

Squash Varieties + Easy Cooking Ideas

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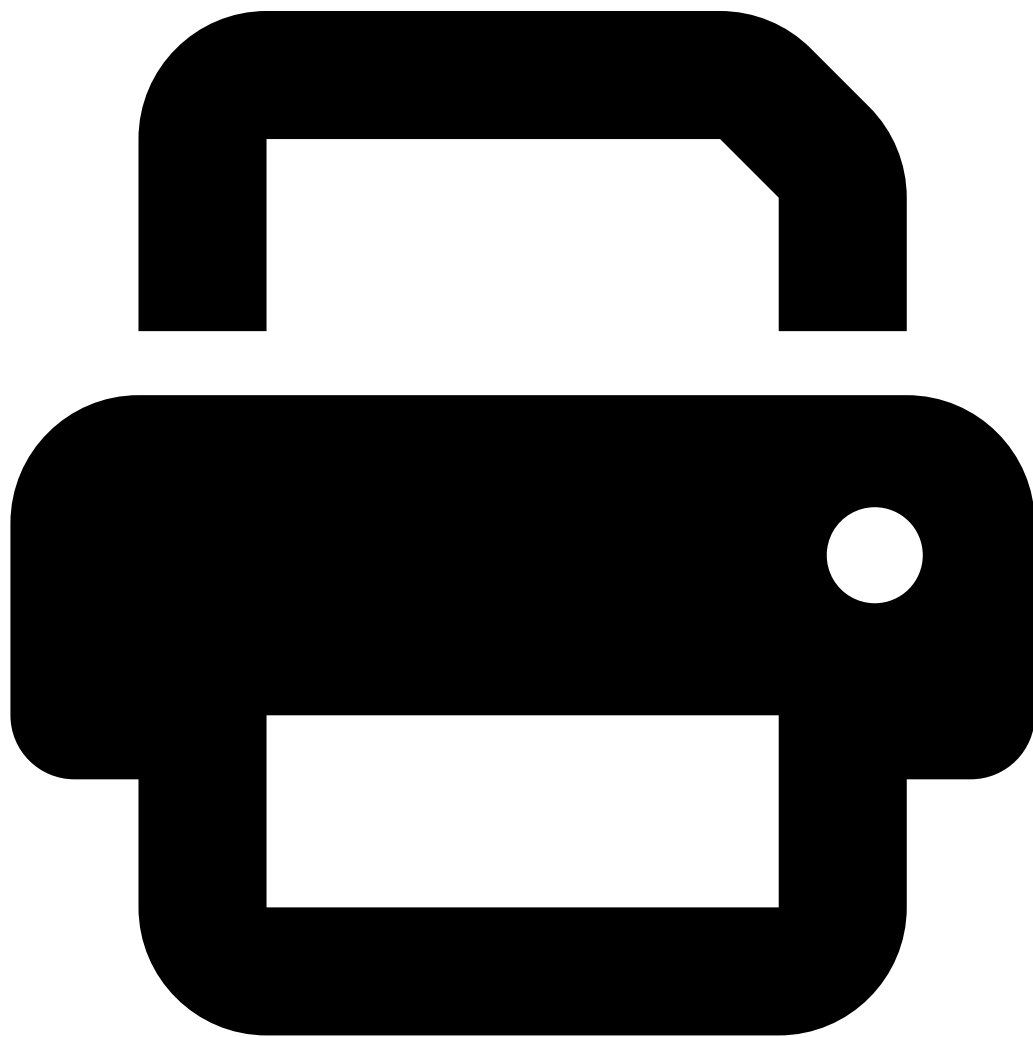
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Every fall, I look forward to squash season. Growing up, it was a staple at the market, and even now I can't resist filling my basket with all the different shapes and colors. Each variety has its own personality—some sweet and creamy, others nutty 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 $\frac{1}{2}$ –3 lbs), peeled,

- seeded, and cubed
- 3 tbsp olive oil, divided
- Salt and black pepper, to taste
- $\frac{1}{2}$ tsp crushed red pepper flakes (optional)
- 1 lb Italian sausage (mild or spicy), casings removed
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- $\frac{1}{2}$ cup chicken broth (or vegetable broth)
- $\frac{1}{2}$ cup heavy cream
- $\frac{1}{2}$ 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.

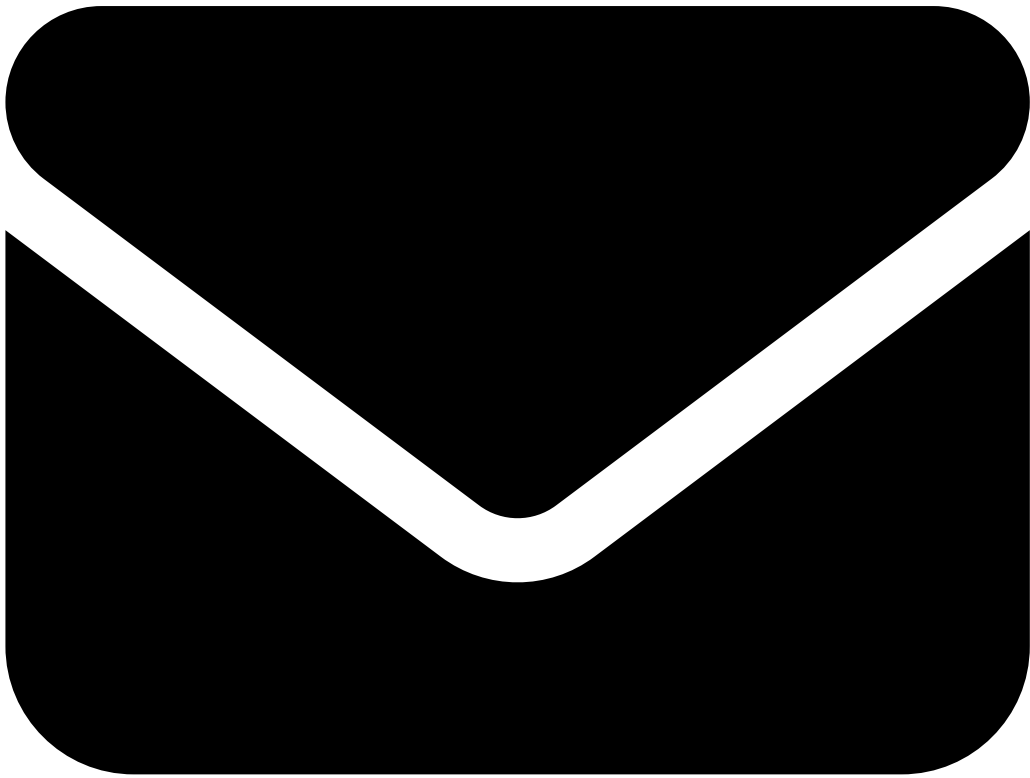
Creamy Mushroom and Italian Sausage Risotto

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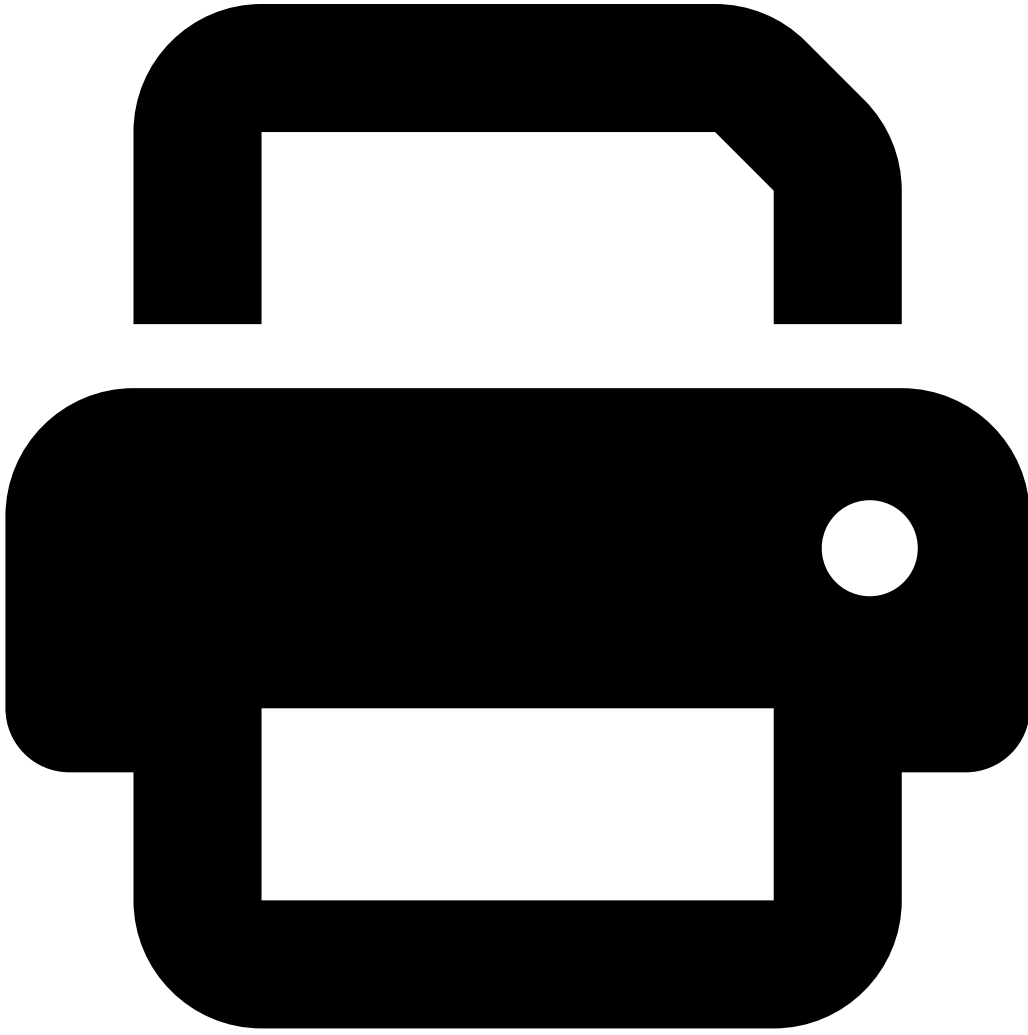
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It's no surprise most Italian restaurants have risotto on their menu, it seems too complicated for the home cook.

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.

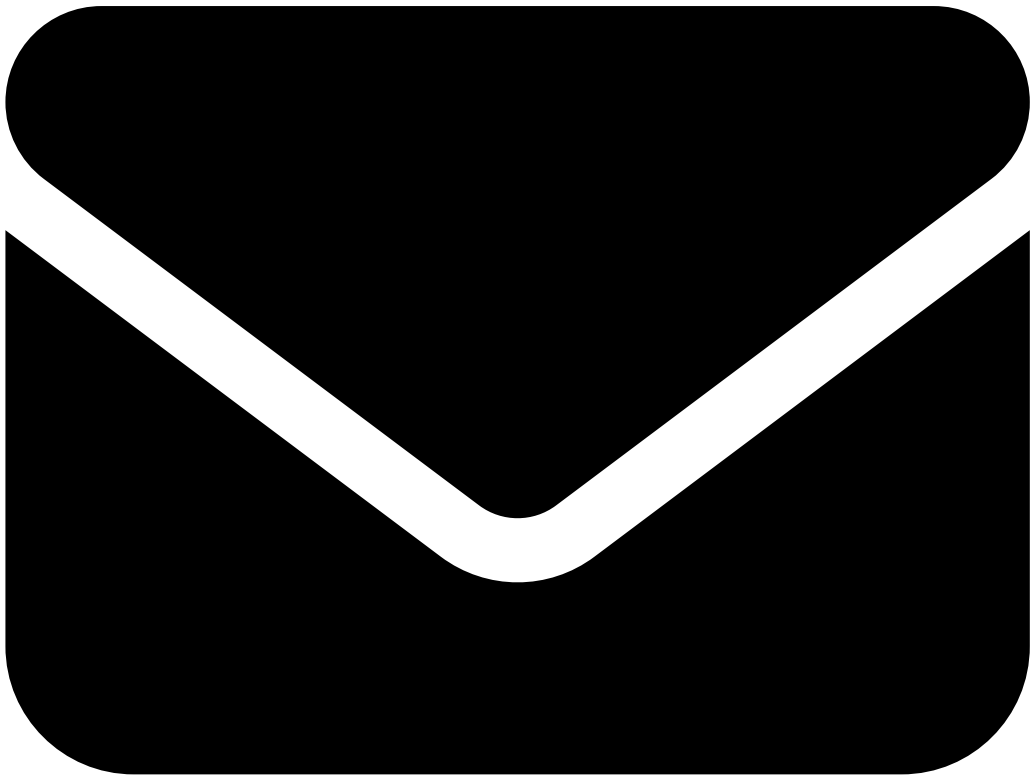
Main Course, Side Dish
Italian

Italian Sausage Stuffed Portobello Mushrooms

Italian Sausage Stuffed Portobello Mushrooms

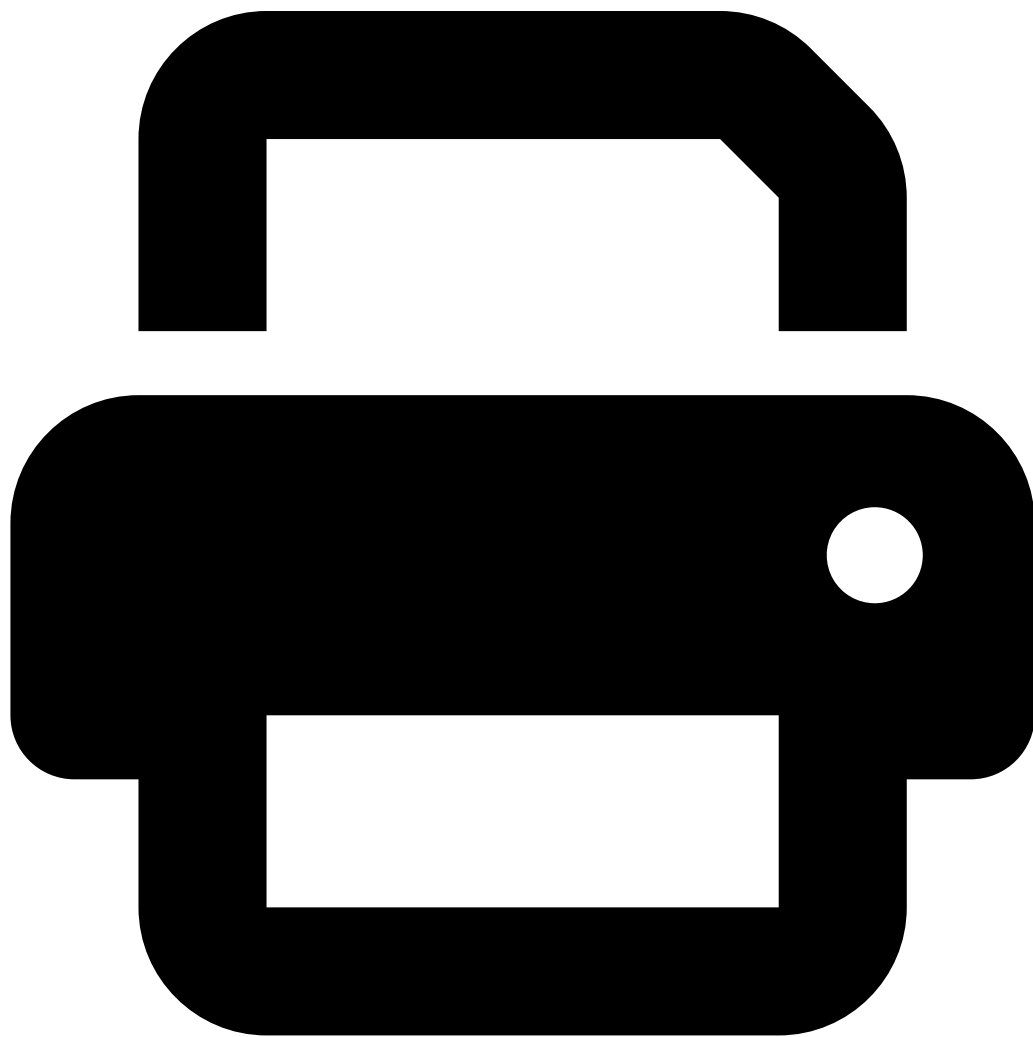
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When it comes to cozy Italian cooking, stuffed vegetables are always a favorite – from peppers to zucchini to eggplant. These Italian Stuffed Portobello Mushrooms bring that same rustic charm to the table, with hearty mushroom caps overflowing with 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

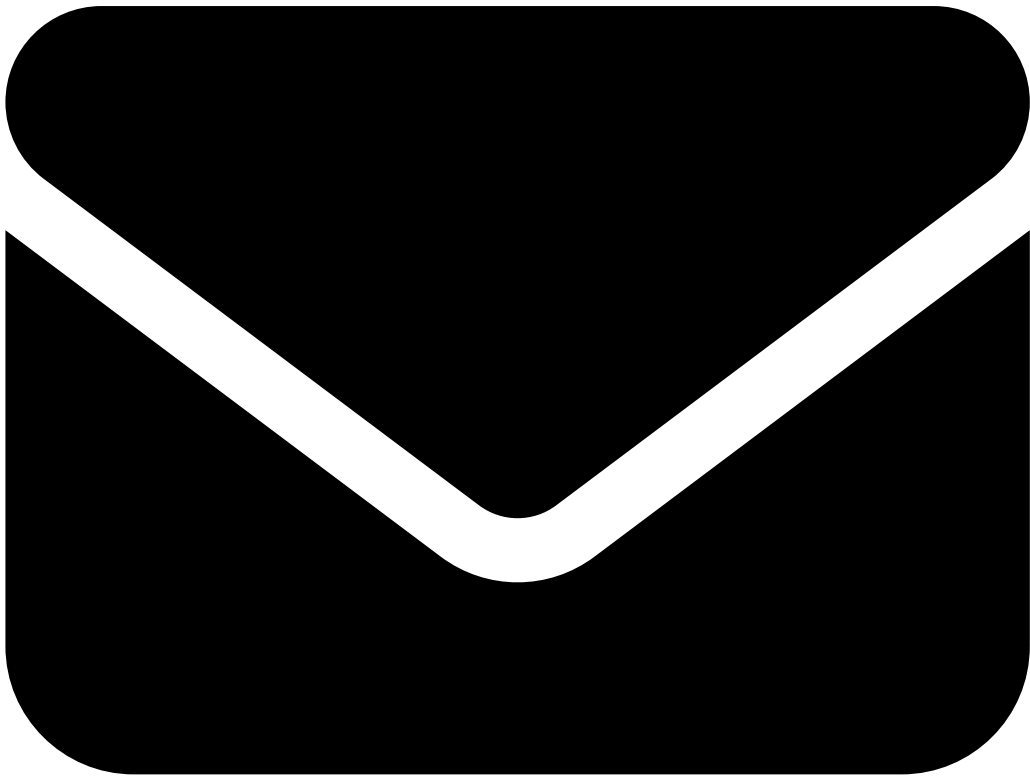
Italian sausage stuffed Portobello mushrooms,

Italian Green Beans and Potato Salad

Italian Green Beans and Potato Salad

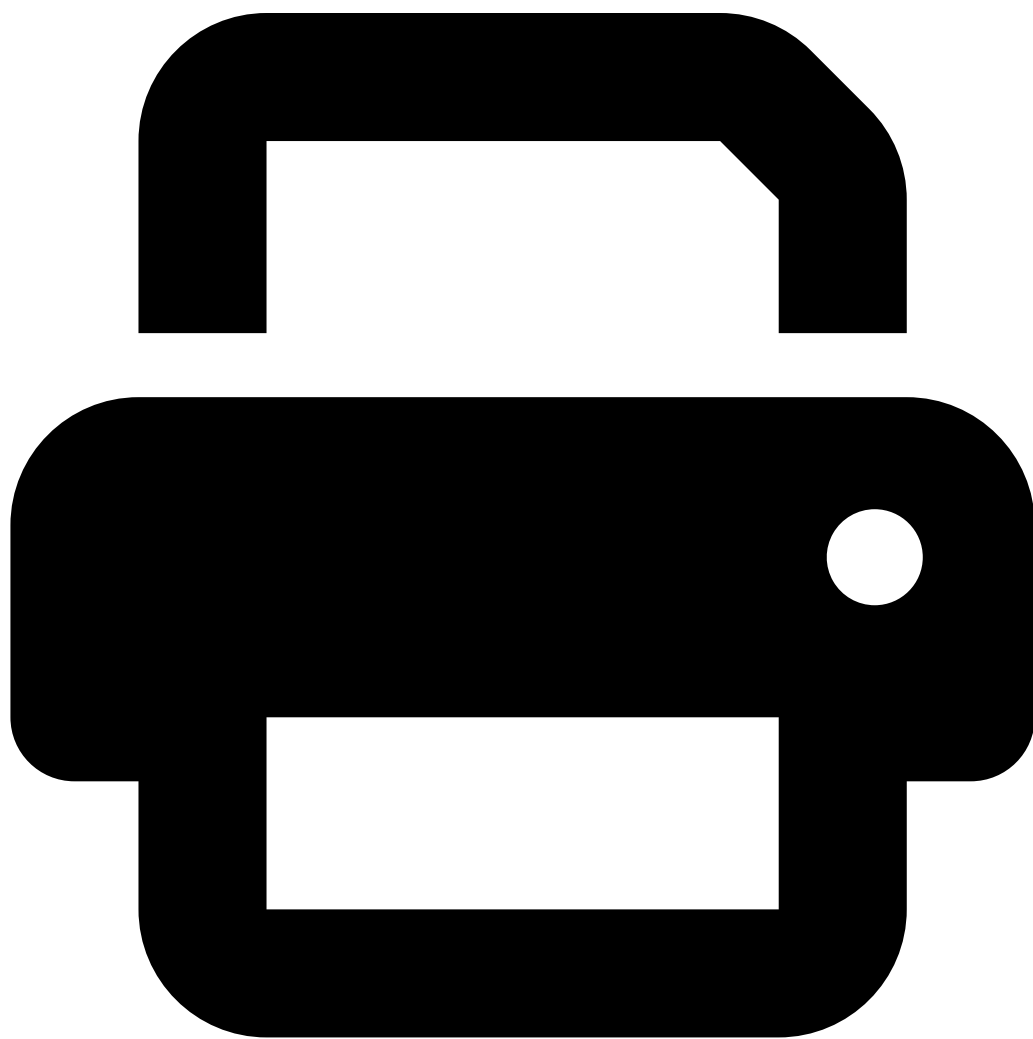
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There's something about the combination of fresh green beans and tender potatoes that always takes me back to family gatherings and summer cookouts. This Italian-style salad is a dish I grew up eating, especially when green beans were plentiful in 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), cut 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

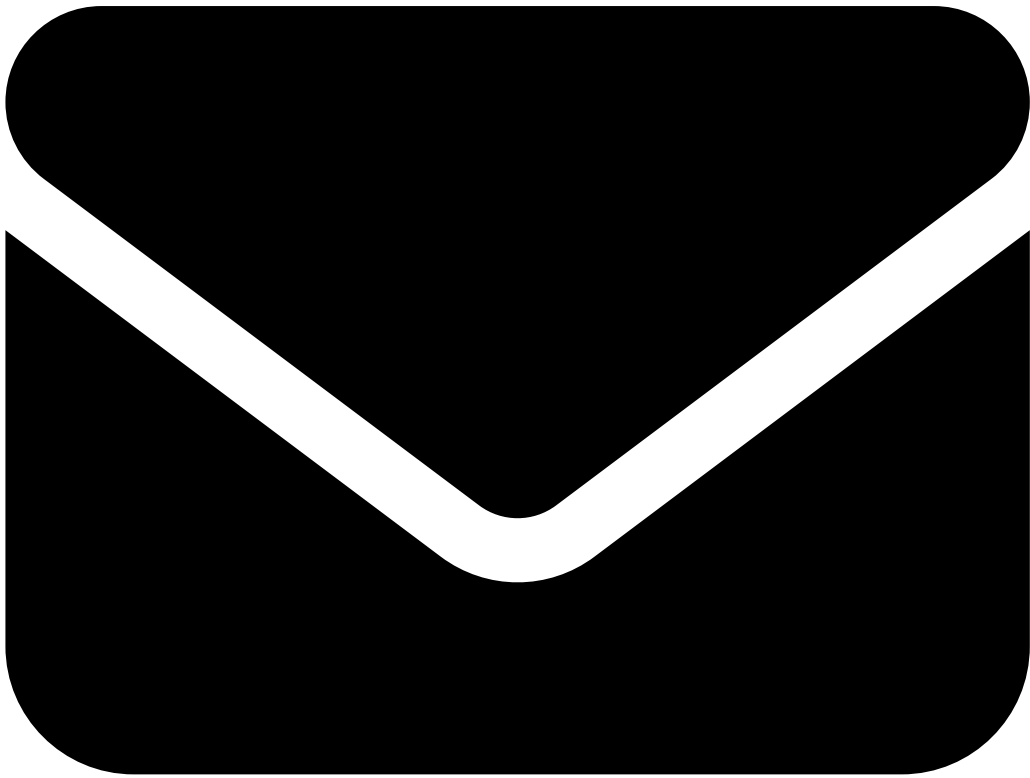
Italian green beans and potato salad,

Italian Beef and Farro Soup

Italian Beef and Farro Soup

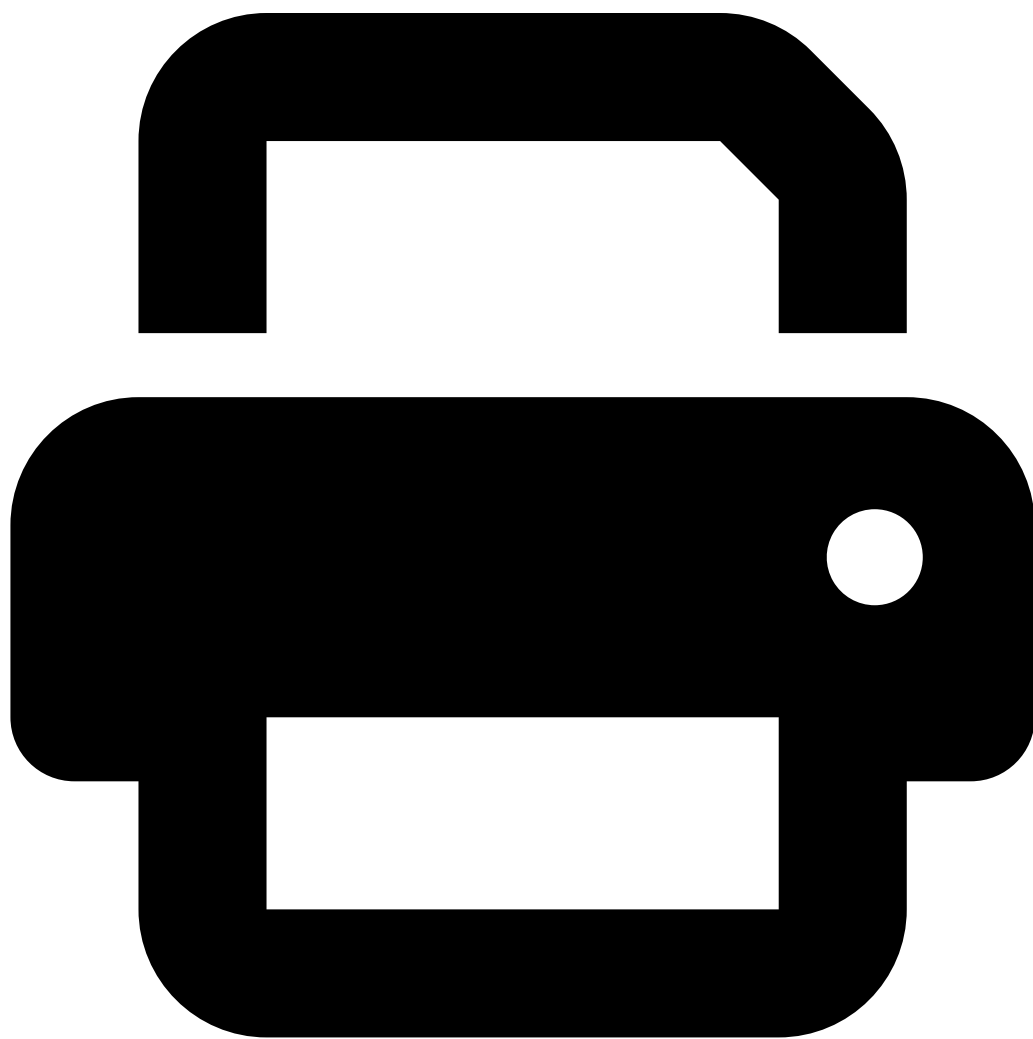
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When the air turns crisp and the leaves start to fall, there's nothing better than a warm, hearty soup to bring everyone to the table. This **Italian Beef and Farro Soup** was a favorite in our restaurant's fall menu—rich, rustic, and packed with flavor. Tender cubes of sirloin simmer alongside sweet carrots, celery, and aromatic herbs in a savory tomato and beef broth, while pearled farro adds a nutty, chewy texture that makes every bite satisfying. It's the kind of soup that warms both the kitchen and the heart, perfect for a cozy weeknight or a Sunday dinner with family.

Things to know about this Italian Beef and Farro Soup

What is farro?

Farro is an ancient Italian grain with a nutty flavor and chewy texture. It's a staple in Tuscan cooking and makes soups hearty without feeling heavy.

Can I substitute farro?

Yes! If you don't have farro, barley works beautifully. Rice or small pasta can be used too, but they'll change the texture.

Best cut of beef:

Sirloin works wonderfully here because it stays tender in a shorter simmer. You can also use stew meat, chuck, or even leftover roast beef.

Make-ahead friendly:

This soup tastes even better the next day as the flavors develop. Farro holds up better than pasta, so it won't turn mushy.

Freezer tip:

Freeze in portions without adding the parsley and Parmesan. Add those fresh when reheating for the best flavor.

Serving suggestion:

A drizzle of good olive oil, a sprinkle of Parmesan, and warm crusty bread make this a complete meal

Italian Beef and Farro Soup



Tender beef, nutty farro, and hearty vegetables simmer in a rich tomato and beef broth for a comforting Italian soup that's perfect for chilly days.

- 1 pound sirloin, cut into 1-inch cubes
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 2 carrots, peeled and diced
- 2 celery stalks, diced
- 3 garlic cloves, minced
- 1 can (14.5 oz) diced tomatoes
- 6 cups beef broth
- 1 teaspoon fresh rosemary, chopped (or $\frac{1}{2}$ teaspoon dried)
- $\frac{3}{4}$ cup pearled farro
- Salt and freshly ground black pepper, to taste
- $\frac{1}{4}$ cup fresh parsley, chopped
- Freshly grated Parmesan, for serving

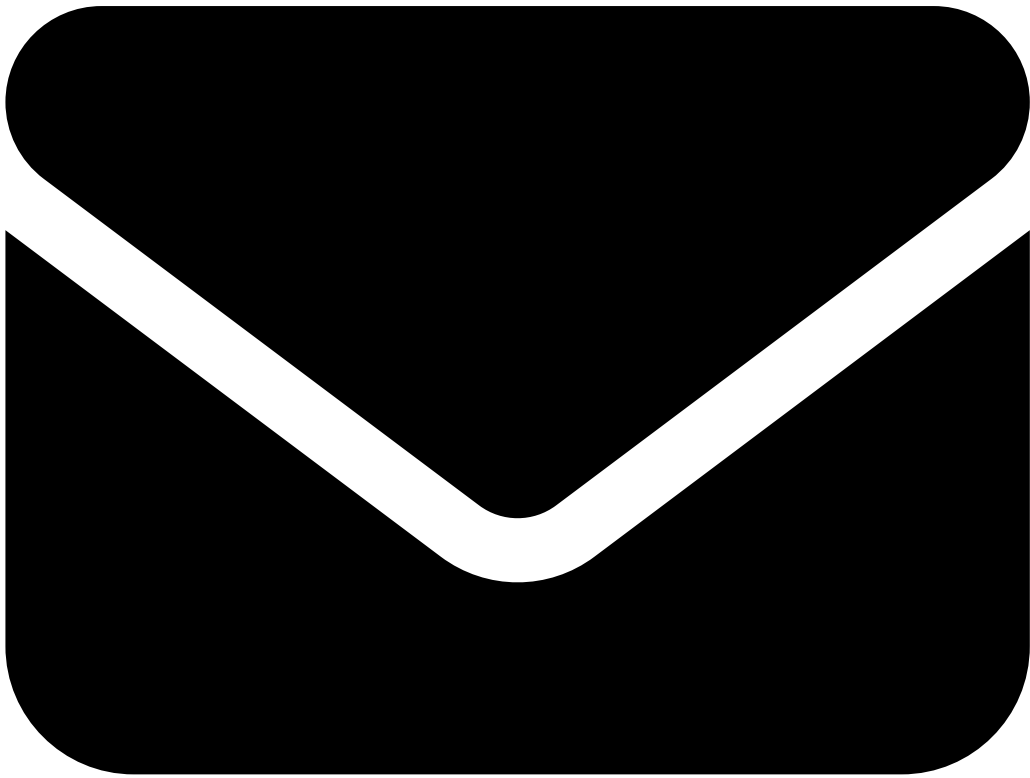
1. **Brown the beef:** Heat olive oil in a large pot over medium-high heat. Add sirloin cubes and sear on all sides until browned. Remove and set aside.
2. **Sauté vegetables:** In the same pot, add onion, carrots, and celery. Cook until softened, about 5–6 minutes. Add garlic and cook 1 more minute.
3. **Build the soup base:** Return the beef to the pot. Stir in diced tomatoes, beef broth, thyme, and rosemary. Bring to a boil, then reduce heat and simmer for 25–30 minutes until the beef is tender.
4. **Cook the farro:** Add the farro and simmer for another 20–25 minutes until the farro is tender but chewy. Stir occasionally and add a bit more broth or water if needed.
5. **Season and finish:** Taste and adjust salt and pepper. Stir in fresh parsley just before serving.
6. **Serve:** Ladle into bowls, sprinkle with Parmesan, and enjoy with crusty Italian bread.

Italian Braciole in Tomato Sauce

Italian Braciole in Tomato Sauce

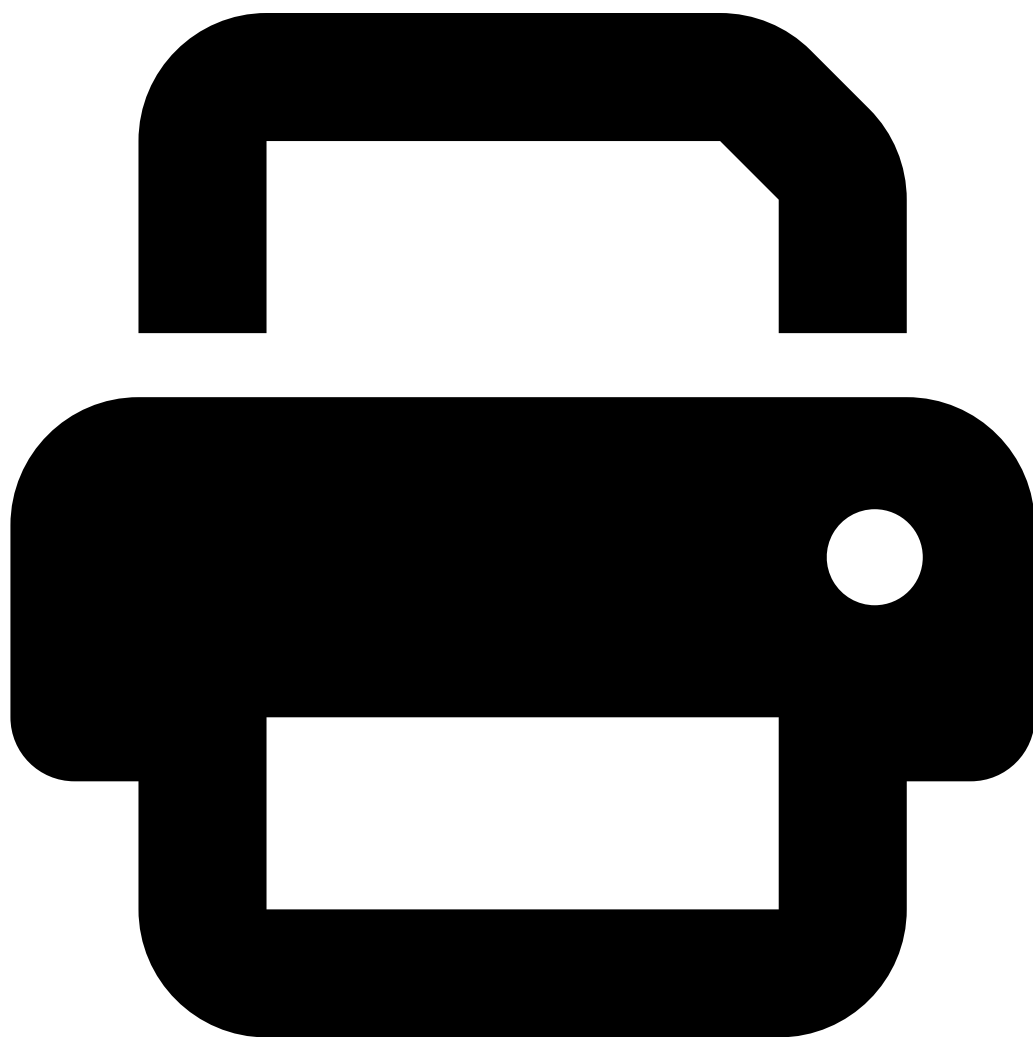
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The first day of September always feels like the true start of my fall cooking. The air turns a little cooler, and I naturally begin to crave those cozy Italian dishes that remind me of home.

When I was growing up, Sundays meant sauce simmering on the stove. My mom usually made it with meatballs, ribs, sausage – or sometimes all three. But every once in a while, she added **braciole**, and that made the meal extra special. She would pound slices of beef thin, fill them with cheese, herbs, and breadcrumbs, then roll them up tightly. After slowly cooking in the sauce until tender, they became the kind of dish that felt like a celebration.

For me, braciole will always mark the beginning of hearty, comforting meals – perfect for the cooler season ahead.

Things to Know About Italian Braciole

What is Braciole?

Braciole (pronounced *brah-cho-lee*) is a classic Italian dish made with thin slices of beef rolled around a savory filling, then simmered slowly in tomato sauce until tender. Once cooked, the rolls are sliced and served with the rich sauce over pasta or alongside crusty bread.

Regional Variations

Every Italian family makes braciole a little differently. In Southern Italy, you'll often find fillings with raisins and pine nuts for a sweet-and-savory touch. In other regions, it's kept simple with just breadcrumbs, garlic, parsley, and cheese. Some families also prepare braciole with pork or veal instead of beef.

Cooking Low and Slow

The key to tender braciole is patience. The beef needs time to soften as it gently simmers in the sauce, soaking up all that flavor. A heavy pot or Dutch oven works best for even cooking.

Perfect for Sunday Dinner

Braciole has always been considered a special occasion dish, often reserved for Sunday dinners or holidays. Making it on the first cool days of fall captures that same cozy sense of comfort and tradition.

Make-Ahead Friendly

Like many Italian dishes, braciole tastes even better the next day after the flavors have had time to meld. It's the perfect make-ahead meal – impressive for guests yet easy to reheat and serve

Ready to bring a little Italian tradition into your kitchen? Try this braciole recipe for your next Sunday dinner – then let me know in the comments how your family enjoyed it! Don't forget to check out my other cozy Italian recipes like spicy Italian sausage gnocchi soup or easy crispy chicken parmesan

for more fall cooking inspiration.

Italian Braciole in Tomato Sauce



For the Braciole:

- 4-6 thin slices beef top round (about 6–8 ounces each, pounded to $\frac{1}{4}$ -inch thickness)
- $\frac{1}{2}$ cup grated Parmesan or Pecorino Romano
- $\frac{1}{2}$ cup breadcrumbs (preferably Italian seasoned)
- 2 garlic cloves (finely minced)
- $\frac{1}{2}$ cup fresh parsley (chopped)
- 2 tablespoons pine nuts (optional, but traditional in many regions)
- Salt & freshly ground black pepper
- Olive oil (for searing)
- Butcher's twine or toothpicks for tying

For the Sauce:

- 3 tablespoons olive oil
- 1 small onion (finely chopped)
- 2 garlic cloves (minced)
- $\frac{1}{2}$ cup chopped parsley
- 1 can (28 ounces crushed tomatoes)
- 1 can 14 ounces tomato sauce
- $\frac{1}{2}$ cup red wine
- 1 teaspoon dried oregano (or 2 teaspoons fresh)
- $\frac{1}{2}$ teaspoon red pepper flakes (optional)

- 1 bay leaf
- Salt & pepper to taste
- Fresh basil (for finishing)

1. **Prepare the filling** – In a small bowl, combine breadcrumbs, Parmesan, garlic, parsley, and pine nuts. Season lightly with salt and pepper.
2. **Assemble the rolls** – Lay each beef slice flat. cover with plastic wrap and pound thin divide the filling evenly in the center of each slice. Roll the beef tightly into a log and secure with twine or toothpicks.
3. **Brown the braciolo** – Heat olive oil in a large heavy pot or Dutch oven over medium-high heat. Sear the beef rolls on all sides until browned, 6–8 minutes. Transfer to a plate.
4. **Make the sauce** – In the same pot, add more olive oil if needed. Sauté onion until soft, about 5 minutes, then stir in garlic and parsley. Deglaze with red wine, scraping up any browned bits. Add crushed tomatoes and the sauce, oregano, red pepper flakes, bay leaf, salt, and pepper. and stir well, Simmer covered for 1 hour
5. Return the braciolo to the pot, nestling them into the sauce. Cover with a lid and simmer gently on low for about 1 hour, or until the beef is tender. Stir occasionally and add a splash of water if sauce thickens too much.
6. **Serve** – Remove the twine or toothpicks, slice the braciolo into rounds, and serve topped with sauce. Garnish with fresh basil and more grated cheese.

7. **More Serving Suggestions for Braciolo**

Over Pasta – Toss the rich tomato sauce with spaghetti,

rigatoni, or ziti, then serve the sliced bracirole on top.

With Polenta – Creamy polenta is a classic Italian pairing that soaks up all the delicious sauce.

Crusty Bread – A warm loaf is a must for dipping into the sauce.

Vegetable Sides – Pair with roasted broccoli, garlicky green beans, or a simple side salad for balance.

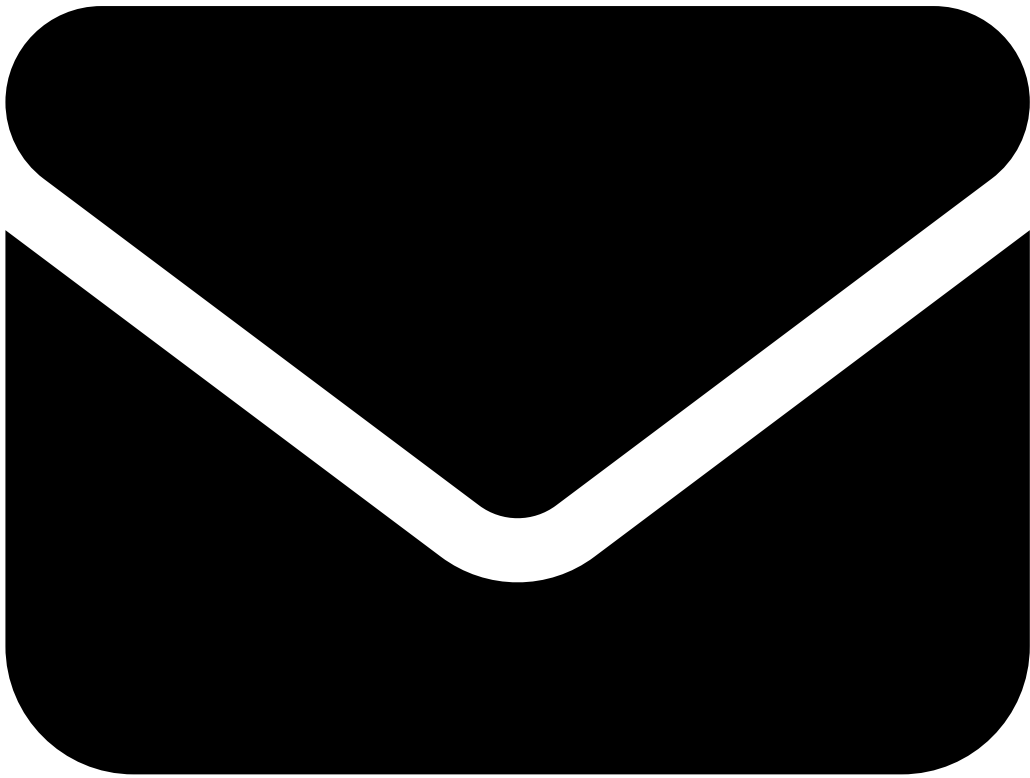
Wine Pairing – A medium-bodied red like Chianti or Montepulciano complements the richness perfectly.

Crispy Barbecued Buffalo Chicken Wing Recipe

Crispy Barbecued Buffalo Chicken Wing Recipe

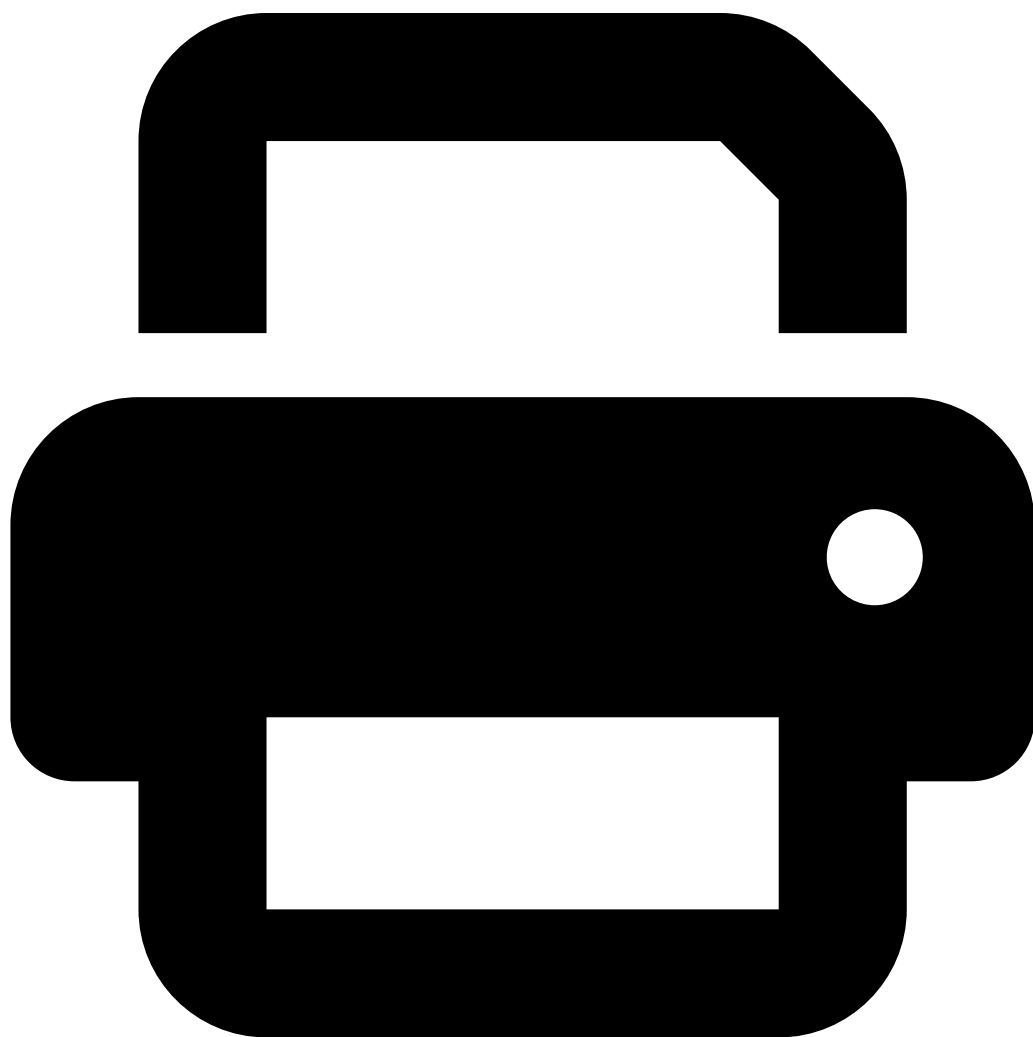
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Some of our most-loved recipes have their roots in the kitchens of our restaurants, and these **Barbecued Buffalo Chicken Wings** are no exception. Just like our **Smashed Italian Sausage & Pepper Sandwiches**, these wings quickly became a customer favorite – and later, a family favorite at home too.

Back in the restaurant, we made them the classic way: fried until golden and crispy, with that irresistible crunch that made them a staple on the menu. We kept the seasoning simple – salt, pepper, paprika, mustard, garlic powder, and a touch of cornstarch – but the result was magic. Crispy wings with just the right balance of smoky, spicy flavor that had people coming back for more.

Over time, I started making them at home too, sometimes grilling or baking instead of frying, but always keeping that same bold flavor. Whether served with a cold drink at the bar or around our own family table, these wings are the kind of

dish that proves simple ingredients can deliver unforgettable flavor.

Crispy Barbecued Buffalo Chicken Wing Recipe



For the Wings

- 2 lb chicken wings, split into drumettes and flats, tips removed
- 1 tbsp baking powder (aluminum-free)
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika
- $\frac{1}{2}$ tsp salt
- $\frac{1}{2}$ tsp black pepper

For the Buffalo BBQ Sauce

- $\frac{1}{2}$ cup buffalo wing sauce
- $\frac{1}{4}$ cup barbecue sauce
- 2 tbsp unsalted butter, melted
- 1 tbsp honey (optional, for a touch of sweetness)
- 1 tsp Worcestershire sauce

For Serving (Optional)

- Ranch or blue cheese dressing
- Celery sticks
- Carrot sticks
- Chopped fresh parsley

1. Preheat the oven to 425°F (220°C). Line a baking sheet with foil and place a wire rack on top. Lightly grease the rack.
2. Pat the chicken wings completely dry with paper towels. Dry skin is the key to crispy wings.
3. In a large bowl, combine the baking powder, garlic powder, onion powder, smoked paprika, salt, and black pepper. Toss the wings until evenly coated.
4. Arrange the wings in a single layer on the prepared wire rack, leaving space between each wing.
5. Bake for 20 minutes, then flip the wings and continue baking for another 20–25 minutes, or until golden brown and crispy.
6. While the wings bake, whisk together the buffalo wing sauce, barbecue sauce, melted butter, honey (if using), and Worcestershire sauce in a small saucepan over low heat. Warm for 2–3 minutes, stirring occasionally.
7. Transfer the hot wings to a large bowl. Pour the warm Buffalo BBQ sauce over the wings and toss until evenly coated.
8. For extra caramelization, return the sauced wings to the oven or place them under the broiler for 2–3 minutes, watching carefully to prevent burning.
9. Serve immediately with ranch or blue cheese dressing,

celery sticks, and carrot sticks.

10. Baking powder helps create an extra crispy skin without frying.

For a smokier flavor, grill the wings over medium heat for 3–5 minutes after saucing instead of broiling.

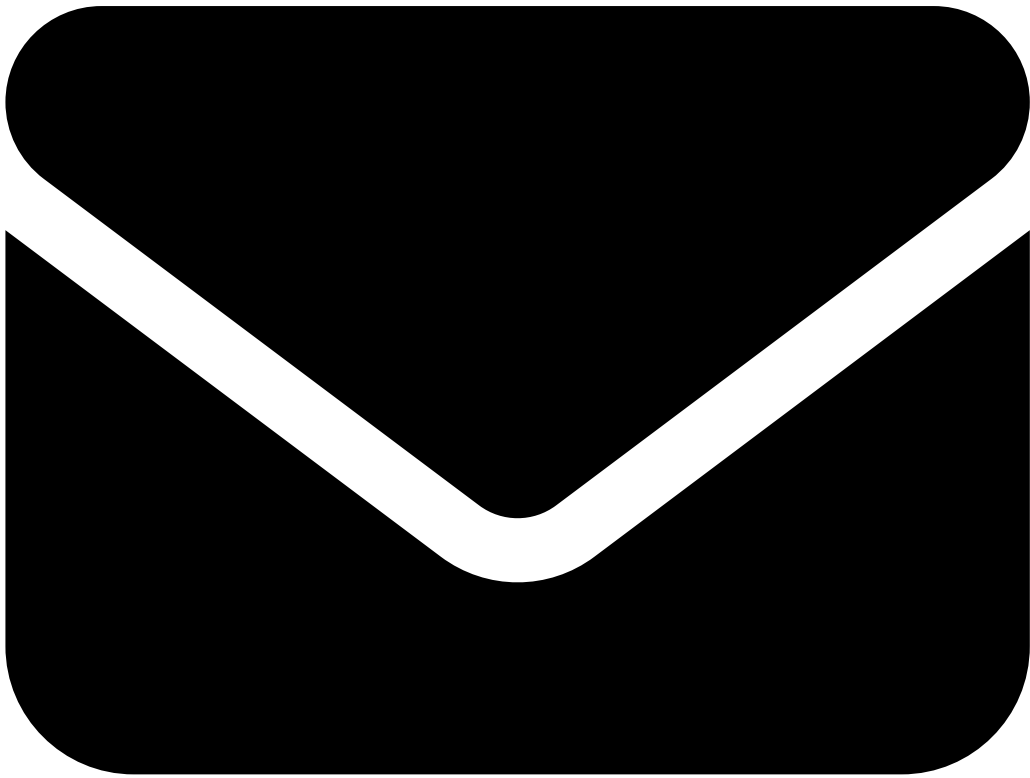
Adjust the heat by using more barbecue sauce for a milder flavor or adding extra buffalo sauce for more spice.

Italian Crispy roasted
Potatoes

Italian Crispy roasted
Potatoes

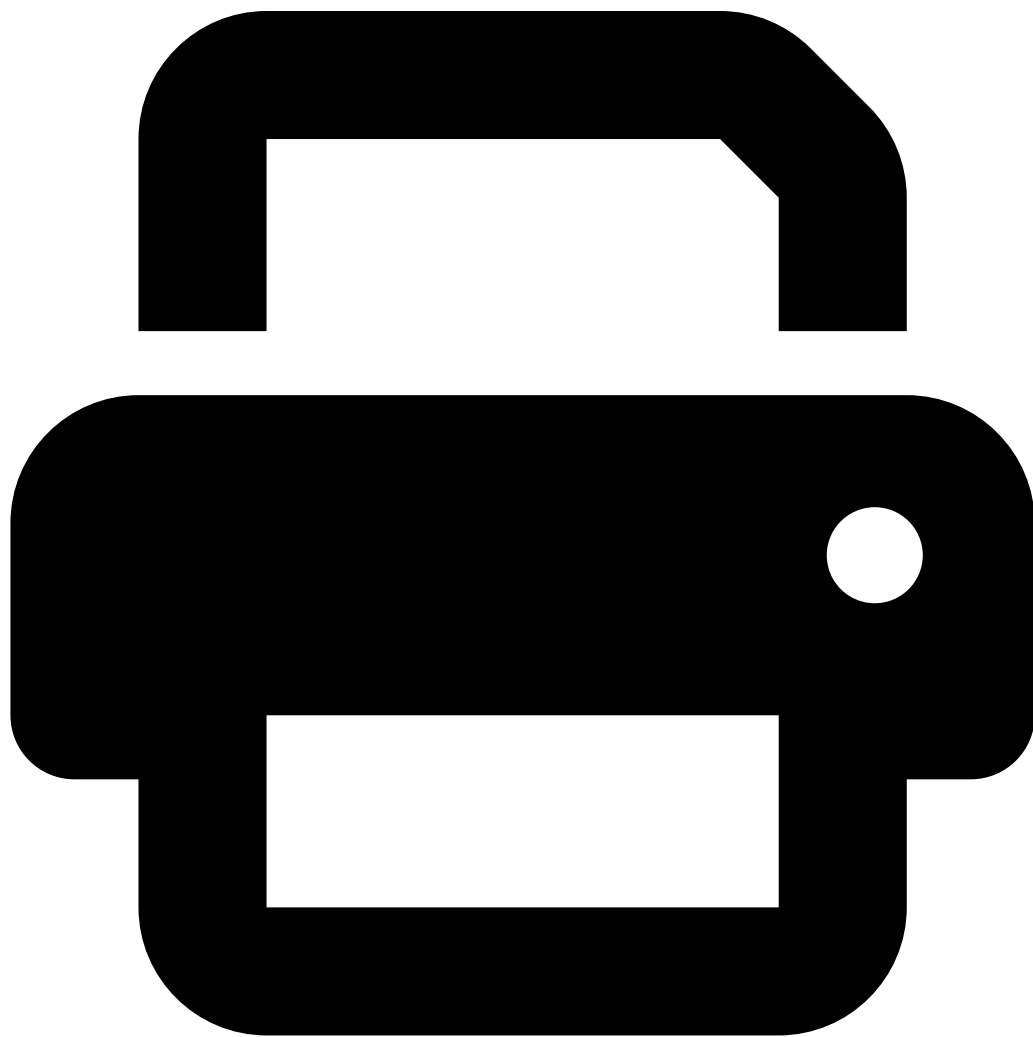
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These **Italian crispy roasted potatoes** are straight from my mother's kitchen. She'd parboil them, toss with olive oil, garlic, rosemary, and a little lemon, then roast until golden and crunchy. Simple, comforting, and always the first thing to disappear at the table – I still make them just the way she did. To this day, whenever I make them, the smell that fills my kitchen instantly takes me back to her cooking, and I can't help but smile. This recipe is her original method, and it's one I know you'll want to keep on repeat in your own home.

Things to Know About Italian Crispy Roasted Potatoes

- **Parboiling is key:** Cooking the potatoes halfway before roasting helps give them a fluffy inside and that golden, crisp crust.
- **Rough edges = more crunch:** Shaking the potatoes after

draining creates little ridges that crisp up beautifully in the oven.

- **Use the right potato:** Yukon Golds give a buttery texture, while Russets crisp up with an extra crunch – both work well.
- **Fresh rosemary makes a difference:** If you can, use fresh rosemary sprigs. They infuse the oil and potatoes with authentic Italian flavor.
- **Don't skip the lemon:** A little zest before roasting and a squeeze of juice at the end adds brightness and balances the richness.
- **Crowding the pan ruins the crisp:** Spread potatoes in a single layer so they roast instead of steam.
- **Reheating tip:** Pop leftovers back in a hot oven for 10 minutes to bring back their crispness – the microwave won't do them justice.
- **Serve these potatoes alongside a hearty main!** Try my Bone-In Pork Chop Piccata or Stuffed Chicken Breast for a full Italian dinner that everyone will love.

Italian Crispy roasted Potatoes



These Italian Crispy Roasted Potatoes are golden brown on the outside, fluffy on the inside, and seasoned with garlic, Parmesan cheese, fresh herbs, and olive oil. They're an easy Italian-inspired side dish that pairs perfectly with chicken, steak, pork, or seafood.

- 2 lbs. Yukon Gold or Russet potatoes (peeled and cut into wedges)
- 1/2 cup extra virgin olive oil
- 2 minced garlic cloves
- 2 sprigs fresh rosemary (or 1 tsp dried)
- Zest of 1 lemon
- Juice of 1 lemon
- salt and pepper to taste

1. Parboil the potatoes:

Bring a large pot of salted water to a boil.

Add potato wedges and cook for 5-7 minutes, until just fork-tender but not falling apart.

Drain well and let steam dry for 2 minutes.

2. Rough up the edges:

Shake the colander gently to create a slightly rough surface on the potatoes. This helps them crisp in the oven.

3. Season the potatoes:

Preheat oven to 425°F (220°C).

In a large bowl, toss the potatoes with olive oil, minced garlic, rosemary, lemon zest, salt, and pepper until evenly coated.

4. Roast:

Spread the potatoes in a single layer on a parchment-lined baking sheet.

Roast for 35–45 minutes, flipping halfway, until deeply golden and crisp.

5. **Finish with lemon:**

Remove garlic cloves and rosemary sprigs.

Squeeze fresh lemon juice over the potatoes just before serving.

6. **Serving Suggestion**

Serve hot as a side with roast chicken, grilled fish, or alongside a big Italian salad.

Side Dish

Italian

Italian crispy roasted potatoes

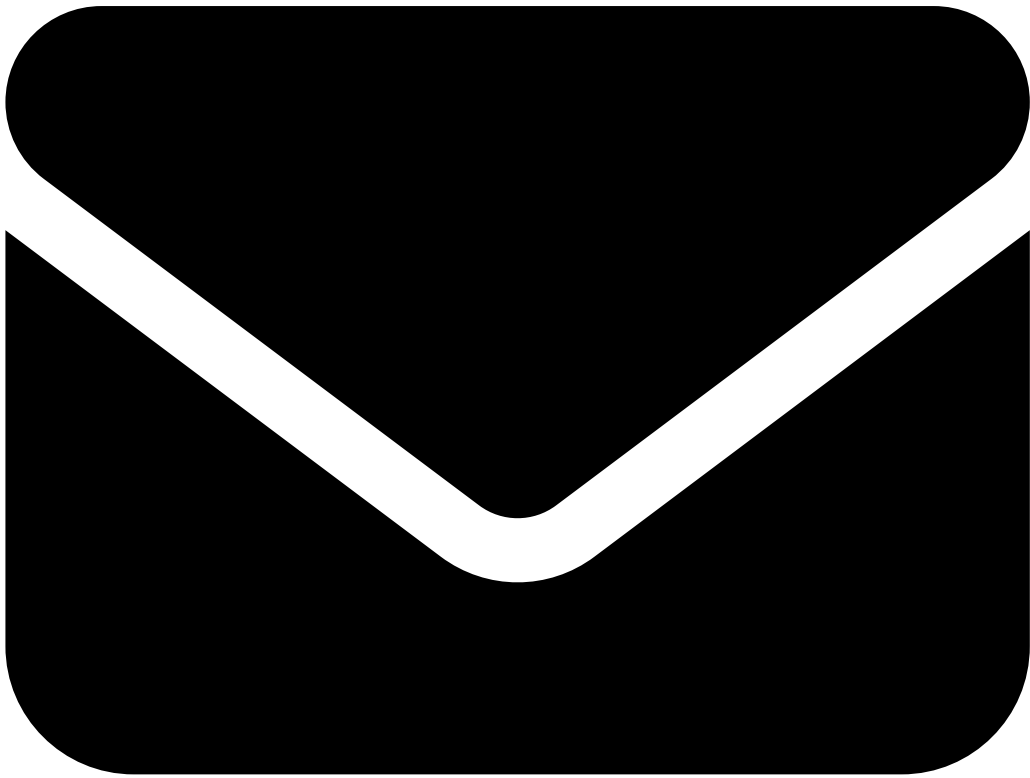
Crispy Italian Fried Cauliflower with Marinara

Crispy Italian Fried Cauliflower with Marinara

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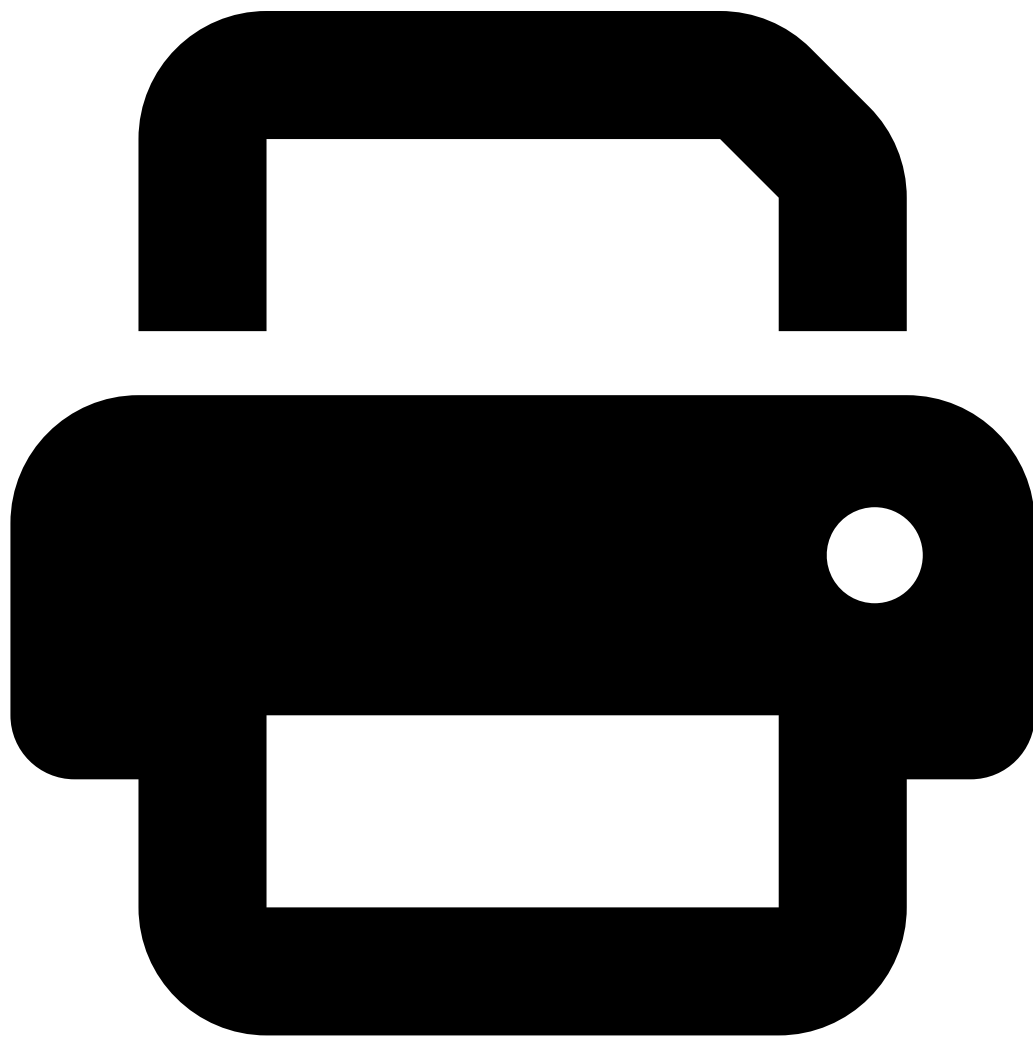
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In Italy, a *fritto misto* platter is the ultimate celebration of golden, crunchy bites – a mix of fried vegetables, seafood, and savory morsels served hot and fresh. This **crispy Italian fried cauliflower** makes a delicious addition to that tradition. The cauliflower is first blanched in salted water for a tender interior, then coated in a light, garlic-and-herb batter and fried until irresistibly crisp. Served with warm marinara sauce for dipping, it's the perfect antipasto to share with friends, or to pair alongside fried zucchini, artichokes, or calamari for your own homemade *fritto misto* experience.

Things to Know About Crispy Italian Fried Cauliflower with Marinara

1. It's inspired by Italian *fritto misto*.

This recipe takes a cue from *fritto misto*, the Italian tradition of serving a variety of lightly battered and fried vegetables or seafood as part of an antipasto platter.

2. Blanching is the secret to perfect texture.

A quick dip in boiling salted water softens the cauliflower just enough so the inside is tender while the outside fries up crisp.

3. Sparkling water makes the batter light.

Using cold sparkling water instead of still water adds tiny air bubbles, creating a delicate, airy crunch.

4. Garlic and herbs give it Italian flair.

The batter is seasoned with garlic powder, paprika, and a pinch of herbs for a subtle Mediterranean flavor that pairs beautifully with marinara.

5. Serve immediately for best results.

Like most fried foods, these are at their crispiest straight from the oil. Arrange them on a warm platter and serve with marinara for dipping.

6. It's perfect for entertaining.

Whether you make it as a stand-alone appetizer or as part of a larger fried platter with zucchini, mushrooms, and calamari, this dish is a crowd-pleaser. For a full Italian-inspired spread, pair it with my Shrimp Oreganata or Spinach Ricotta Balls

Crispy Cauliflower Batter Recipe



- 1 medium head cauliflower

- 1 cup all-purpose flour
- 1/3 cup cornstarch (for extra crispiness)
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon smoked paprika (or regular paprika)
- salt and pepper to taste
- 1 cup cold sparkling water (or more, as needed)
- Optional: pinch of cayenne pepper or chili flakes for heat
- olive oil for frying

1. Prep the cauliflower:
2. Cut 1 medium head of cauliflower into florets. Rinse and pat dry thoroughly.
3. Blanch the cauliflower:
4. Bring a large pot of salted water to a boil. Add the cauliflower florets and cook for 2–3 minutes, just until slightly tender but still firm. Drain well and pat completely dry with paper towels.
5. Make the batter:
6. In a large bowl, whisk together the flour, cornstarch, baking powder, salt, and spices. Slowly add the cold sparkling water, whisking until smooth. The batter should be thick enough to coat the florets but still drip slightly – like pancake batter.
7. Coat the florets:
8. Dip each floret into the batter, letting any excess drip off.
9. **Fry or bake:**

To fry: Heat the oil to 350°F (175°C). Fry florets in batches for 3–5 minutes, or until golden and crispy. Drain on paper towels.

To bake: Preheat oven to 425°F (220°C). Line a baking sheet with parchment. Place battered florets on the

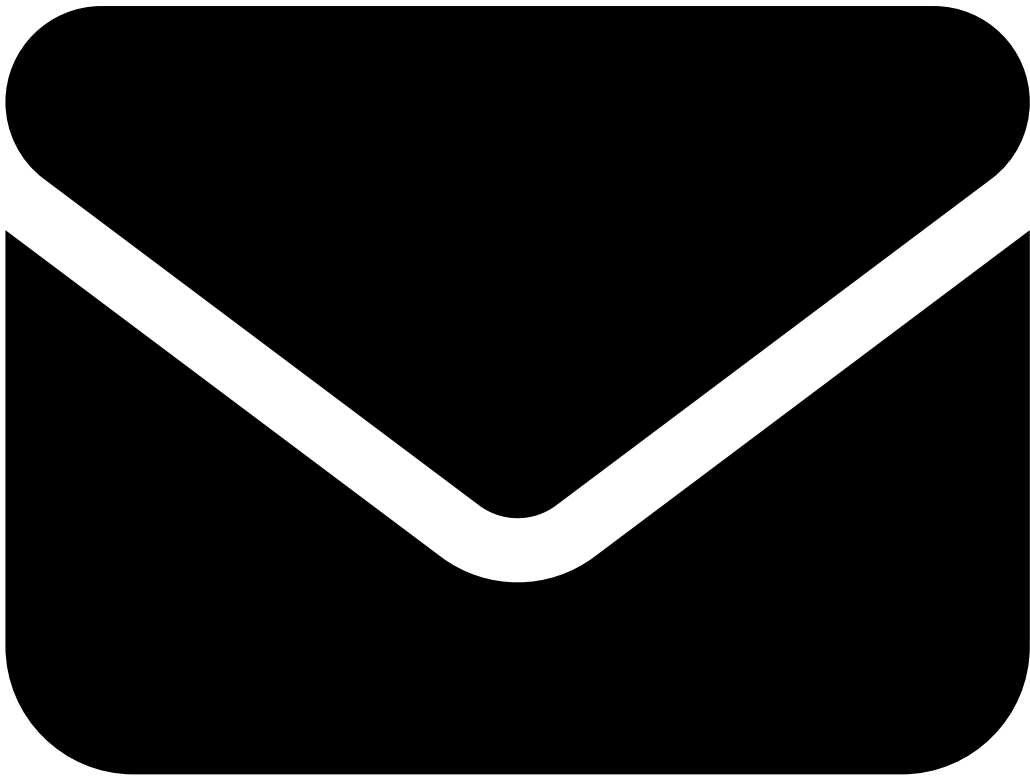
sheet and spray with oil. Bake for 25–30 minutes, flipping halfway, until golden and crisp.

Easy Italian Lemon Garlic Shrimp Recipe

Easy Italian Lemon Garlic Shrimp Recipe

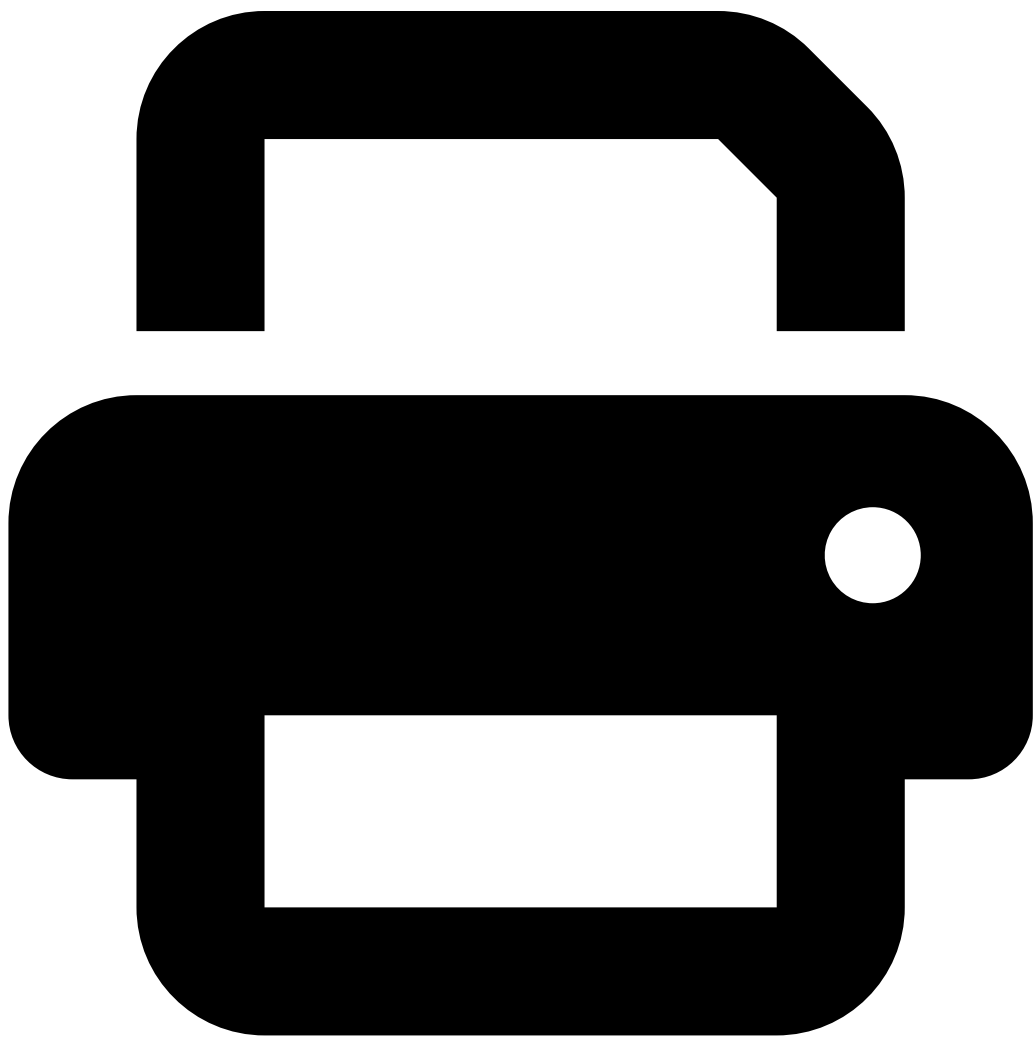
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Few dishes feel as effortlessly elegant as this Italian lemon garlic shrimp. Bright, garlicky, and kissed with lemon, it's my Italian spin on classic lemon butter shrimp—inspired by the flavors of *Pollo al Limone*. Each bite is a burst of fresh, vibrant flavor, balanced with zesty citrus, mellow garlic, and a silky white wine sauce that gently clings to the shrimp.

The best part? This dish comes together in just about 20 minutes, making it perfect for a quick weeknight dinner or a more refined weekend meal. Like all great Italian recipes, it relies on simple, high-quality ingredients that speak for themselves.

Things to Know About This Easy Italian Lemon Garlic Shrimp

1. **A seafood spin on a classic.** This dish is inspired by *Pollo al Limone*, the beloved Italian lemon chicken.

The same vibrant, garlicky lemon sauce pairs perfectly with shrimp—familiar, yet refreshingly new.

2. **Fast and fuss-free.** Shrimp cook in just minutes, making this a go-to recipe for busy weeknights. Sauté the shrimp first, then build the sauce right in the same skillet—minimal cleanup, maximum flavor.
3. **Choose the right shrimp.** Large or jumbo shrimp (wild-caught if possible) offer the best texture and taste. Fresh or frozen (thawed) both work beautifully.
4. **Wine or broth—your choice.** A splash of dry white wine adds depth, but you can easily swap in good-quality chicken broth if you're cooking without alcohol.
5. **Don't skip the zest.** Lemon zest adds a bold citrus aroma that brightens the whole dish and balances the richness of the butter.
6. **Endlessly versatile.** Serve this shrimp over pasta, creamy polenta, fluffy rice, or even zucchini noodles for a lighter, low-carb option.
7. **Make it your own.** Add a pinch of red pepper flakes for a subtle kick, or stir in baby spinach at the end for an extra dose of greens.
8. **Reheat with care.** Shrimp can overcook quickly, so if you have leftovers, warm them gently on the stovetop with a splash of broth or lemon water to keep them tender.
9. If you like this Easy Italian lemon garlic shrimp recipe , here are more to try
10. shrimp tomato basil spaghetti
11. Authentic Italian shrimp oreganata

Easy Italian Lemon Garlic Shrimp Recipe



- 1 $\frac{1}{2}$ lbs. large shrimp (peeled and deveined (16-20 per lb.))
- 1 teaspoon each paprika and garlic powder
- Salt and freshly ground black pepper (to taste)
- 2 tablespoons olive oil
- 2 tablespoons unsalted butter
- 2 minced garlic cloves
- $\frac{1}{2}$ cup dry white wine
- 1 cup chicken broth
- Juice of 2 lemons (about $\frac{1}{3}$ cup)
- Zest of 1 lemon
- $\frac{1}{2}$ cup capers (optional)
- 2 tablespoons chopped fresh parsley
- Lemon slices (for garnish)

1. **Sauté the Shrimp** Season shrimp with salt and pepper. Heat olive oil and 1 tablespoon of butter in a large skillet over medium-high heat. Add the shrimp and sauté for about 1–2 minutes per side, just until pink and lightly golden. Remove the shrimp from the skillet and set aside.
2. **Sauté Garlic** In the same skillet, lower the heat to medium and add the remaining 1 tablespoon butter. Add the sliced garlic and sauté for 30–60 seconds until

fragrant, being careful not to brown it.

3. **Deglaze the Pan**Pour in the white wine , scraping up any browned bits from the bottom. Let it simmer for 2–3 minutes to reduce slightly.
4. **Add Lemon and Capers**Stir in the, chicken broth, lemon juice, lemon zest, and capers (if using). Simmer for another 5-7 minutes to allow the flavors to come together and the sauce to thicken slightly
5. **Return the Shrimp**Return the sautéed shrimp to the skillet, along with any juices they released. Toss to coat in the lemony sauce and cook for another 1 minute, just to rewarm.
6. **Finish and Serve**Sprinkle with fresh chopped parsley. Serve hot with lemon slices and extra sauce spooned over the top.