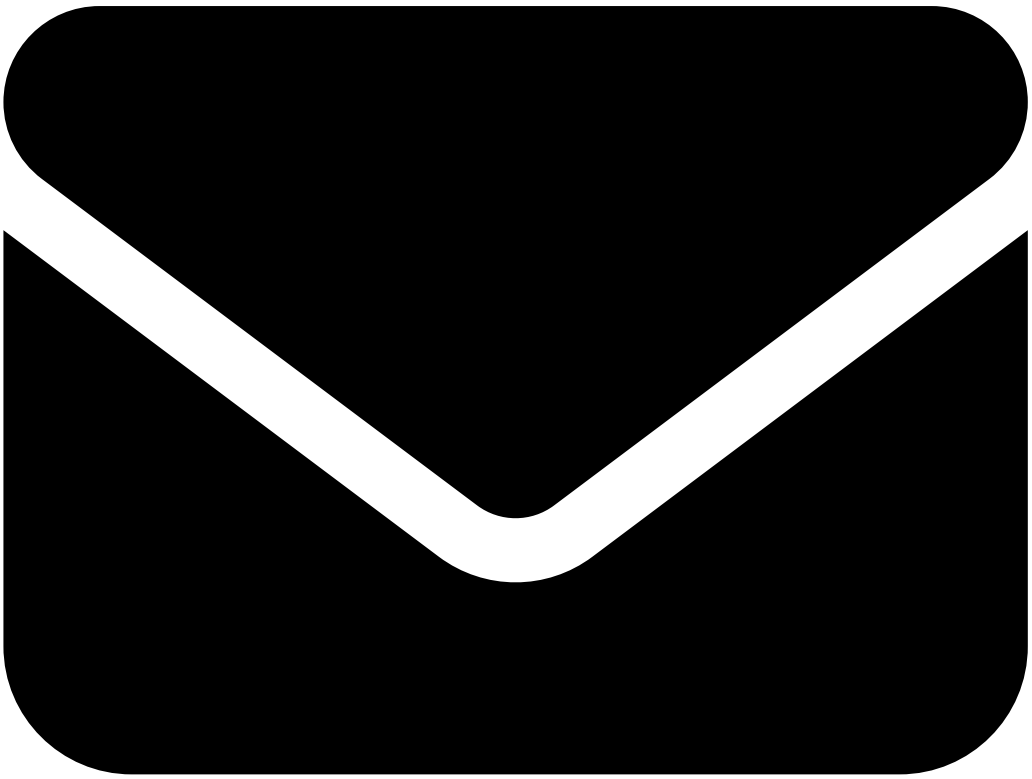




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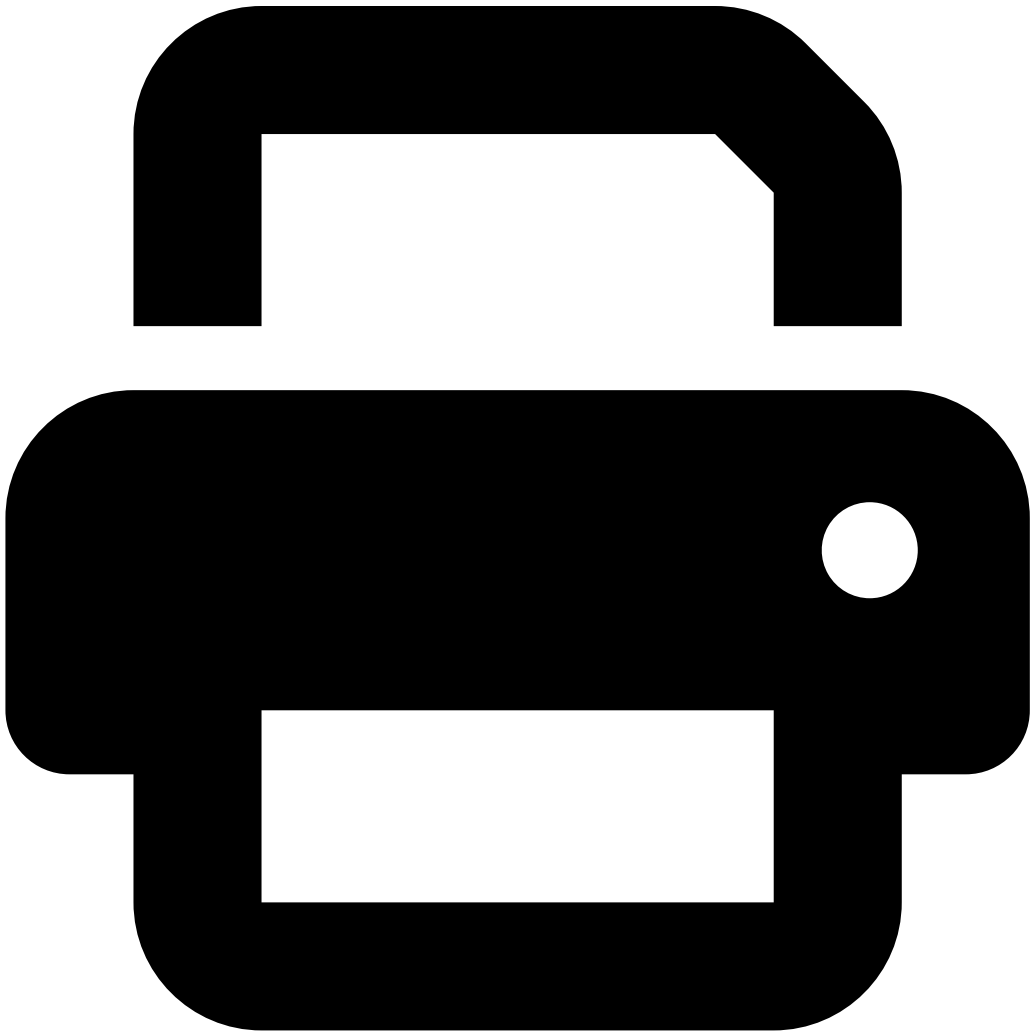

One of my favorite things about Italian cooking is how a handful of simple, seasonal ingredients can become something truly special. This **Roasted Delicate Squash Oreganata** is inspired by the classic southern Italian *oreganata* style, where fresh ingredients are elevated with garlic, oregano, crispy breadcrumbs, Parmesan, and a generous drizzle of extra virgin olive oil. As the squash roasts, it becomes sweet and tender while the topping turns beautifully golden and crisp. It’s an easy side dish that celebrates the flavors of fall and is just as welcome on a weeknight dinner table as it is at a holiday feast.

Things to know about this Roasted Delicate Squash Oreganata

One of the reasons I love cooking with delicate squash is that there’s no peeling required. The skin is completely edible and becomes tender as it roasts, with just a slight crispness

around the edges. Not only does that save time in the kitchen, but it also makes this one of the easiest squash recipes you'll make all season. When shopping, choose a squash that's firm with creamy yellow skin and distinctive green stripes, avoiding any soft spots or deep blemishes.

The natural sweetness of delicate squash is the perfect match for the savory *oreganata* topping. A simple combination of garlic, oregano, Parmesan, breadcrumbs, and extra virgin olive oil creates a delicious golden crust that adds wonderful texture and classic Italian flavor.

This is also a great make-ahead side dish. You can roast the squash earlier in the day, then warm it in the oven just before serving until the topping is crisp again. If you'd like to add your own twist, sprinkle on a pinch of crushed red pepper flakes for a little heat, or finish with a squeeze of fresh lemon juice and a handful of chopped parsley to brighten the flavors just before serving.

Love cozy fall flavors? Try my Roasted Butternut Squash soup or Italian cauliflower al forno next — both bring that same rich, comforting sweetness of the season to your table.

Roasted Delicata Squash Oreganata



Roasted Delicata Squash Oreganata is a simple Italian-inspired

side dish that lets the natural sweetness of delicata squash shine. Coated with olive oil, garlic, oregano, Parmesan, and crispy seasoned breadcrumbs, the squash roasts until tender with a golden, crunchy topping. It's an easy fall and holiday side dish that pairs beautifully with roasted meats, poultry, or your favorite vegetarian meals.

- 2 small delicate squash
- 3 Tsp. olive oil
- ½ cup grated Parmesan cheese
- 1 cup plain breadcrumbs
- 1 Tbsp. minced garlic
- 2 Tbsp. fresh Italian parsley, chopped
- 1 Tbsp. dried oregano
- Salt and black pepper, to taste

1. **Preheat the oven:**

   Set your oven to 400°F (200°C) and line a baking sheet with parchment paper.

2. **Prepare the squash:**

   Slice each delicata squash in half lengthwise. Scoop out the seeds, then cut into ½-inch thick half-moons.

3. **Season:**

   In a large bowl, toss the squash with olive oil, salt, and pepper until evenly coated.

4. **Make the oreganata mixture:**

   In a small bowl, combine breadcrumbs, Parmesan, garlic, parsley, and oregano. Stir well to mix.

5. **Coat the squash:**

   Arrange the squash slices on the prepared baking sheet

in a single layer. Sprinkle the breadcrumb mixture evenly over the top, pressing gently so it adheres.

6. **Roast:**

   Bake for 20–25 minutes, turning halfway through, until the squash is tender and the topping is golden and crispy.

7. **Serve:**

   Transfer to a serving platter and garnish with a little extra parsley or Parmesan if desired. Serve warm

Side Dish
Italian
Italian roasted squash delicata squash recipe

Italian Cauliflower al Forno

Italian Cauliflower al Forno

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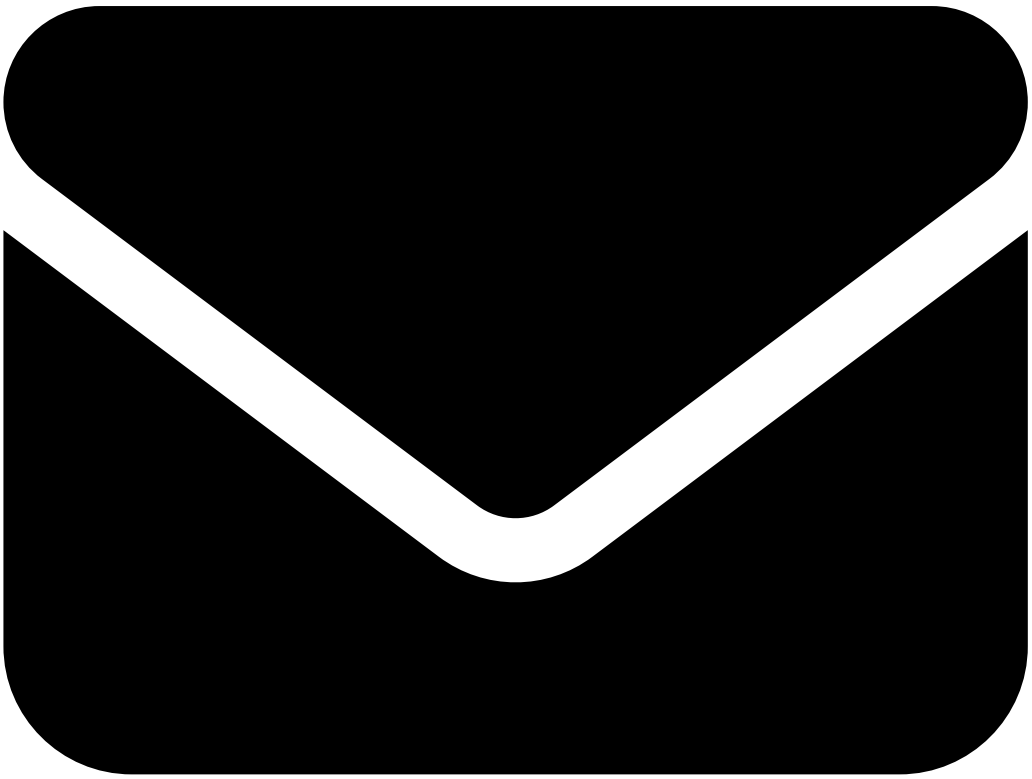




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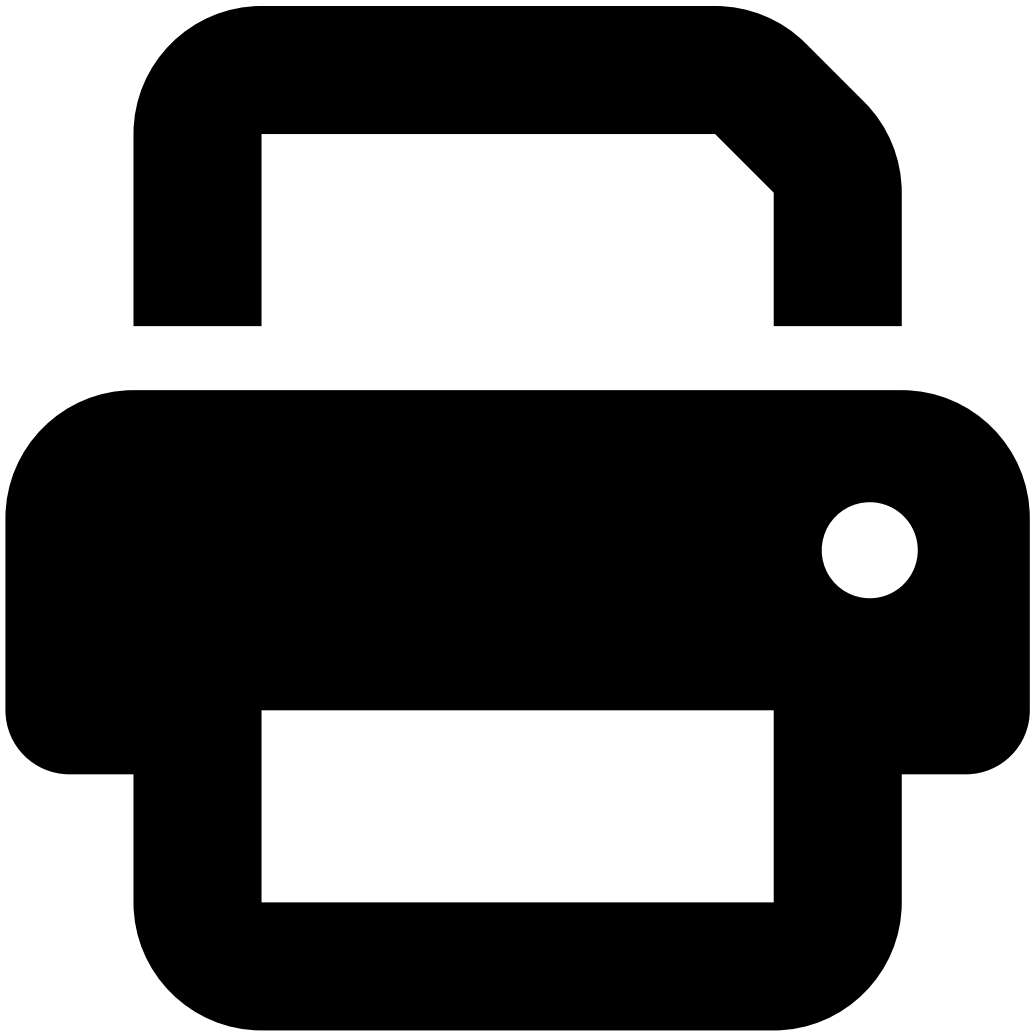

I’ve always loved cauliflower — it’s one of those vegetables that doesn’t get nearly enough credit. Too often it’s overlooked, but with a little Italian flair, it turns into something truly special. This **Cauliflower al Forno** is proof that simple ingredients can make magic. Roasted until golden, then baked in layers of rich marinara, creamy béchamel, and melted cheese, it’s cozy, comforting, and completely irresistible. Whether you serve it as a side or a vegetarian main, this dish will make anyone rethink how delicious cauliflower can be.

Things to know about this Italian Cauliflower al Forno

- **Make ahead:** You can roast the cauliflower and even assemble the dish a day in advance. Just cover and refrigerate, then bake when ready to serve.

- **Reheating:** Warm leftovers in the oven at 350°F until bubbly, or reheat individual portions in the air fryer for a crisp top.
- **Serving idea:** Pair it with a simple green salad, crusty bread, or even over a scoop of creamy polenta for a full meal.
- **Storage:** Keeps well up to 3 days in the fridge — the flavors get even better as they mingle.

Variations

- **Add Italian sausage:** Brown mild or spicy Italian sausage and scatter it over the roasted cauliflower before baking for extra heartiness.
- **Use other veggies:** Try mixing in roasted zucchini, bell peppers, or mushrooms for more texture and flavor.
- **Make it spicy:** Add a pinch of red pepper flakes to your Easy Marinara Sauce for a little kick.
- **Go cheesy:** Add a layer of ricotta or burrata before topping with mozzarella for an extra creamy version.
- **Lighter option:** Skip the béchamel and just use Easy Marinara Sauce — it's still delicious and a bit lighter.
- If you love this comforting Italian-style cauliflower bake, be sure to try my **Homemade Béchamel Sauce** and **Easy Marinara Sauce** — both add incredible depth and flavor to any baked pasta or veggie dish.
  Craving more cozy Italian comfort food? Check out my **Mushroom Sausage Sauce Polenta** or **Creamy**

Italian Sausage Risotto next!

Italian Cauliflower al Forno



Italian Cauliflower al Forno is a simple, comforting side dish featuring tender roasted cauliflower topped with garlic, Italian herbs, Parmesan cheese, and crispy seasoned breadcrumbs. Roasted until golden and caramelized, this classic Italian-inspired recipe transforms everyday cauliflower into a flavorful dish that's perfect for weeknight dinners, holiday meals, or served alongside your favorite Italian entrées.

- 1 medium cauliflower, cut into florets
- 2 Tbsp. olive oil
- Salt and pepper, to taste
- 1 Tsp. dried oregano
- 1 Tsp. dried thyme or rosemary (optional)
- 2 cups **Easy Marinara Sauce** – use your homemade or store-bought favorite
- 1 cup shredded mozzarella cheese
- ½ cup grated Parmesan cheese
- 1 cup **Homemade Béchamel Sauce**
- Fresh basil or parsley for garnish

Béchamel Sauce

- 2 Tbsp butter
- 2 Tbsp. all-purpose flour
- 1½ cups milk
- Pinch of nutmeg
- Salt and pepper, to taste

1. **Preheat the oven:**

   400°F (200°C).

2. **Roast the cauliflower:**

   Toss cauliflower florets with olive oil, salt, pepper, oregano, and thyme.

   Spread on a baking sheet and roast for 20 minutes until slightly golden.

3. **Make the béchamel sauce**

   In a small saucepan, melt butter over medium heat.

   Stir in flour and cook 1–2 minutes until lightly golden.

   Gradually whisk in milk, stirring constantly until thickened.

   Season with salt, pepper, and a pinch of nutmeg.

4. **Assemble the dish:**

   In a baking dish, spread a thin layer of tomato sauce.

   Arrange roasted cauliflower on top.

   Drizzle with béchamel sauce

   Pour remaining tomato sauce over the cauliflower.

   Sprinkle mozzarella and Parmesan evenly on top.

5. **Bake:**

   20–25 minutes until bubbly and golden on top.

6. **Garnish and serve:**

   Sprinkle with fresh basil or parsley before serving.

Side Dish
Italian, Italian cauliflower al forno

Italian Sausage and Potatoes (Stovetop Pan Recipe)

Italian Sausage and Potatoes (Stovetop Pan Recipe)

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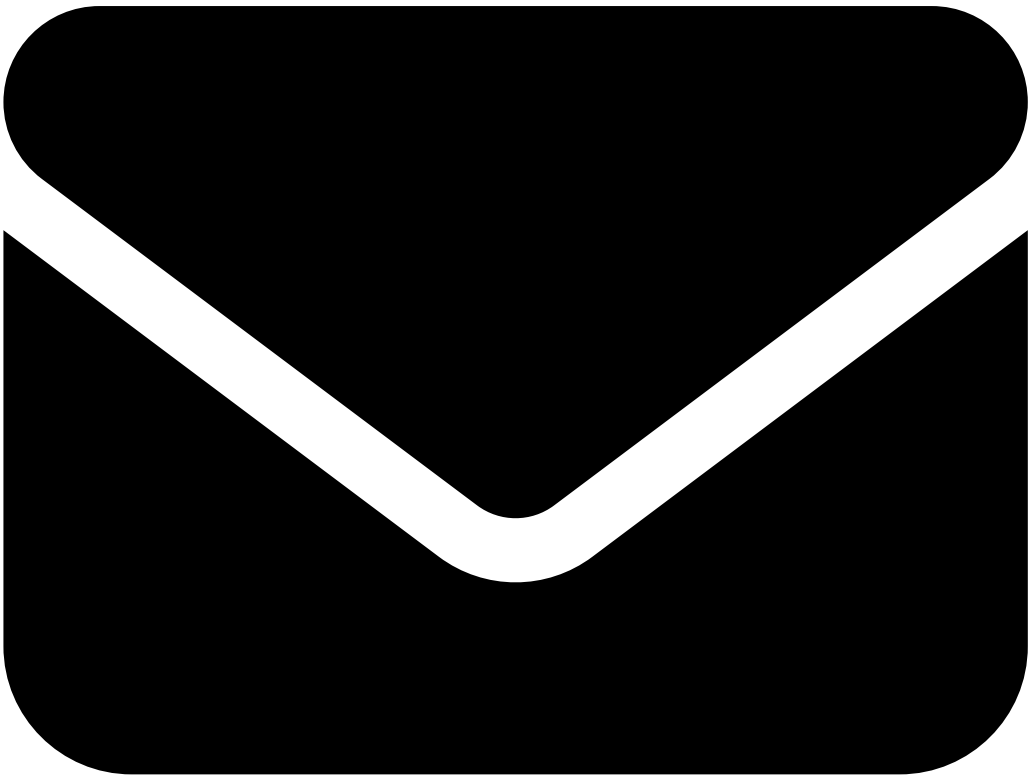




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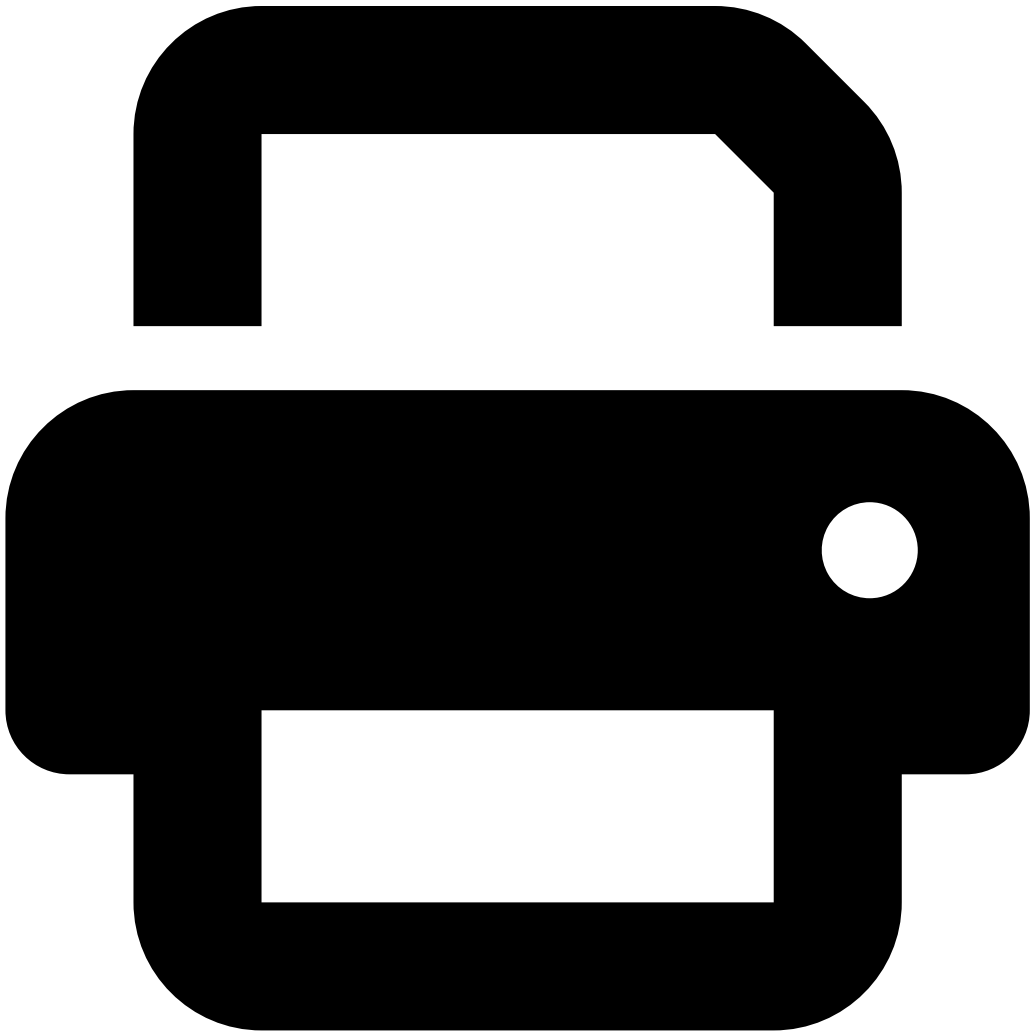

This Italian Sausage and Potatoes stovetop recipe is the kind of hearty, rustic meal that never goes out of style. Juicy sausage links, tender golden potatoes, sweet peppers, and onions all cook together in one pan, creating incredible flavor with minimal effort. It’s perfect for busy weeknights when you crave something comforting, homey, and truly satisfying.

Things to know about this Italian Sausage and Potatoes (Stovetop Pan Recipe)

- **Quality matters:** Use good-quality Italian sausage — sweet, mild, or hot. The sausage you choose sets the tone for the whole dish. If you can find butcher-fresh or locally made sausage, even better.

- **Don’t rush the browning:** Let the sausage get a deep golden crust before removing it from the pan. Those browned bits (fond) are what give the peppers and potatoes their rich, savory flavor once deglazed.
- **Deglaze smart:** A splash of **white wine** adds a subtle acidity that brightens everything up, while **chicken broth** keeps it mild and comforting. Either works beautifully.
- **Make it spicy:** Add more crushed red pepper flakes or use **hot Italian sausage** for an extra kick.
- **Add a tomato twist:** Stir in a few spoonful’s of **crushed tomatoes or tomato paste** when you deglaze for a more saucy, southern Italian-style version.
- **Try different potatoes:** Yukon golds stay creamy inside and crisp outside, while red potatoes hold their shape nicely. Even small baby potatoes (halved) work great.
- **Vegetable boost:** Toss in zucchini slices, cherry tomatoes, or baby spinach at the end for a colorful, veggie-packed twist.
- **Meal prep tip:** This dish reheats beautifully — store leftovers in an airtight container and rewarm them in a skillet for that freshly cooked flavor.

Craving More Rustic Italian Comfort?

If you loved this **Italian Sausage and Potatoes (Stovetop Pan Recipe)**, try a few more of my classic Italian comfort dishes:

- Italian Sausage and Mushroom Risotto — creamy, cozy, and full of flavor.
- Roasted butternut squash soup — a seasonal one-pot favorite.

- creamy Italian pan chicken and potatoes – Easy, quick and delicious
- Creamy Sausage Tortellini Soup – rich, comforting, and perfect for colder days.

Don’t forget to **leave a comment** below if you make this recipe – I’d love to hear how it turned out in your kitchen!

Italian Sausage and Potatoes (Stovetop Pan Recipe)



Italian Sausage and Potatoes is a hearty one-pan meal that's full of rustic Italian flavor. Savory Italian sausage is browned to perfection, then simmered with tender potatoes, onions, garlic, and herbs until everything is beautifully caramelized and infused with flavor. Made entirely on the stovetop, this easy family dinner is perfect for busy weeknights and comes together in one skillet with minimal cleanup.

- 4 links Italian sausage (sweet, mild, or hot)
- 4 – 5 medium potatoes (Yukon gold or russet), cut into circles
- 2 bell peppers (red, yellow, or green), cut into dice
- 1 large onion, sliced

- 2 cloves garlic, minced
- 4 Tbsp. olive oil, divided
- 1 Tsp. dried oregano
- 1 Tsp. crushed red pepper flakes (optional)
- Salt and black pepper, to taste
- Fresh chopped Italian parsley, (for garnish)

1. **Brown the sausage:**

   Heat 2 tablespoons of olive oil in a large deep skillet over medium heat. Add the sausage links and cook until browned on all sides and mostly cooked through, about 8–10 minutes. Remove from the pan and set aside to cool slightly.

2. **Slice the sausage:**

   Once cool enough to handle, slice the sausage into 1-inch pieces and set aside.

3. **Cook the vegetables:**

   In the same pan (don’t wipe it out – those brown bits add flavor!), add the remaining 2 tablespoons of olive oil. Add the onions, bell peppers, and potatoes. Season with salt and pepper, and cook over medium heat until the potatoes start to soften and everything begins to caramelize, about 10–12 minutes. Add the garlic and cook for another 30 seconds.

4. **Deglaze the pan:**

   Pour in the chicken broth or white wine, scraping up any browned bits from the bottom. Let it simmer for 1–2 minutes.

5. **Combine everything:**

   Return the sliced sausage to the skillet. Sprinkle in

the oregano, basil, and crushed red pepper flakes. Stir well to combine, cover partially, and cook for another 5-5 minutes, until the potatoes are tender, the sausage is fully cooked and everything is infused with flavor.

6. **Finish and serve:**

   Taste and adjust seasoning with more salt and pepper if needed. Garnish with fresh Italian chopped parsley and serve hot. ENJOY!!!

Italian Roasted Delicata Squash for Salads

Italian Roasted Delicata Squash for Salads

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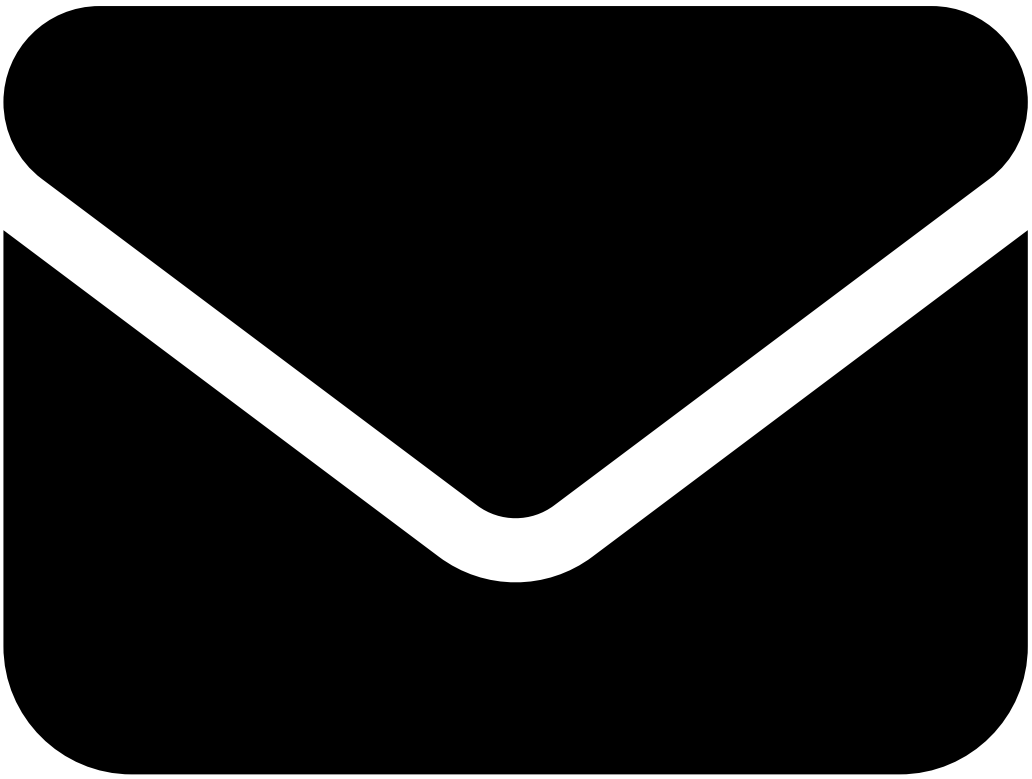




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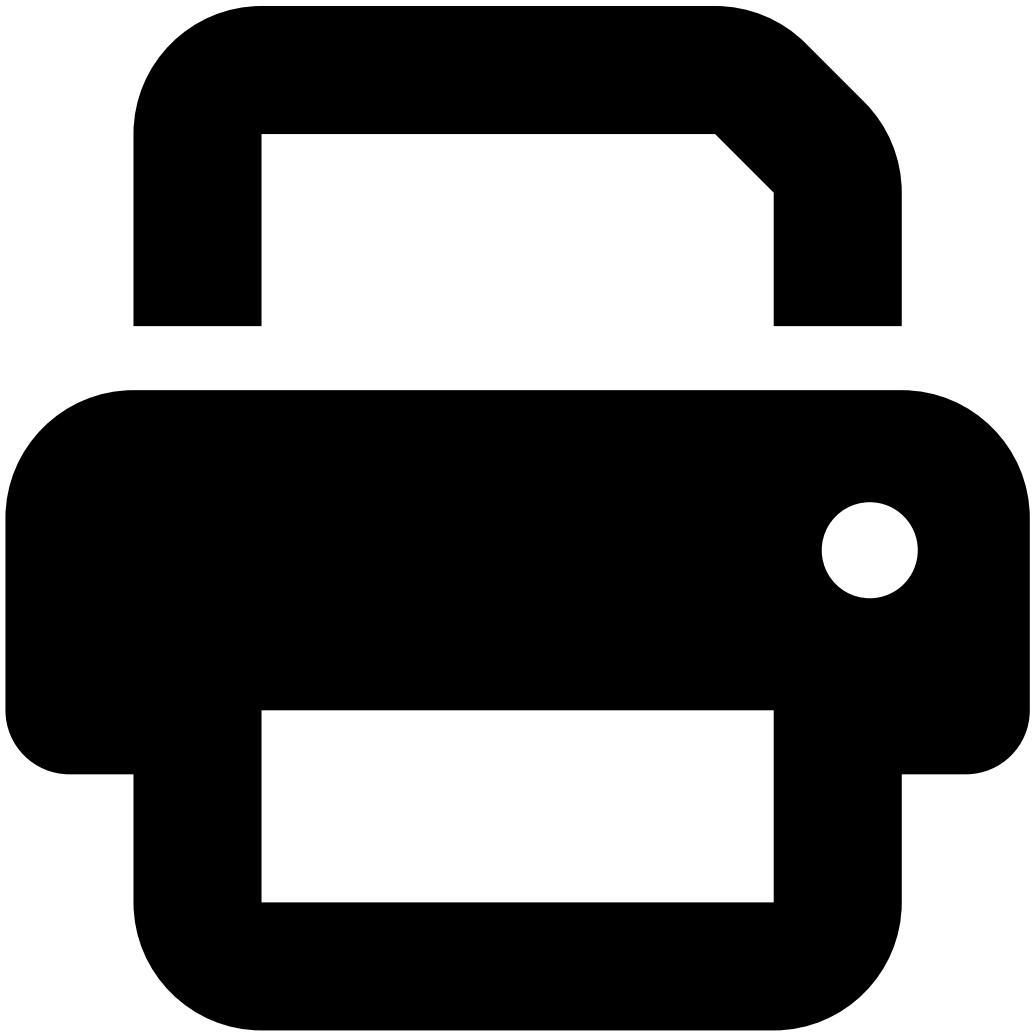

Fall flavors don’t get much better than this: golden roasted delicata squash paired with peppery arugula, crunchy pumpkin seeds, and nutty shaved Parmesan. Tossed in a creamy Sicilian-inspired dressing, this salad is simple, rustic, and full of cozy Italian charm. Best of all? You don’t need to peel the squash — the tender skin adds color, texture, and flavor that makes every bite irresistible. Whether you’re serving it as a side or a light meal, it’s the perfect way to celebrate seasonal produce with a touch of Italian flair.

Things to know about this Italian Roasted Delicata Squash for Salads

- **No Peeling Needed:** The skin of delicata squash is thin and tender when roasted, so it’s completely edible and adds lovely texture.
- **Roasting Brings Out Natural Sweetness:** Roasting

caramelizes the edges of the squash, enhancing its nutty, sweet flavor – perfect for balancing the peppery arugula and savory Parmesan.

- **Flexible Salad Base:** This roasted squash works beautifully in salads, grain bowls, or even as a side dish for Italian mains like chicken or sausage.
- **Pumpkin Seeds Add Crunch:** Toasted pumpkin seeds (pepitas) provide a satisfying crunch and a subtle nutty flavor that complements the roasted squash.
- **Creamy Sicilian Dressing:** The dressing is tangy, garlicky, and creamy – it ties the salad together while keeping it light and fresh.
- **Make Ahead:** You can roast the squash a day ahead – just toss it with the dressing right before serving so the arugula stays crisp.
- **Seasonal & Healthy:** This salad is packed with seasonal fall flavors, making it a nutritious, colorful, and Italian-inspired dish for any table.
- Try this roasted delicata squash salad today and bring a touch of Italian autumn to your table! For more cozy Italian-inspired fall recipes, check out my Roasted Butternut Squash lasagna or creamy roasted butternut squash soup.

Italian Roasted Delicata Squash Salad with Creamy Sicilian Dressing



Roasting the Delicata Squash:

- 1 delicata squash, scrubbed and sliced into ½-inch half-moons (skin on)
- 2 tablespoons extra virgin olive oil
- ½ teaspoon sea salt
- ¼ teaspoon freshly ground black pepper
- ¼ teaspoon garlic powder (optional)
- 1 teaspoon fresh thyme or sage, chopped (optional)

Salad Ingredients:

- 4 cups arugula
- 2 tablespoons toasted pumpkin seeds (pepitas)
- ¼ cup shaved Parmesan

Creamy Sicilian Dressing Ingredients:

- 3 tablespoons mayonnaise or Greek yogurt
- 1 cup extra virgin olive oil
- ⅓ cup red wine vinegar
- ¼ cup lemon juice
- 1 garlic clove, minced
- 2 teaspoon oregano
- Salt and pepper to taste

1. **Preheat the Oven:**

   Preheat your oven to 425°F (220°C). Line a baking sheet with parchment paper.

2. **Roast the Squash:**

   Toss the sliced delicata squash with olive oil, salt, pepper, garlic powder, and herbs. Spread in a single layer on the baking sheet. Roast for 20–25 minutes, flipping halfway through, until tender and golden at the edges.

3. **Make the Dressing:**

   In a small bowl, whisk together mayonnaise (or Greek yogurt), olive oil, red wine vinegar, lemon juice, minced garlic, oregano, salt, and pepper until smooth and creamy.

4. **Assemble the Salad:**

   In a large bowl, place the arugula and roasted delicata squash. Drizzle with the creamy Sicilian dressing and toss gently. Sprinkle with toasted pumpkin seeds and shaved Parmesan.

5. **Serve:**

   Serve immediately as a warm salad or let the squash cool slightly for a room-temperature version. Perfect as a side dish or a light Italian-inspired meal.

Roasted Butternut Squash Soup

Roasted Butternut Squash Soup

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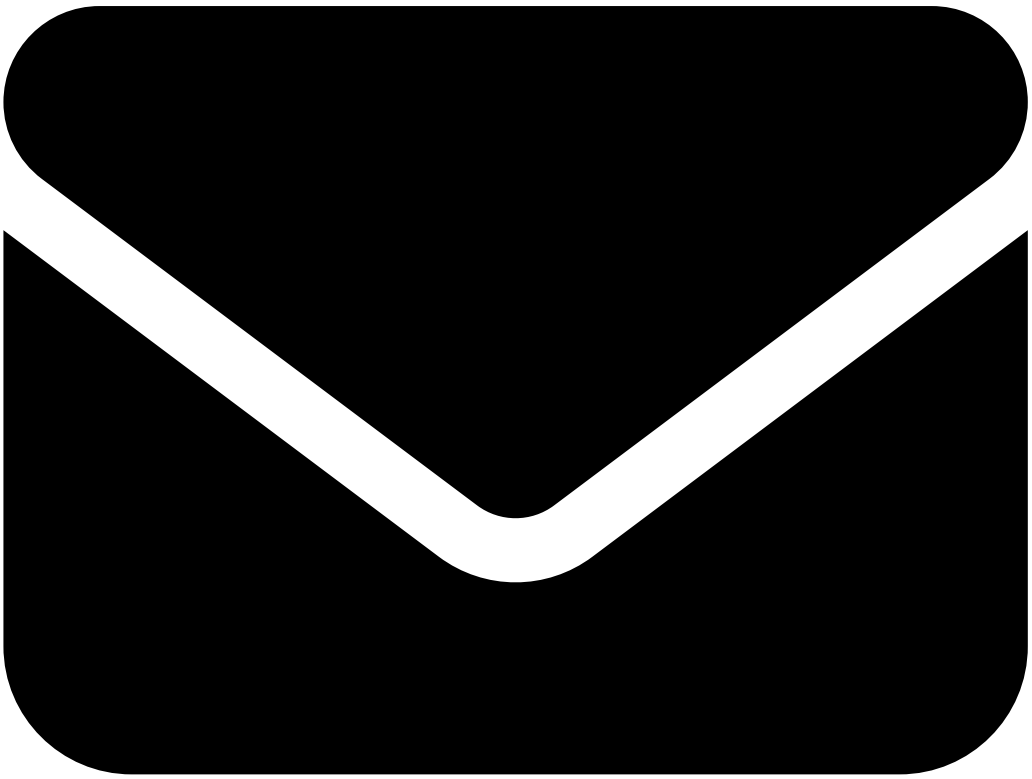




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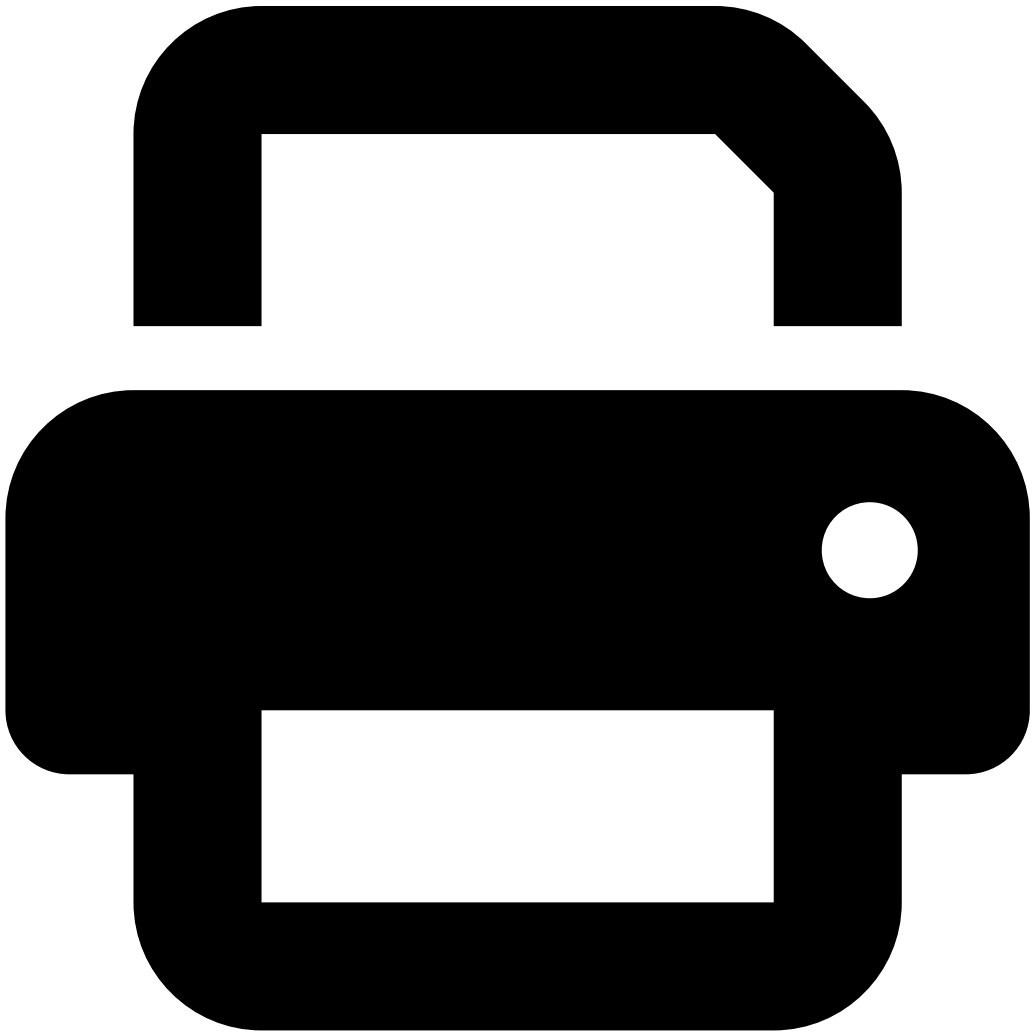

There’s nothing quite like a warm bowl of roasted butternut squash soup on a chilly day. This version roasts everything together — butternut squash, onions, garlic, sweet peppers, and carrots — for deep, caramelized flavor. Once roasted, everything is blended into a silky, naturally creamy soup that’s comforting, wholesome, and full of fall goodness. It’s a simple, rustic dish that tastes like something you’d get at a cozy café, yet it’s easy to make right at home.

Things to know about this Roasted Butternut Squash Soup

- **Roasting Builds Flavor:** Roasting the squash, onion, garlic, peppers, and carrots together gives this soup a naturally sweet, caramelized depth you can’t get from boiling.
- **Easy to Blend:** Once roasted, everything purees

beautifully for a smooth, creamy texture – no need for added cream unless you want extra richness.

- **Customizable Broth:** Use vegetable broth for a vegetarian version or chicken broth for a heartier flavor.
- **Freezer-Friendly:** This soup freezes well for up to 3 months. Reheat gently on the stove and refresh with a splash of broth.
- **Perfect Make-Ahead Meal:** Roast the vegetables a day in advance, then blend and warm when ready to serve for a quick, cozy meal.
    - **Italian Flavor Twist:** Add a drizzle of olive oil infused with rosemary, a sprinkle of Parmesan cheese, or a touch of crushed red pepper for that warm Italian flair.

If you love this cozy soup, you might also enjoy:

- Italian wedding soup
- Italian Escarole and Beans with Sausage
- Zuppa Toscana with Italian Sausage
- Vegetarian Mushroom Soup with an Italian Twist

Roasted Butternut Squash Soup



This **Roasted Butternut Squash Soup** is a cozy, comforting recipe that highlights the natural sweetness of roasted squash. Roasting the butternut squash brings out a deep, caramelized flavor that pairs beautifully with onions, garlic, herbs, and warm spices. Blended until silky smooth and finished with a touch of cream, this soup is perfect for chilly fall days, holiday dinners, or an easy elegant first course.

- 1 large butternut squash, halved and seeds removed
- 1 medium onion, roughly chopped
- 4 cloves garlic, unpeeled
- 1-2 medium sweet peppers (or bell pepper), chopped
- 2 medium carrots, peeled and chopped
- 2-3 Tbsp. olive oil
- Salt and black pepper, to taste
- 4 cups vegetable or chicken broth (as preferred)
- 1 Tsp. smoked paprika or pinch of chili flakes for depth ((optional))
- a drizzle of cream, toasted pumpkin seeds, or crispy sage ((optional toppings))

1. **Preheat oven.**

   To 400°F (200°C).

2. **Prepare vegetables.**

   Place the cleaned, halved butternut squash on a baking sheet, cut side up. Fill each cavity with chopped onion,

garlic cloves (still in skin), and peppers. Scatter the carrots around the pan.

3. **Season and roast.**

   Drizzle everything with olive oil and season with salt and pepper. Roast for about 45–50 minutes, or until the squash is tender and caramelized.

4. **Scoop and blend.**

   Once cooled slightly, scoop the flesh from the squash and squeeze out the roasted garlic. Add all roasted vegetables to a blender with 3 cups of broth. Blend until smooth, adding more broth to reach your desired consistency.

5. **Simmer.**

   Pour the soup into a pot and warm over medium heat for 5–10 minutes. Adjust seasoning as needed.

6. **Serve.**

   Ladle into bowls and top with a drizzle of cream or olive oil and your favorite garnishes.

Soup
Mediterranean
roasted butternut squash soup

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5 Cozy Italian-Inspired Fall

Soups

5 Cozy Italian-Inspired Fall Soups

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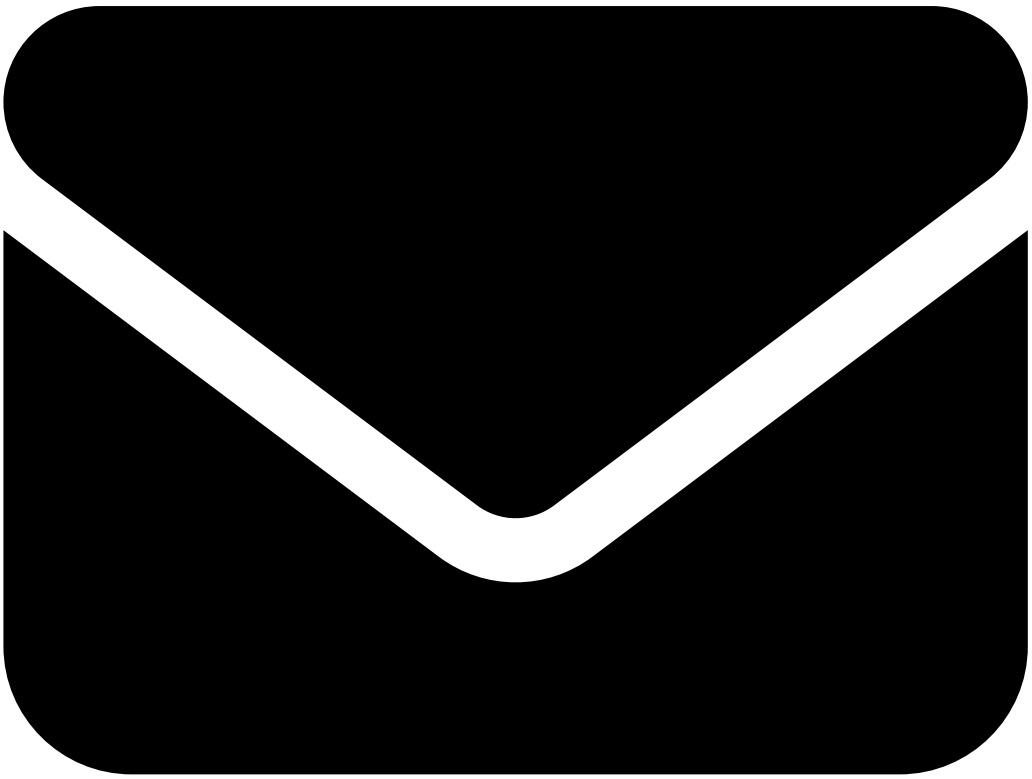




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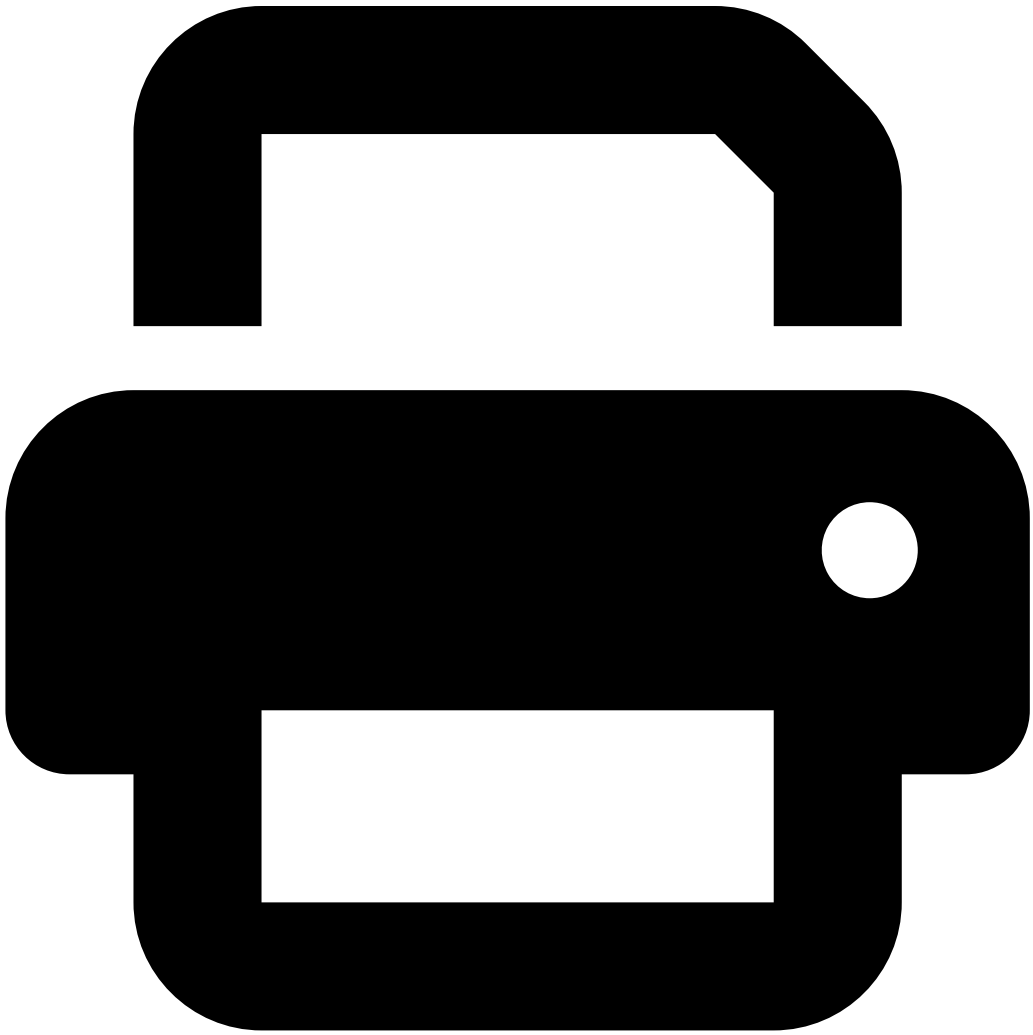

When the air turns crisp and the leaves start to fall, nothing warms the soul like a steaming bowl of soup. Over my years in Italian kitchens and running my restaurants, I've crafted many comforting soups that bring warmth and flavor to chilly days. These five cozy Italian-inspired fall soups are my absolute favorites – perfect for family dinners, casual weeknights, or when you just need a little comfort in a bowl.

Each one is packed with flavor and nostalgia, and I've linked each recipe so you can make them right at home. Plus, these soups aren't just for fall – they'll keep you cozy all through the cold weather season!

Classic Italian Wedding Soup

Comforting, hearty, and filled with mini meatballs, greens, and pasta. Italian Wedding Soup Perfect for chilly nights, this traditional Italian favorite brings nostalgia and warmth

in every spoonful.GO TO RECIPE

Creamy Italian Sausage Zuppa Toscana

Creamy and savory with sausage and greens — tastes like fall in a bowl. Zuppa Toscana with Italian Sausage This restaurant-style soup is rich, comforting, and made easily at home.GO TO RECIPE

Potato Leek Soup with Pancetta

A restaurant classic — simple, silky, and full of flavor. Potato Leek Soup with Pancetta One of the most popular soups from my restaurant days, it’s rustic yet elegant, and perfect for cozying up on a fall evening.GO TO RECIPE

Split Pea Soup with Ham

A hearty and rustic soup that feels like home cooking at its best. Split Pea Soup with Ham A longtime favorite from my restaurant menu, this one delivers rich, smoky comfort with every bite.GO TO RECIPE

Escarole and Bean Soup with Italian Sausage

A true Italian classic that’s nourishing and full of flavor. Escarole and Beans with Italian Sausage Simple, healthy, and satisfying — this soup has all the soul of Italian home cooking.GO TO RECIPE

Things to know about these 5 Italian inspired Fall soups

- **Use quality ingredients.** A great soup starts with a good base – use a rich homemade or low-sodium broth, fresh herbs, and real Parmigiano-Reggiano for authentic Italian flavor.
- **Layer your flavors.** Sautéing onions, garlic, and vegetables first helps develop deep, rich flavor before adding liquids.
- **Don’t rush the simmer.** Many soups taste even better the next day as the flavors meld – perfect for meal prepping or easy leftovers.
- **Add pasta last.** For soups like Italian Wedding or Zuppa Toscana, cook the pasta separately or just until al dente in the soup to avoid overcooking.
- **Freeze-friendly favorites.** Split Pea Soup, Escarole and Bean, and even the Italian Wedding Soup freeze beautifully – perfect for cozy nights when you don’t feel like cooking.
- **Garnish matters.** A drizzle of good olive oil, fresh herbs, or a sprinkle of cheese can turn a simple bowl into something restaurant-worthy.
- **Pair with crusty bread.** No Italian soup night is complete without a loaf of warm, crusty bread or homemade baguette for dipping.

Try one and tag me on Instagram @Lorianasheacooks – I love seeing your cozy soup

Squash Varieties + Easy Cooking Ideas

Squash Varieties + Easy Cooking Ideas

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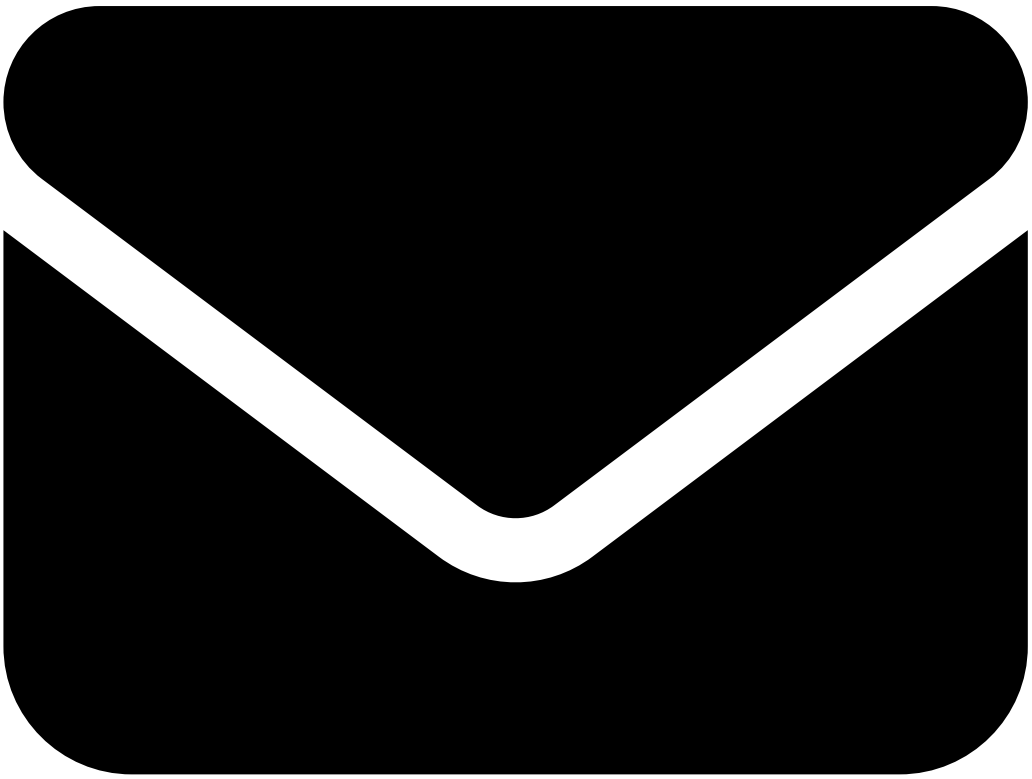




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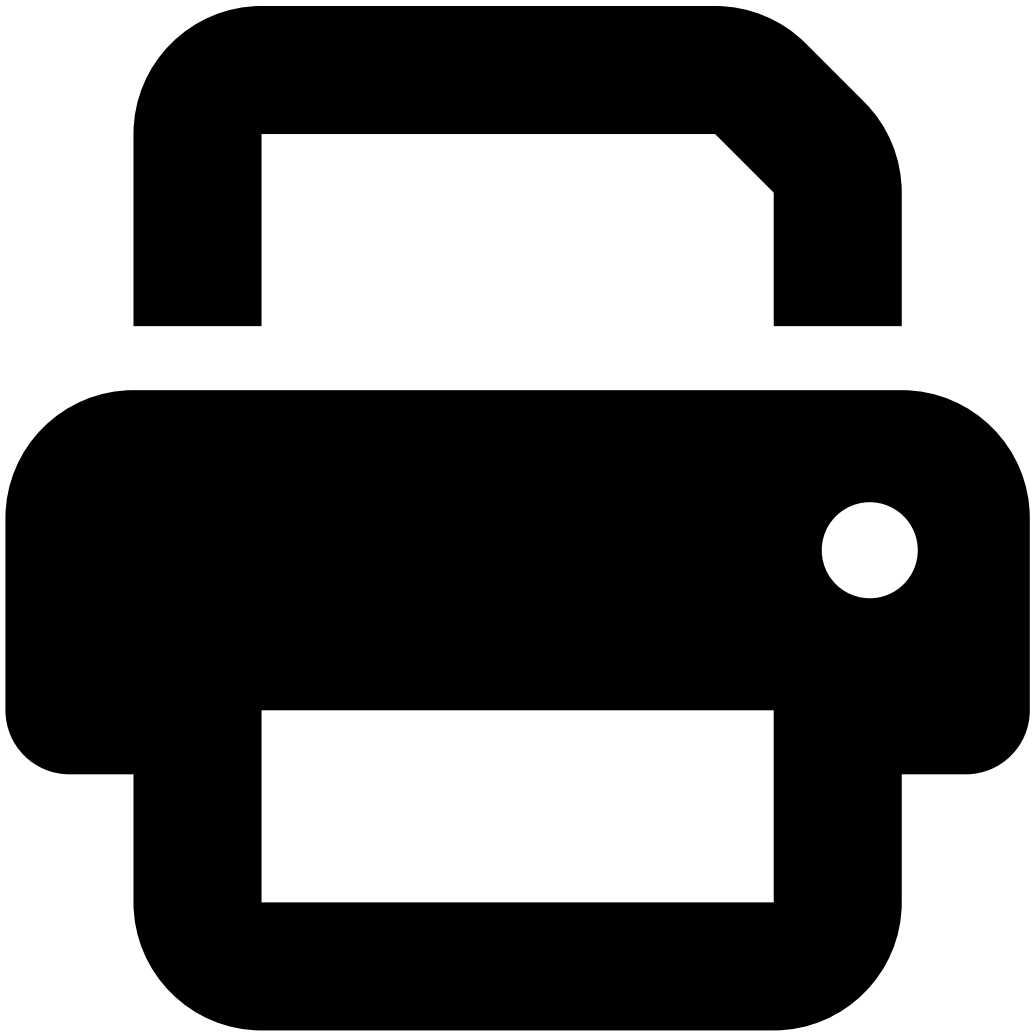

Every fall, I look forward to squash season. Growing up, it was a staple at the market, and even now I can’t resist filling my basket with all the different shapes and colors. Each variety has its own personality—some sweet and creamy, others nutty and hearty—and they all find their way into comforting dishes in my kitchen. From soups and pastas to stuffed squash dinners, these vegetables bring warmth to the table.

Why Squash is So Special

Squash is more than just pretty on the counter—it’s wholesome, versatile, and naturally comforting. Packed with fiber, vitamins, and antioxidants, it’s a vegetable that feels indulgent while being nourishing. And I love how it works in both savory dishes (like roasted squash with herbs or creamy risottos) and sweet recipes (cakes, muffins, even cookies).

Things to know about Squash Varieties + Easy Cooking Ideas

Common Types of Squash

- **Butternut Squash**
  Sweet, creamy, and one of the most popular varieties. Perfect for soups, roasting, or blending into a pasta sauce.

- **Acorn Squash**
  Mild and nutty with a tender texture. Its natural “bowl” shape makes it perfect for stuffing with sausage, rice, or grains.

- **Delicata Squash**
  Quick-cooking with edible skin, slightly sweet flavor, and beautiful striped skin. Great roasted in slices or tossed into salads.

- **Spaghetti Squash**
  Once baked, its flesh turns into golden strands that mimic pasta. A fun and lighter way to serve saucy dishes.

Easy Ways to Cook Squash

- Roast with olive oil, garlic, and fresh herbs.
- Stuff with sausage, rice, or seasonal vegetables.
- Puree into soups, sauces, or risottos.
- Toss into pasta or gnocchi.
- Bake into breads, muffins, or cakes.

How to pick: Look for squash that feels heavy for its size, with firm skin and no soft spots.

Storage: Whole squash keeps well on the counter for 1–2 months. Once cut, store in the fridge and use within a week. Cooked squash can be frozen for up to 3 months.

Peeling tip: Microwave a whole squash for 2–3 minutes before peeling—it softens the skin and makes it easier to handle.

A Cozy Recipe to Try: Creamy Butternut Squash Pasta with Italian Sausage

Now that we've explored the different types of squash and how versatile they can be, I wanted to share one of my favorite ways to enjoy butternut squash in the fall. It turns into the creamiest pasta sauce, and when paired with Italian sausage, it becomes the kind of hearty, comforting meal everyone loves.

If you're ready to start cooking with squash, I've got a few more cozy recipes to get you inspired. My Italian sausage & spinach butternut squash stuffed Roasted Butternut Squash Gnocch

Creamy Butternut Squash Pasta with Italian sausage



- 1 medium butternut squash (about 2 ½–3 lbs), peeled,

seeded, and cubed
- 3 tbsp olive oil, divided
- Salt and black pepper, to taste
- ½ tsp crushed red pepper flakes (optional)
- 1 lb Italian sausage (mild or spicy), casings removed
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- ½ cup chicken broth (or vegetable broth)
- ½ cup heavy cream
- ½ cup grated Parmesan cheese
- 12 oz short pasta (rigatoni, penne, or orecchiette work well)
- Fresh sage or parsley, for garnish

1. **Roast the Squash.**

   Preheat oven to 400°F (200°C). Toss cubed butternut squash with 2 tbsp olive oil, salt, pepper, and crushed red pepper flakes. Spread on a baking sheet and roast for 25–30 minutes, until tender and caramelized.

2. **Cook the Pasta.**

   While the squash roasts, bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Reserve 1 cup pasta water, then drain.

3. **Cook the Sausage.**

   In a large skillet, heat 1 tbsp olive oil over medium heat. Add Italian sausage, breaking it apart with a spoon, and cook until browned and cooked through. Remove sausage from the pan and set aside.

4. **Make the Sauce.**

   In the same skillet, add onion and sauté until softened, about 5 minutes. Stir in garlic and cook 1 minute more.

Add roasted squash and broth. Simmer for 3–4 minutes, then blend (with an immersion blender or carefully in a regular blender) until smooth and creamy. Stir in the heavy cream and Parmesan.

5. **Combine Everything.**

   Return the sausage to the skillet. Add cooked pasta and toss, adding reserved pasta water as needed for a silky sauce.

6. **Serve.**

   Garnish with fresh sage or parsley, extra Parmesan, and a drizzle of good olive oil. Serve warm.

7. **Storage**

   Leftovers keep well in the fridge for 3 days. Reheat gently with a splash of broth or cream to loosen the sauce.

Creamy Mushroom and Italian Sausage Risotto

Creamy Mushroom and Italian Sausage Risotto

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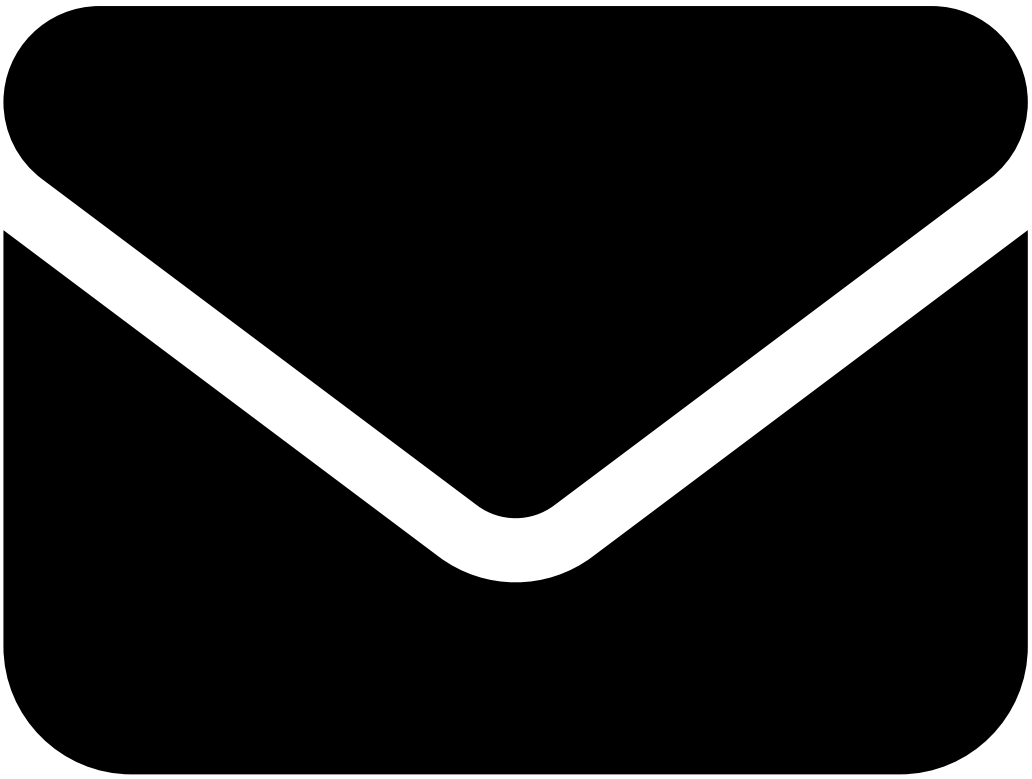




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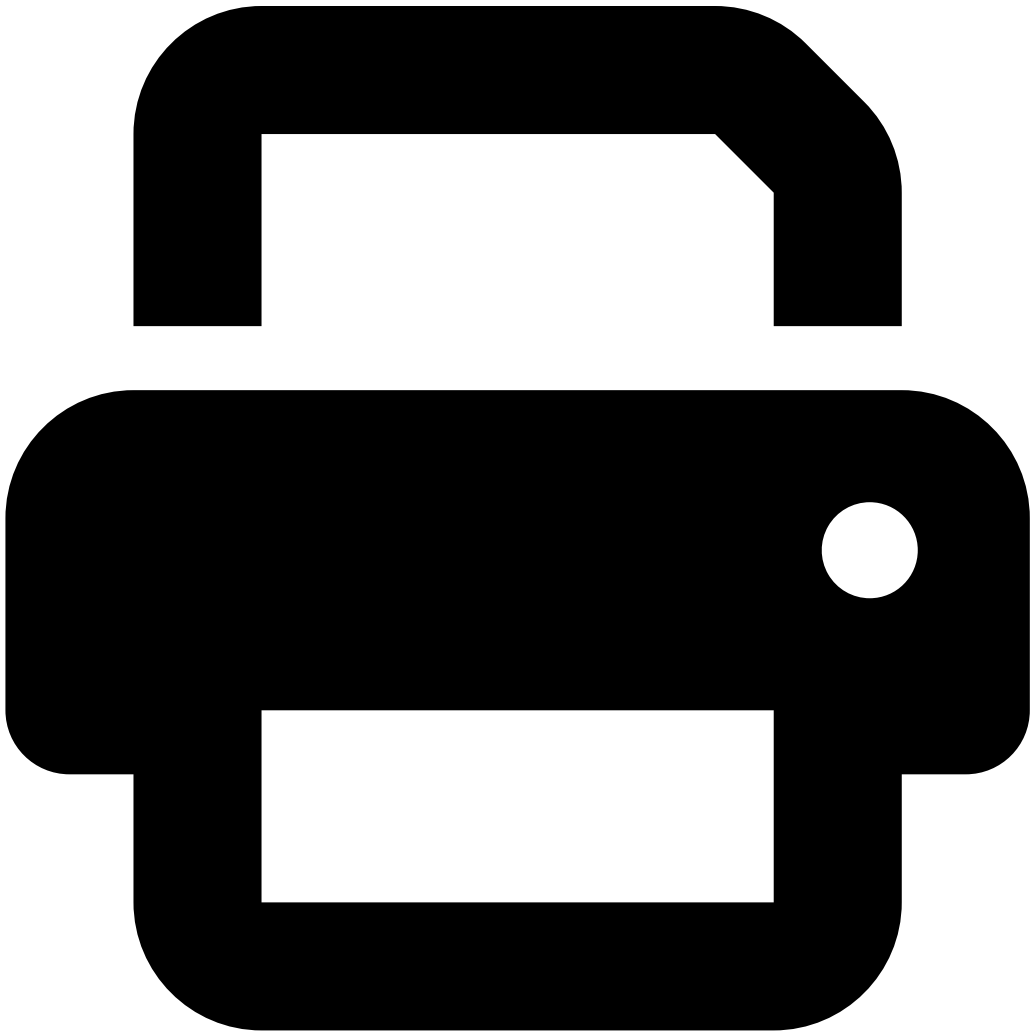

It’s no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.
Well I am here to tell you this Homemade Restaurant creamy Mushroom and Italian sausage risotto isn’t complicated at all.

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 prefect for Holiday dinner with friends, to show off what a great home chef you are.

Things to know about this Creamy Mushroom and Italian Sausage Risotto

- **Rice Matters:** Arborio rice is best for risotto because it releases starch as it cooks, giving you that creamy texture. Don’t substitute with regular long-grain rice.
- **Broth Temperature:** Keep your chicken broth warm. Adding cold broth slows down the cooking and can make the risotto less creamy.
- **Stir Often:** Risotto needs attention! Stirring helps release the starch from the rice and prevents sticking.
- **Sausage Options:** You can use sweet or spicy Italian sausage depending on your taste. Either works beautifully with the mushrooms.
- **Finishing Touch:** Stir in butter and Parmesan off the heat for an extra creamy, rich finish. A sprinkle of fresh parsley brightens the dish just before serving.
- **Make-Ahead Tip:** Risotto is best served immediately, but if you need to make it ahead, undercook it slightly, then reheat with a splash of broth to bring it back to creamy perfection.
- Craving more comforting Italian dishes? Check out my **Classic Chicken Parmesan**, **Creamy Italian Sausage mushroom Pasta**, or **Zuppa Toscana Soup** for more hearty, restaurant-style recipes you can make at home. Don’t forget to **save this risotto recipe** so you can enjoy it any night of the week!

Creamy Mushroom and Italian Sausage Risotto



This Creamy Mushroom and Italian Sausage Risotto is rich, creamy, and full of authentic Italian flavor. Made with Arborio rice, savory Italian sausage, earthy mushrooms, Parmesan cheese, and a splash of white wine, this comforting dish is perfect for a cozy weeknight dinner or a special occasion.

- 2 links Italian sausage, casings removed
- 2 cups Arborio rice
- 8 oz, mushrooms, sliced (cremini, button, or mixed)
- 2 Tbsp. shallot, finely chopped
- 1 clove garlic, minced
- 4 cups chicken broth, kept warm
- 1/2 cup dry white wine
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 Tbsp. butter
- 1 Tbsp. olive oil
- 2 Tbsp fresh Italian parsley, chopped
- Salt and black pepper, to taste

1. Heat 1 tablespoon olive oil in a large skillet or saucepan. Add the sausage, breaking it up as it cooks, until browned.
2. In the same pan, add the remaining olive oil and 1

tablespoon butter. Sauté the onion until soft, then add garlic and mushrooms. Cook until mushrooms are golden.

3. Stir in the Arborio rice and toast for 1–2 minutes until edges are translucent.
4. Pour in the wine, stirring until it is absorbed.
5. Begin adding warm chicken broth one ladleful at a time, stirring often. Allow each addition to be absorbed before adding more. Continue until the rice is creamy and tender, about 18–20 minutes.
6. Add the cream and simmer 5 minutes longer.
7. Season with salt and pepper to taste. Serve immediately while creamy.

Main Course, Side Dish
Italian

Italian Sausage Stuffed Portobello Mushrooms

Italian Sausage Stuffed Portobello Mushrooms

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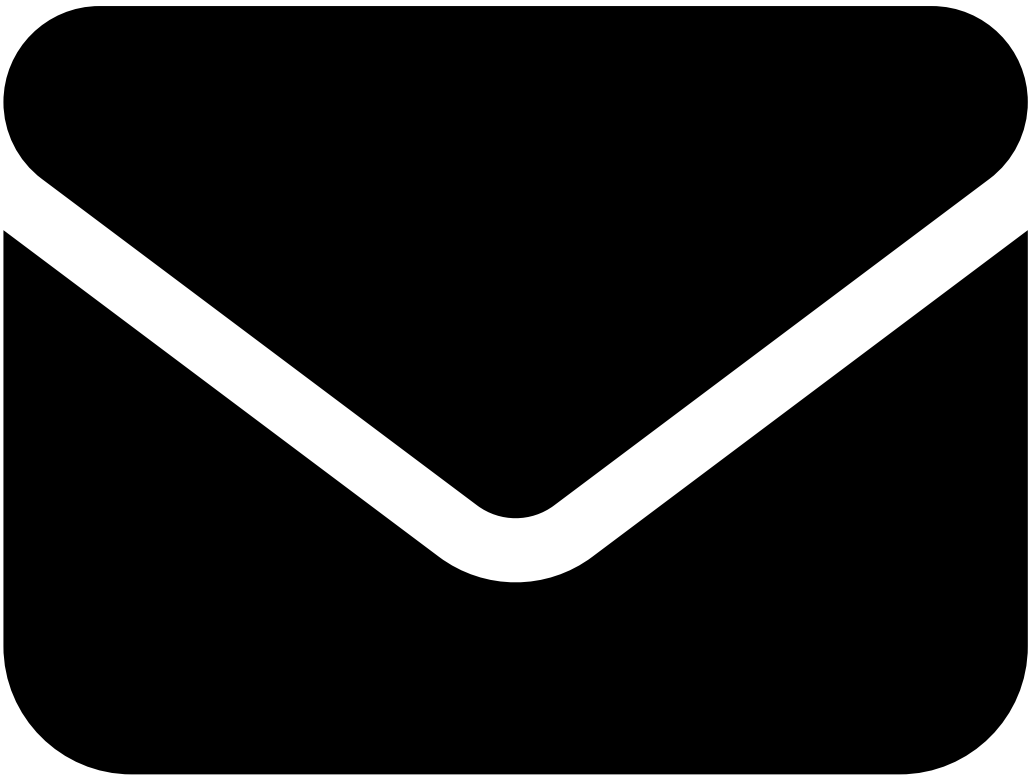




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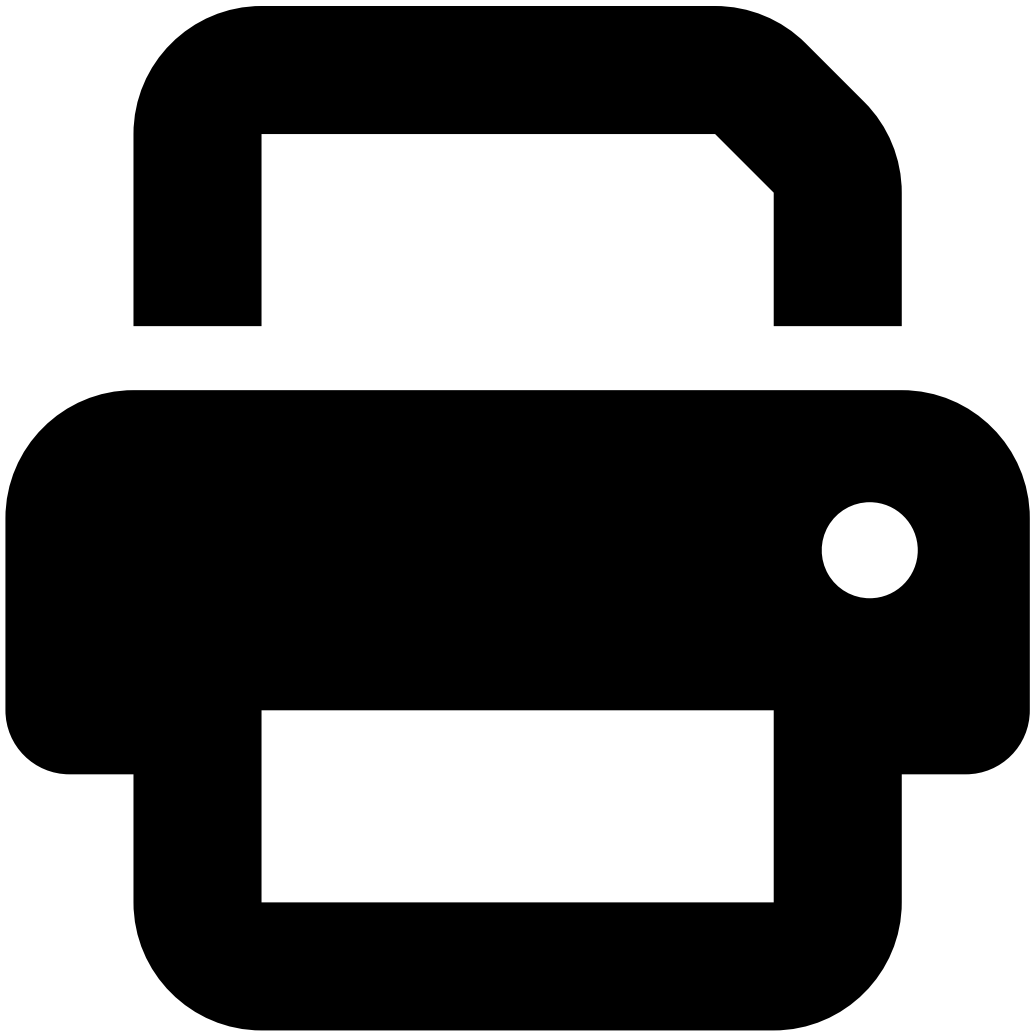

When it comes to cozy Italian cooking, stuffed vegetables are always a favorite – from peppers to zucchini to eggplant. These Italian Stuffed Portobello Mushrooms bring that same rustic charm to the table, with hearty mushroom caps overflowing with savory sausage, herbs, spinach, and gooey melted cheese. They're comforting yet elegant, perfect as an appetizer for entertaining or a light main dish with a simple salad on the side. What I love most is how the mushrooms act like little "bowls," soaking up all the garlic, olive oil, and cheesy goodness. This same filling works wonderfully for stuffing smaller white or cremini mushrooms.

Things to know about these Italian sausage Stuffed Portobello Mushrooms

- **Picking the right mushrooms:** Choose large, firm

portobello caps with deep gills. They'll hold up better when stuffed and baked.

- **Drain excess moisture:** Mushrooms release water as they cook. To avoid sogginess, brush them with olive oil and pre-bake for 5–7 minutes before adding the filling if you like them firmer.
- **Cheese options:** Mozzarella gives you that melty stretch, but you can also use provolone for a sharper bite or fontina for a creamier texture.
- **Breadcrumbs matter:** Italian-style breadcrumbs add great flavor, but panko makes the topping extra crispy.
- **Make it vegetarian:** Skip the sausage and add extra spinach, sun-dried tomatoes, and ricotta or cannellini beans for a protein boost.
- **Meal ideas:** Serve two stuffed portobellos per person with a side of roasted potatoes or a crisp Italian salad for a full dinner. They also work beautifully as a starter for a fall dinner party.
- **Mini version:** This same filling works wonderfully for stuffing smaller white or cremini mushrooms. Perfect for party appetizers or holiday platters. Follow the same instructions, and lower the cooking time by 5 -7 minutes.
- If you enjoyed these **Italian Stuffed Portobello Mushrooms**, be sure to try some of my other cozy Italian favorites:
    - **Classic Orecchiette with Italian Sausage and Broccoli Rabe**
    - **Creamy Sausage Tortellini Soup**
    - **Italian Green Beans and Potato Salad**

They’re all simple, full of flavor, and perfect for weeknight dinners or entertaining.

Italian sausage Stuffed Portobello Mushrooms



These Italian Sausage Stuffed Portobello Mushrooms are hearty, cheesy, and packed with savory Italian flavors. Large Portobello mushroom caps are filled with Italian sausage, garlic, herbs, and melted cheese, then baked until tender and golden for an easy low-carb dinner or satisfying appetizer.

- 4 Large portobello mushrooms, stems and gills removed
- 2 Tbsp. olive oil
- 1 clove garlic, minced
- 1 cup Italian breadcrumbs
- 1/2 cup grated parmesan cheese
- 1 cup finely chopped fresh spinach
- 2 Tbsp. fresh Italian parsley, chopped
- 2 tsp. Italian herbs
- 1 cup shredded mozzarella
- Salt and black pepper, to taste
- My easy marinara sauce for serving

1. **Prep the mushrooms**

Preheat oven to 375°F (190°C). Clean the portobellos by gently wiping them with a damp cloth. Remove stems and scrape out the gills with a spoon. Brush both sides with olive oil and place on a parchment-lined baking sheet or oven proof casserole dish.

2. **Make the filling**

   In a bowl, combine breadcrumbs, parmesan, garlic, parsley, thyme, salt, and pepper. Drizzle in 1 tbsp olive oil and mix until crumbly.

3. **Stuff the mushrooms**

   Divide filling evenly among the mushrooms, pressing lightly to pack. Top with shredded mozzarella or provolone if using.

4. **Bake**

   Bake for 20–25 minutes, until the mushrooms are tender and the tops are golden brown.

5. Serve with my easy marinara sauce

Main Course, Side Dish
Italian
Italian sausage stuffed Portobello mushrooms,

Italian Green Beans and Potato Salad

Italian Green Beans and Potato Salad

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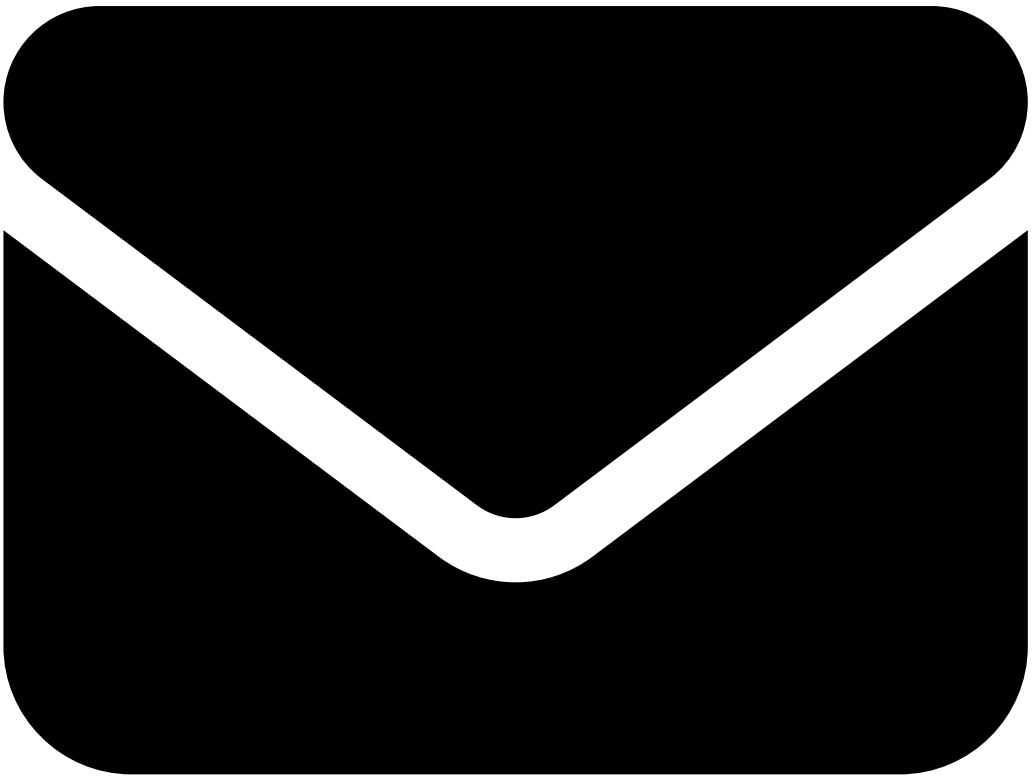




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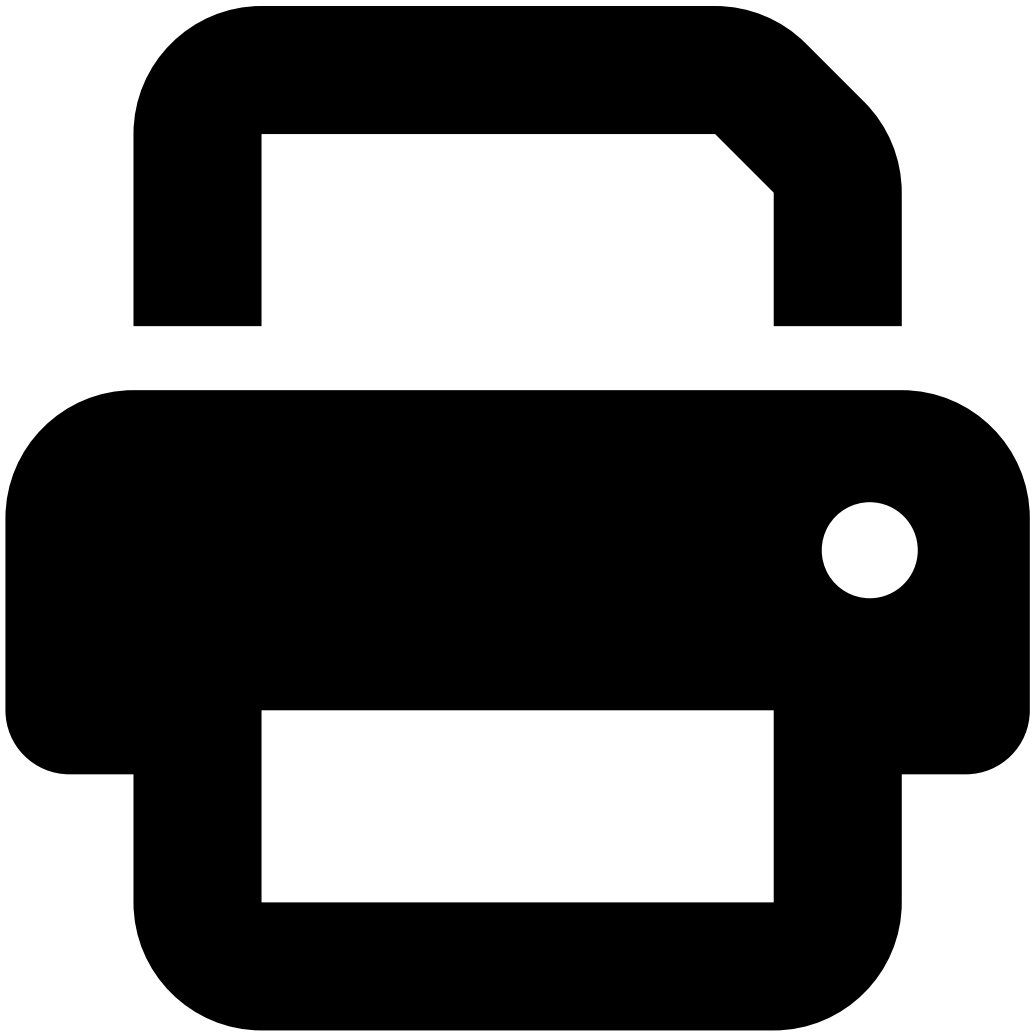

There’s something about the combination of fresh green beans and tender potatoes that always takes me back to family gatherings and summer cookouts. This Italian-style salad is a dish I grew up eating, especially when green beans were plentiful in the garden and new potatoes were just dug up. Unlike creamy American-style potato salad, this version is light, bright, and dressed simply with olive oil, vinegar, garlic, and herbs. It’s rustic, refreshing, and full of flavor — the kind of dish that tastes even better after it sits for a little while and the flavors have had a chance to mingle.

What I love most about this salad is its versatility. It’s not just for summer picnics — it’s perfect anytime of the year. In warmer months, it shines as a light side dish for grilled meats or seafood, while in cooler months, it pairs beautifully with roasted chicken, baked fish, or even a cozy Sunday roast.

Things to know about this Italian Green Beans and Potato Salad

This salad tastes even better after a few hours in the fridge. The potatoes soak up the garlicky vinaigrette, and the green beans keep their crunch. Since it’s made without mayo, it’s perfect for picnics and potlucks, and it’s just as welcome in the middle of summer as it is on a chilly autumn or winter day.

Variations to Try:

- Add a handful of kalamata or green olives for a briny bite.
- Make it heartier with canned tuna or sliced hard-boiled eggs.
- Swap the parsley for fresh basil or mint.
- Use fresh lemon juice instead of vinegar for a brighter flavor.

Love this recipe? Be sure to check out my other Italian-inspired sides like **Italian crispy roasted potatoes** or Fuyu Persimmon Walnut Salad.

Italian Green Beans and Potato Salad



This Italian Green Beans and Potato Salad is a fresh, flavorful side dish made with tender potatoes, crisp green beans, red onion, and a simple olive oil, garlic, and herb dressing. Served warm or chilled, it's perfect for barbecues, potlucks, holidays, or everyday family dinners.

- 4 cups potatoes (red or Yukon gold), cute in medium dice
- 1 Lb. fresh green beans, trimmed
- 1 cup red onion, thinly sliced
- 2 cloves garlic minced
- 1 cup extra virgin olive oil
- 1/2 cup red wine vinegar
- 1 Tbsp. Dijon mustard (optional, for extra tang)
- 2 tsp. dried oregano
- 1 tsp. red pepper flakes (adjust to taste)
- 2 Tbsp. fresh parsley, chopped
- Salt and freshly ground black pepper, to taste

1. **Cook the potatoes**

   Place the potatoes in a large pot of salted water. Bring to a boil and cook until just fork-tender, about 12–15 minutes. Using a slotted spoon, remove the potatoes and set aside, keeping the cooking water in the pot.

2. **Cook the green beans**

   In the same pot of boiling water, add the trimmed green beans and cook for 3–4 minutes, until bright green and tender-crisp. Drain and plunge into a bowl of ice water

to stop the cooking. Drain again.

3. **Make the dressing**

   In a small bowl, whisk together the olive oil, vinegar, garlic, mustard (if using), oregano, salt, and pepper.

4. **Assemble the salad**

   In a large serving bowl, combine the potatoes, green beans, and sliced red onion. Pour the dressing over the top and toss gently to coat.

5. **Finish & serve**

   Sprinkle with chopped parsley and adjust seasoning with more salt, pepper, or vinegar to taste. Serve warm, at room temperature, or chilled.

Side Dish
Italian
Italian green beans and potato salad,