

# Roasted Zucchini Pasta with Tomatoes

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When summer zucchini are overflowing at the farmers market—or in your backyard garden—this **Roasted Zucchini Pasta with Tomatoes** is the dish I turn to again and again. It's light, fresh, delicious, easy and, made with a few simple ingredients.

Roasting the zucchini brings out its natural sweetness, while sautéed garlic and blistered cherry tomatoes add just the right depth. Blended into a silky cream sauce with pasta water and tossed with your favorite pasta, it's the kind of easy weeknight meal that still feels special. Vegetarian, comforting, and made for summer—this one's a keeper.

## Things to know about this Roasted Zucchini Pasta with Tomatoes

**You said:**

- **Use peak-season zucchini** for the best flavor—smaller zucchini tend to be sweeter and less watery.
- **Roasting adds depth.** Don't skip the roasting step—it caramelizes the zucchini and makes the sauce extra rich

and flavorful.

- **Sautéing the garlic and tomatoes separately** brings out a beautiful sweetness and keeps the garlic from burning in the oven.
- **Blend to your texture preference.** You can keep the zucchini cream sauce super smooth or leave it a little chunky for more texture.
- **Reserve that pasta water!** It's key to loosening the sauce and helping it cling beautifully to the pasta.
- **Make it your own.** Add fresh herbs like basil or mint, a dollop of ricotta, or a pinch of red pepper flakes for heat.
- **Leftovers?** This pasta reheats well with a splash of water or a drizzle of olive oil in a pan over low heat. If your looking for more easy recipes to use up those summer zucchini try my creamy lemon parmesan zucchini orzo, it's so good and easy to make

## Ingredients

- 12 oz. your favorite pasta shape
- 3 zucchini washed and sliced
- 2 cups cherry tomatoes
- 2 Tbsp. olive oil
- 2 garlic cloves, minced
- Salt and black pepper, to taste
- 1 cup reserved pasta water ( always reserve more than the recipe calls for)
- ½ cup freshly grated Parmesan cheese

## Instructions:

1. Preheat your oven to 400°F . Spread sliced zucchini on a baking sheet. Drizzle with olive oil, season with salt and pepper, and toss to coat. Roast for 15-20 minutes until tender and lightly golden.
2. In a skillet, heat the olive oil over medium heat. Add the minced garlic and sauté for 1 minute until fragrant. Add cherry tomatoes and cook for 5–7 minutes until they begin to blister and soften. Season with salt and pepper.
3. Boil pasta in salted water until al dente. Reserve 1 cup of the pasta water, then drain.
4. Transfer the roasted zucchini to a blender or food processor. Add the reserved pasta water. Blend until smooth and creamy, adding more water as needed for a silky sauce.
5. Add the pureed zucchini and the parmesan cheese to the tomatoes. Toss in your cooked and drained pasta.
6. Plate the pasta and finish with extra Parmesan ENJOY!!!

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## Easy Chicken Meatballs

# Easy Chicken Meatballs

These chicken meatballs are the very best meatballs ever, the healthier version of everyone's favorite.

Ground chicken breast, seasoned with rich traditional Italian flavors, so good you'll want to make them often.

Think pasta and meatballs, meatball sandwiches or just a bowl of meatballs with sour dough bread to sop up the homemade marinara sauce.

Chicken meatballs can be used in many different ways and frozen for ready made meals for busy weeknight dinners, or unexpected company is coming.

It's not often you find a meal everyone will love, when you do it's a win-win.

While the Italian meatball may not rival in popularity in the same way as the American hamburger, it still has a big following across the nation. I know they 're popular in my house

## The Definition Of Meatballs

The definition of meatballs is ground meat that is shaped into a ball. In Italian meatballs they are made from beef or veal and either fried or baked before finishing the cooking process in marinara sauce. We had this meal twice a week when I was growing up, on Thursday and Sunday.

I still make the same meal for my family at least once a week using ground chicken. These chicken meatballs are a healthier version of the classic without losing

any of the authentic Italian flavors. I made them even

healthier by baking them in my Cuisinart air fryer

### **A few tips**

**Don't over mix the meat mix only until well blended,**

**if your hand are damp it makes it easier to roll**

**Pre portion the meat before forming into meatballs**

**Don't overcook bake total cooking time is 30 minutes 10 minutes in the oven and 20 minutes in the marinara sauce**

If you make these chicken meatballs please leave me a comment and don't forget to tag me on Instagram...That's my favorite part hearing from you !!! If you love meatballs try my Baked vegetarian zucchini meatballs for a delicious vegetarian option or the classic .Meatball Sunday sauce

## **Ingredients**

- 1 lbs. ground chicken breast
- 1 cup Italian seasoned bread crumbs
- 1 cup grated parmesan cheese
- 2 Tablespoons each chopped garlic and Italian parsley
- 1 egg
- 2 tablespoons milk
- salt and pepper to taste

## **Instructions**

1. Turn oven to 375 degrees
2. Mix all ingredients except the ground chicken well
3. Add the ground chicken mixing until well blended don't over mix
4. With damp hands roll into golf size balls
5. bake in a preheated oven 10 minutes

6. Transfer to prepared marinara
  7. Simmer 20 covered 20 minutes
  8. ENJOY!!!!
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## **Summertime Spaghetti Dish**

## **Bruschetta**

## **Summertime Spaghetti dish**

## **Bruschetta**

I love a delicious bowl of pasta full of fresh summer garden ingredients.

My Summertime bruschetta spaghetti dish recipe is flavored with just picked cherry tomatoes, fresh mozzarella, and fresh herbs, these ingredients when combined together produce the most delicious creamy sauce.

Sometimes the best and most delicious recipes are the simplest. The most important ingredients are always to use the best what's in season whether homegrown or store bought!!!!

## **A few tips when making this Summertime Bruschetta spaghetti**

# dish

The main ingredient in this Summertime Bruschetta spaghetti dish recipe is tomatoes. So whether your using homegrown or store bought it's important the use the best quality you can find.

Just as important as the tomatoes how you start your saute makes a difference In this pasta recipe I use a good quality extra virgin olive oil.

And lastly fresh mozzarella adds the creamy texture and the pasta water is the secret ingredient the brings it all together. I always save more pasta water than the recipes calls for in case the sauce is too dry.

Please leave me a comment when you make this recipe. And please don't forget to tag me on Instagram with your creations. I love hearing from you, it's my favorite part!!!

## Ingredients

- 1/2 Lb. spaghetti
- 2 pints heirloom cherry tomatoes sliced
- Small container fresh mozzarella balls
- 1 cup pasta water
- 1/2 cup grated parmesan
- 2 Tbs. extra virgin olive oil
- 1/2 medium chopped onion
- 4 cloves chopped garlic
- 2 Tbs. each chopped basil and Italian parsley
- Salt and pepper to taste

## Instructions

1. Cook spaghetti according to package directions reserving 1 cup of the water

2. Meanwhile bring the olive oil to a light sizzle
  3. Add the chopped onion and garlic saute until tender and just beginning to brown
  4. Add the sliced tomatoes salt and pepper now then saute until the tomatoes begin to blister
  5. Add the reserved pasta water simmer for 10 minutes or until sauce thickens slightly
  6. Add the fresh mozzarella the last 5 minutes
  7. Toss the spaghetti in the sauce add the basil
  8. Top with the grated parmesan and Italian parsley
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## **Chicken Piccata Pasta Primavera**

## **Chicken Piccata Pasta Primavera**

A light pasta meal, this chicken piccata pasta primavera is a perfect summertime quick family dinner full of classic Italian flavors!!!

Full of lemony freshness this chicken and pasta dish comes together in less than 30 minutes, and your family is going to love it. And you will feel good serving a restaurant quality meal from your kitchen, that's not only delicious, it's healthy too!!!!

# Customize this Chicken piccata pasta primavera

This chicken piccata pasta primavera recipe is easy to customize to fit your lifestyle and taste.

The first and easier way to make this pasta dish your own is to change the pasta shape. The truth is most pasta shapes work well in most pasta dish recipes.

Second if your family hates or loves spinach add more or less to taste. I love spinach and add extra most of the time. Spinach is one of those vegetables that ends up being half of the amount you put in after it's cooked. Pasta dishes are also a good place to hide spinach for those that don't have the same fondness for spinach as I do.

Lastly I used chicken stock. You can use white wine instead in his chicken piccata pasta primavera if that's your preference.

One more thing when making pan sauces the right size saute pan help. My favorite and on sale <https://amzn.to/39XdMRy>

## Ingredients

- 2 skinless, boneless chicken breast cut into strips
- 1/2 Lb. Fettuccini
- 1 Tbls each butter and extra virgin olive oil
- 2 Tbls. minced garlic
- 2 cups cherry tomatoes
- 2 cups chopped spinach
- 1/2 cup capers
- 1/3 cup lemon juice
- 1 cup pasta water
- 1 cup chicken stock or white wine

# Instructions

1. Cook pasta according to package direction reserving 1 cup of the water before draining
  2. Salt and pepper the chicken
  3. In a medium size saute pan over medium high heat in the butter and olive oil, saute the chicken along with the garlic until slightly brown
  4. Add the tomatoes along with the capers saute for a few minutes
  5. Deglaze the pan with the broth or white wine
  6. Add reserved pasta water, simmer until sauce thickens about 10 minutes, add spinach and 1/2 the parmesan cheese last 5 minutes
  7. Toss pasta in picatta sauce sprinkle with additional parmesan and Italian parsley
  8. Enjoy!!!!!!
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## **Cheesy Mini Calzones with beef**

## **Cheesy Mini Calzones with beef**

Whether your looking for an holiday starter or complete meal this Cheesy Mini Calzones with beef recipe can be both. Store bought pizza dough filled with juicy ground beef, full of Italian flavors will leave family and friends wanting more. It's pizzeria style food from your own kitchen.

Sure homemade is better but at this time of year there's no shame in semi homemade. And your family and friends would know the difference, unless you tell them!!!

You can also use store bought marinara sauce, but if you want to make your own here is the link to my Real Easy Marinara Sauce

## **Things to know about this Cheesy Mini Calzones with beef recipe**

Although it's hard to believe you can't make these Cheesy Mini Calzones with beef, heavenly pillows of deliciousness any better, you can. Serve them along side marinara sauce and pesto for a flavor boost that takes this recipe over the top.

You can also make this recipe better by making it ahead of time and then reheating in the oven for a few minutes, my toaster oven/ air fryer is perfect for small reheats like this.

I've said it before and I'll keep saying it my toaster oven/ air fryer is my most used small kitchen appliance.

At this time of year it's good to keep food simple, good and if it can be made ahead of time, that's a triple win!!! Another better idea double the recipe it and freeze it, you can do that with this recipe.

If you make this recipe please leave me a comment and don't forget to tag me on Instagram. I love hearing from you, and hope you are well. Blessings!!!

## Ingredients

- 1 Lb. prepared pizza dough
- 1 cup prepared marinara
- 1/2 lb. ground beef
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- 2 cups chopped spinach
- 1 cup each grated parmesan and shredded mozzarella
- 1 tablespoon chopped Italian parsley
- Salt and pepper to taste

# Instructions

1. Knead pizza dough to form a smooth ball let rest covered for 30 minutes
2. Preheat oven to 400 degrees
3. Meal while in a medium skillet saute the onions and garlic in 1 tablespoon of olive oil until tender and just beginning to brown
4. Add the ground and saute until golden brown
5. Add haft the marinara, spinach, herbs, and cheeses simmer for 5 minutes longer
6. Form the dough into 8 balls, with a rolling pin on a lightly floured surface, roll the dough into 8 flat disks
7. Fill each disk with filling
8. Form into half moons pinching ends together to seal
9. Brush tops with mixture of 1 tablespoon olive oil and 1 tablespoon melted butter, sprinkle with additional grated cheese
10. Bake in preheated oven for 10 minutes at 400, lower the temperature to 350and bake 10 minutes longer

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**Creamy Baked Prosciutto  
Pappardelle Pasta**

**Creamy Baked Prosciutto**

# Pappardelle Pasta

Happy December!!! It's the most wonderful time of the year and it can also be the most stressful time of the year.

Try this Creamy Baked Prosciutto Pappardelle Pasta recipe for a stress free meal, everyone will love. Pappardelle pasta, bacon and prosciutto in a creamy, cheesy sauce baked to a golden brown sure to impress family and friends.

I like simple recipes that come together quickly, don't use many ingredients, and if you can put it in the oven for a hands free dinner, that's what dreams are made of.

## Things to know about this Creamy Baked Prosciutto Pappardelle Pasta recipe

Yes you can customize this Baked prosciutto Pappardella, recipe to fit your lifestyle and taste. Pappardelle, a wide flat noodle can be a show stopper, you can use any shape pasta you like. You can also use pancetta instead of the bacon or you can leave it out. The same is true for the prosciutto, if you don't like prosciutto, substitute ham for it.

I bake this Prosciutto Pappardelle recipe in a casserole dish that goes from oven to table in my toaster oven/ fryer. I said it before and I'll say it again my toaster oven/fryer is the most used appliance in my kitchen and for good reason it's quick, easy to use and it fries with no oil!!!!

If you make this delicious recipe please leave me a comment here and don't forget to tag me on Instagram. I love hearing from you, it's my favorite part!!!

Happy December my dear friends. I hope the spirit of the season fill your homes with gratitude and generosity.

## Ingredients

- 1 lb. pappardelle
- 1/2 stick butter
- 4 slices bacon diced
- 1/2 cup prosciutto cut into strips
- 3 tablespoons flour
- 2 cups low fat milk
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese
- 1 cup shredded mozzarella
- 2 cups chopped spinach
- 1/2 chopped onion
- 2 Tablespoons chopped garlic
- pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook the Pappardelle according to package directions reserving 1 cup of the pasta water before draining
2. In a heavy saucepan cook the bacon in 2 tablespoons of butter until crispy
3. Add the onion and garlic saute until tender and just beginning to brown
4. Sprinkle the flour over the bacon mixture stirring to coat everything in the saute pan cook for 2 minutes
5. Slowly in the milk while stirring then add the reserved pasta water. Cook until sauce thickens about 10 minutes
6. Add the nutmeg, spinach and parmesan cheese cook 5 minutes longer
7. Pour Pappardelle into buttered casserole dish

8. Top with the shredded mozzarella
  9. Place the dish under the broiler until the top is golden brown about 15 minutes
  10. Serve at Once
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# One Pan Ravioli Recipe

## One Pan Ravioli Recipe

This One Pan Ravioli recipe is so easy when you use store bought ravioli. Sure there's nothing better than homemade, but if your craving Italian and also want quick and easy, than store bought is the way to go.

There are so many varieties and good quality commercial ravioli brands you won't have have problem finding a brand that fits your lifestyle and taste.

What could be easier than a delicious Italian dinner that comes together in less than 30 minutes? Oh I know what's even better it's all made in one pan!!!!

For one pan cooking, there's one important thing the pan needs to be big and deep enough to hold all the ingredients.

Here is a link to my most used deep saute pan when I use the one pan method.

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram with your creations. I love hearing from you!!!!

# Ingredients

- 1 package store bought cheese and spinach ravioli
- 2 cups vegetable stock
- 2 cups heavy cream
- 2 cups chopped spinach
- 8 oz. sliced cremini mushrooms
- 1 cup grated parmesan cheese
- 2 Tablespoons butter
- 2 Tablespoons chopped garlic
- 1/2 chopped onion
- 2 Tablespoons chopped Italian parsley
- Salt and pepper to taste

# Instructions

1. In a large saute pan melt the butter over medium heat
2. Saute the onion and garlic until tender and just beginning to brown
3. Add the mushrooms saute until golden salt and pepper now
4. Deglaze the pan with the vegetable stock scraping up the brown bits at the bottom of the pan
5. Add the cream and half of the parmesan cheese simmer covered on low heat until sauce thickens about 10 minutes
6. Add the raviolis and spinach cook 10 minutes longer
7. Sprinkle with additional parmesan and Italian parsley

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# Creamy Chicken Gnocchi

# Creamy Chicken Gnocchi

Don't let the looks of this Creamy Chicken Gnocchi intimidate you. It's an easy recipe when you use store bought potato gnocchi.

If you want to go the all home made route you can make my Easy Ricotta Gnocchi. But if you decide to make your own they need to be cooked in a separate pot of rapidly boiling water until they come to the surface, about 7 minutes and then tossed in the sauce. The same is true with the marinara but marinara sauce is so easy and is one of the sauces I always have on hand. I have linked the recipes for the gnocchi and the marinara. The most important thing about marinara is to use the best tomato products, since tomatoes are the main ingredient.

My absolute favorite is La San Marzano, you can't always find it in the supermarkets but here is the link to find it on Amazon.

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## Three Tips When Making Creamy Chicken Gnocchi

Size matters!!! when we're one pan cooking. The sauté pan has to be big enough and deep enough to hold in this case both the pasta and the sauce. Here's a link to a good all around one pan cooking pot.

Another thing that's important is to be sure the oil and butter is hot enough to sear the chicken without burning it.

One more thing, if the sauce is too thick add a little milk if it's too thick coat a pat of butter with flour and put it in

the sauce, the last few minutes.

## Ingredients

- 3 boneless, skinless chicken breast cut in cubes
- 1/2 LB. store bought or my easy ricotta gnocchi
- 3 cups prepared marinara sauce
- 1 cup heavy cream
- 2 cups chopped spinach
- 2 tablespoons each olive oil and butter
- 2 Tablespoons chopped garlic
- 1/2 small onion chopped
- 1 cup parmesan cheese
- 2 Tablespoons chopped Italian parsley

## Instructions

1. In a large sauté pan heat olive oil and butter to medium heat
2. salt and pepper the chicken and sauté until lightly browned
3. Add the garlic and onion sauté until tender and just beginning to brown
4. Add the prepared marinara and cream simmer 15 minutes or until sauce thickens
5. Add the gnocchi and spinach
6. Simmer covered 7 to 10 minutes
7. Sprinkle with the parmesan cheese and Italian parsley

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# Vegetarian Chickpea Broccoli

# pasta

## Vegetarian Chickpea Broccoli pasta

This vegetarian chickpea broccoli pasta is the best recipe to make when your craving Italian, and want quick and easy too. Pasta, chickpeas and broccoli are tossed in a light creamy, garlicky sauce, full of delicious summer flavors. When you need an easy 30 minute dinner make this vegetarian pasta. It's comfort food with a light and summery taste.

OK, so I know I post a lot of pasta recipes, but pasta is so versatile, you could have hundreds of combinations. At the restaurant on the menu, you pick, your pasta shape, sauce, and any extra add-ins.

By some estimates there are 600 distinct commercial brands of pasta shape, hundreds of sauces, endless vegetables and protein combinations.

That's why I post a lot of pasta recipes, when am stuck for a dinner idea it's Pasta to the rescue.

### **Things to know about this vegetarian chickpea broccoli pasta recipe**

Start by boiling your fettuccine according to package instructions, and toss in the broccoli during the last few minutes of cooking until just tender. Don't forget to reserve at least 2 cups of pasta water before draining—this starchy “liquid gold” helps bring the whole dish together.

Why save pasta water? It's naturally rich in starch, which thickens and binds sauces beautifully, adding flavor and a

silky texture—no heavy cream needed. Always save more than you think you'll need!

Sauté the onions and garlic until tender and just beginning to brown before adding the chickpeas , be sure the saute pan is big enough to hold all the ingredients without crowding.

If the saute pan is too small you wouldn't get that beautiful golden color instead the food ends up looking like it was boiled instead of sauteed.

Then put the rest of the ingredients in the pan scraping up all the brown bits, simmer for 10 minutes. The recipe says to reserve 2 cups of water but I know it only calls for 1, that's because I always like to save more than I need in case the sauce is too thick.

The other thing is the chickpeas and broccoli can be roasted then added to the sauce at the same time as the pasta. When I use this method which I do often

I use my Cuisinart toaster/airfryer as a quick and economical alternative to turning on my large wall oven. If you like easy vegetarian pasta recipes try my vegetarian orzo with asparagus and peas a quick recipe made in one pan.

If you make this Vegetarian chickpea broccoli pasta recipe please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite part.

## Ingredients

- 1/2 Lbs. Fettuccine
- 2 cups broccoli florets
- 2 cups chick peas
- 2 Tbs. each butter and extra virgin olive oil
- 1 cup manufacturing cream
- 1 cup reserved pasta water
- 1 cup grated parmesan cheese

- 1 Tbs. minced garlic
- 2 Tbs. each Italian parsley, and basil
- pinch of nutmeg
- Salt and pepper to taste

## Instructions

1. Cook fettuccine according to package directions Add broccoli last 5 minutes and reserving two cups of the water before draining
2. Drain and rinse 2 15 oz. cans chick peas
3. In a saute pan bring oil and butter to a medium heat
4. Add onion and garlic saute until tender and just beginning to brown
5. Add chickpeas saute until golden
6. Add reserved 1 cup of the reserved pasta water, (always save more than the recipe calls for) cream, parmesan, and herbs
7. Simmer 10 minutes
8. Toss, pasta, broccoli, chick peas . If the sauce is too thick add more pasta water to loosen it.
9. Salt and pepper to taste
10. sprinkle with parmesan and ENJOY!!!

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## Turkey Meatball Garlic Toast

## Turkey Meatball Garlic Toast

I love Meatballs as much as I love Pasta and for the same reasons. They're just so easy, delicious, versatile and

everyone loves them. This meatball garlic toast uses my Mama's traditional meatball recipe reconstruct to fit my lifestyle and taste, using ground Turkey breast. While ground turkey isn't my favorite I use it when I want a healthier option, plus you can never go wrong with Meatballs.

Plenty of Parmesan with a few simple ingredients and plenty of fresh herbs, turned that flavorless ground turkey into something totally drool worthy.

## **Three Tips When Making This turkey meatball garlic toast**

First when mixing the meat into the other ingredients don't over mix or overcook, both lead to tough hard meatballs.

A case in point to the last sentence, a new prep cook was mixing the mixture in the dough mixer, and that explained why the meatballs were rock hard. There is no nice way to put it, they were not good.

The other thing to remember is that the meatballs are cooked twice first roasted, then in the sauce, so it's easy to overcook them. Roasting the meatballs adds another depth of flavor and beautiful color.

I try to use my handy-dandy toaster oven whenever I can. I don't like turning on my oven every time I need to toast something, my toaster oven is one of my most used small kitchen appliances, if you don't have one they're well worth the cost.

Third this is another custom-able recipe, if you like the traditional use a high grade ground beef, or a mixture of chicken, beef, or veal.

Experiment, food and cooking is meant to be fun and enjoyable, I have simplified and gave you made ahead tips to

make cooking a journey, not a destination always learning, always finding new ingredients to satisfy our changing life style and diet....Have Fun!!! If you love Meatballs you may want to try these meatball recipes Mama's best Italian meatballs or for a vegetarian option try my Melanzane polpetta Italian eggplant meatballs.

## Ingredients

- 1 Lbs. ground turkey breast
- 6 slices crusty Italian Bread cut medium thick on a diagonal
- 1 cup shredded mozzarella
- 1 cup bread crumbs
- 1/2 cup chopped Italian parsley
- 1/2 cup grated Parmesan
- 1 egg
- 2 Tbs. each chopped garlic and onion
- Salt and pepper
- 4 cups my easy marinara sauce
- 1 stick butter softened
- 1/2 cup each mozzarella, parmesan and sharp cheddar
- 3 tablespoons each chopped Italian parsley, garlic and onion

## Instructions

- Preheat oven to 350
- In a bowl make the cheesy garlic butter by mixing the last 4 ingredients
- Spread the garlic mixture on the bread slices
- toast for 10 – 15 minutes.
- Mix egg, bread crumbs, parsley, garlic, onion, parmesan salt and pepper ending with the meat
- Shape into golf size balls
- Roast in a preheated 350 oven until light golden brown about 10 minutes
- Cook an additional 20 minutes in simmering homemade marinara sauce

- Top garlic toast with 2 meatballs top with additional mozzarella
- Return to oven just to melt the cheese