

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!!!

**Sausage
Orecchiette**

Broccolini

Sausage Broccolini Orecchiette

This classic Sausage Broccolini pasta recipe is made with orecchiette ‘little ear’ pasta. You can use different shapes of pasta in this recipe you can without changing the flavor much, but “little ears” is my family’s favorite.

Traditional the recipe uses broccolini rabi, the Italian broccoli, it tastes similar with more bite and bitterness.

If broccoli is all you have then use broccoli, but this might be one of those recipes where you make a trip to Trader Joe’s and buy broccolini rabi.

This recipe is quick, easy and like most of my recipes customizable to fit your lifestyle and diet, it can be on your table in 30 minutes and become one of your family’s favorite too.

Customize Sausage Broccolini Orecchiette

This Sausage Broccolini orecchiette Pasta recipe works well with chicken and shrimp too.

If you use shrimp saute them 3 minutes per side then remove them from the pan to prevent overcooking, adding them back in at the end just to heat through.

And of course you can use regular broccoli or spinach if that’s what fits your taste .

If you keep following along pretty soon you wouldn’t be looking at recipes as often, you’ll be able to add and subtract ingredients to fit your lifestyle and taste.

Whatever ingredients you use keep it simple and fresh, and remember when sauteing large quantities the saute pan needs to be deep enough to hold the ingredients. one pan of this size is all you need. This is the one pan I use from Amazon , it's the perfect size for one pan cooking and not too expensive.

One more good thing about this recipe, it stay's fresh in the fridge for 2 to 3 days, for quick meal reheats and it's freezer friendly for ready made meals.

Let me know if you made this recipe. Please leave me a comment and don't forget to tag me on Instagram, I love hearing from you !!!!

Ingredients

- 1/2 lbs. orecchiette pasta
- 1 bunch broccoli rabi
- 1 Lb. spicy Italian sausage casings removed
- 1 cup chicken stock
- 2 cups reserved pasta water
- 2 Tbs. chopped garlic
- 1/2 cup chopped shallots
- 1 cup parmesan
- 1 Tbs. each chopped Italian parsley, and hot pepper flakes
- 2 Tbs. olive oil
- salt and pepper to taste

Instruction

1. Clean the broccolini removing the tough outer leaves and lower stems
2. Cook the orecchiette in boiling salted water el dente. Add the broccolini the last five minutes. reserve 2 cups of the water before draining
3. In a large saute pan over medium high heat add the

olive oil

4. Cook the sausage until golden brown breaking up the pieces as you go
 5. Add the shallots , garlic and red pepper flakes saute until tender and beginning to brown.
 6. Add chicken stock, reserved pasta water and herbs
 7. Simmer 10 minutes
 8. Toss the cooked orzo and broccolini in sauce
 9. Adjust salt and pepper
 10. Top with parmesan..... Enjoy!!!
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Italian Pasta e ceci soup

Italian Pasta e ceci Soup

Pasta e ceci Italian chickpea soup is a classic Roman dish that is made in one pot. It is made with chickpeas and pasta in a rich tomato sauce. Pasta and chickpeas are both staples in Italian cooking, and depending on who you ask pasta e ceci can be referred to as a soup, a stew or a pasta dish. Some versions are soupy while others resemble pasta in chickpea sauce.

Good to know when making Italian Pasta e ceci soup

I am using dry chickpeas and soaking them. This method takes a longer cooking time. Canned chickpeas work well in this recipe that will make this recipe ready in less than 30 minutes. Mashing some of cooked chickpeas before adding the

pasta makes a perfectly thick stew -like base for the dish. It is important for the chickpea- broth be loose enough that the dried pasta can be cooked in the same pot, and not leave the dish looking dry.

Ingredients

- 3 cups dry chickpeas
- 4 Tbsp. olive oil
- 1 cup chopped onion
- 2 Tbsp. minced garlic
- 1 cup chopped celery
- 1 cup sliced carrots
- 3 cups chopped tomatoes
- 2 cups vegetable stock
- 2 cups small tubular pasta

Instructions

1. Start by rinsing and the soaking he chickpeas overnight
 2. In a stock pot in the olive oil over medium high heat saute the onion and garlic until soft and fragrant then add the carrots and celery and saute until soft. Then add in the tomatoes and salt and pepper. Add in the vegetable stock and the drained soaked chickpeas. Cover and simmer for 45 minutes or until the chickpeas are fork tender. Add the pasta and simmer for 10 minutes longer. Top with freshly grated parmesan cheese. ENJOY!!!!
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Creamy Lemon Shrimp Bucatini

Creamy Lemon Shrimp Bucatini

I know, I post a lot of pasta recipes. But pasta is so versatile you can make a lot of pasta dishes without repeating the same one twice for awhile, besides who doesn't like pasta?

In this creamy, lemon shrimp bucatini recipe large shrimp are covered in a light cream sauce full of Italian flavors, then tossed with bucatini pasta, for a delicious meal everyone loves.

That's not even the best part, the best part, it's a super easy shrimp and pasta recipe, that comes together in less than 30 minutes. Making this pasta recipe perfect for busy week night family meals. and it's fancy enough for Saturday dinner with friends, to show off what a good home chef you are.

3 tips for success with this creamy Lemon Shrimp bucatini recipe

The first tip for success when you make this lemon cream sauce shrimp bucatini is to use good quality large shrimp, and to be sure not to over cook them.

Second, it really doesn't matter what shape pasta you use in this recipe. What matters is not to overcook it. A good rule of thumb is to undercook it by a few minutes. You can ruin a good pasta dish just by overcooking the pasta.

And third don't underestimate the importance of the reserved pasta water. Pasta water is a magical ingredient that binds sauces together. Not only does pasta water add flavor it

thickens the sauce. I always save more than the recipe calls for in case the sauce is to thick.

Lastly please leave me a note, let me know how this recipe worked out for you. I love hearing from you!!!!

Ingredients

- 1 Lb. Bucatini pasta
- 1 Lb. cleaned deveined large shrimp
- 1 cup reserved pasta water
- 1 cup white wine or chicken stock
- 1 cup heavy cream
- 1/2 cup grated parmesan
- 2 cups chopped spinach
- Juice from 2 lemons
- 2 Tbls, butter
- 2 Tbls. olive oil
- 2 Tbls. chopped garlic
- 1/2 small chopped onion
- 2 Tbls. chopped Italian parsley
- salt and pepper to taste

Instructions

1. Cook bucatini according to package directions reserving 1 cup of the water before draining.
2. Meanwhile salt and pepper the shrimp according to your taste.
3. In a large saute pan over medium heat saute the shrimp in the butter and olive oil 2 to 3 minutes per side remove and set aside.
4. In the same pan saute the garlic and onion until tender and just beginning to brown.
5. Deglaze the pan with the chicken stock scraping up the browned bits simmer for 2 to 3 minutes.
6. Add the cream, lemon juice and reserved pasta water,

- simmer until sauce thickens about 15 minutes, add the spinach and parmesan cheese last 5 minutes.
7. Return shrimp to sauce just to heat through.
 8. Toss pasta with lemon cream shrimp sauce sprinkle with Italian parsley and ENJOY!!!!
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Vegetarian zucchini lasagna

Vegetarian zucchini lasagna

I love a classic lasagna but when my garden is overflowing with zucchini this is vegetarian zucchini lasagna starts showing up on my table. With layers of roasted zucchini marinara and three kinds of cheese, this recipe is full of flavor everyone loves.

It's a great recipe when you are craving Italian and want low-carb too. Also a good recipe for batch cooking. Make a double batch bake one and freeze one. It can be frozen before or after baking, then thawed out and baked when you are ready to serve.

Three tips for success when making vegetarian zucchini lasagna

To keep the lasagna from being watery because of the high water content in the zucchini first salt the zucchini and let it sit for at least 30 minutes to extract the liquid. then pat dry with paper towels before roasting . Roasting also helps to extract the water.

Another step to prevent watery vegetable lasagna is to bake the lasagna uncovered for 70% of the cooking time. This allows the steam to escape.

Here is the link for the lasagna casserole dish

Ingredients

- 4 medium zucchini
- 4 cups marinara sauce
- 4 cups ricotta cheese
- 1/4 cup chopped Italian parsley
- 1 egg
- 1 1/2 cups grated parmesan divided
- 2 cups shredded mozzarella
- 1 cup toasted bread crumbs

Instructions

1. Start by slicing your zucchini as thin as possible with a knife. Lay flat salt the zucchini slices and let sit for 30 minutes. Then pat dry to absorb the liquid.
 2. Roast the zucchini in a preheated 375-degree oven until lightly brown about 10 minutes.
 3. Mix the ricotta with the parsley, egg, breadcrumbs and 1/2 cup of the grated parmesan.
 4. In a 7 x11 casserole dish begin layering the zucchini lasagna starting with the marinara sauce, zucchini and the mozzarella repeat the process ending with zucchini, marinara and cheese.
 5. Bake in a preheated 375-degree oven for 45 to 55 minutes. Let the lasagna sit for 15 minutes before cutting. 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

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 piccata sauce sprinkle with additional

parmesan and Italian parsley
8. Enjoy!!!!!!

Spicy Spaghetti Shrimp

Spicy Spaghetti Shrimp

Transform shrimp into a flavorful date- night worthy dinner with this Spicy Spaghetti Shrimp recipe, in less than 30 minutes!!

Chunky with capers, olives and tomatoes this quick tomato sauce taste much like the familiar puttanesca sauce that is usually served over pasta .

In this easy recipe I used this delicious sauce to coat the shrimp as well as the spaghetti to produce a meal that will have family and friends coming back for seconds.

Why I love this Spicy Shrimp Spaghetti recipe

There are more than a few reasons why I love This Spicy Shrimp Spaghetti recipe.

First and most importantly its easy peasy. It really is one of those recipes that comes together in less than 30 minutes but your friends and family will think it took much longer, who doesn't like that?

Not only is this recipe easy, this pretty pasta is one my family loves and I love that they eating a healthy meal. If that isn't enough this recipe is affordable when you serve the shrimp sauce over pasta.

If you make this easy 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 Lb. large peeled and deveined shrimp
- 1/2 Lb. Spaghetti
- 1 Tbs. each olive oil and butter
- 2 Tbs. minced garlic
- 1 Tbs. dried hot pepper flakes
- 1 14.5 oz. can crushed tomatoes in thick puree
- 2 chopped fresh tomatoes
- 2 Tbs. drained capers
- 1/2 cup pitted chopped black olives
- 1 Tbs. each chopped rosemary, Italian parsley and basil
- Salt and pepper to taste

Instructions

1. Cook pasta according to package directions resevering 1 cup of the water before draining
2. Meanwhile in a large nonstick saute pan heat the oil and butter to medium heat
3. Add the shrimp, garlic, red pepper flakes salt and pepper the shrimp now
4. Sautee stirring occasionally until the shrimp are just done about 5 minutes
5. Remove the shrimp with a slotted spoon and set aside
6. Add the fresh tomatoes, canned tomatoes, reserved pasta

water, herbs, capers and olives to the saute pan

7. Simmer covered for 15 minutes
 8. Return shrimp to saute pan just to heat through
 9. Toss the shrimp with the pasta
 10. Sprinkle with additional chopped Italian parsley ...
- ENJOY
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Creamy Chicken Broccoli and spinach pasta

Creamy Chicken Broccoli and spinach pasta

Looking for a quick and easy pasta dinner? This Creamy Chicken Broccoli and Spinach Pasta is your answer!

Ready in under 30 minutes, it's the perfect weeknight meal when you're short on time but craving something comforting and full of Italian flavor. Tender chicken, crisp-tender broccoli, fresh spinach, and a touch of tomato come together in a light garlic cream sauce that tastes like it came from your favorite Italian restaurant. This easy pasta recipe is sure to become a go-to family favorite!

Things to know about this Creamy Chicken Broccoli and spinach

Fettuccini

One: when your cooking the chicken for this Creamy Chicken Broccoli Fettuccini don't overcook it, and be sure the saute pan is big enough to brown the chicken . Okay I know that was two. Next, always under cook the pasta just a bit this allows for the reheat. And finally always save some pasta water, this step is easily missed. And let me tell you, the pasta water with all it's starch is a magical ingredient that thickens the sauce and adds more flavor. I always save more than I need just in case.

Get in the habit of always saving some of the pasta water if your boiling pasta!!

Oh one more thing be sure to deglaze the saute pan. That's another important step, there's a lot of flavor in the bottom of the saute pan be sure to scrape all those brown bits up using a large spoon

If you make this recipe please leave me a comment and please don't forget to tag me on Instagram. Hearing from you is my favorite part!!!

Ingredients

- 1/2 lb. fettuccini
- 2 boneless skinless chicken breast cut in medium chunks
- 1 lb. broccoli flowerets
- 2 cups diced tomatoes
- 2 cups chopped spinach
- 2 Tablespoons each butter and extra virgin olive oil
- 1/2 cup chopped onion
- 1 Tablespoon minced garlic
- 2 Tablespoons chopped Italian parsley
- 1/2 cup white wine
- 1 cup reserved pasta water

- 1 cup chicken stock
- 1 cup heavy cream
- 1 cup parmesan
- Salt and pepper to taste

Instructions

1. Cook the pasta according to package directions adding the broccoli the last 3 minutes. And reserve two cups of the pasta water before draining
2. Salt and pepper chicken chunks
3. In a large saute pan cook over medium high heat in the olive oil and butter cook the Chicken until golden brown and cooked through about 5-7 minutes remove and set aside
4. In the same pan add the tomatoes, garlic and onion cook until the tomatoes burst and the garlic and onion are tender and just beginning to brown
5. Deglaze the pan with white wine scraping up all the brown bits at the bottom simmer a few minutes
6. Add the chicken stock, cream, and reserved pasta water simmer 10 minutes or until sauce thickens. then add in the parmesan cheese
7. Return the chicken to the pan add the chopped spinach, broccoli and drained fettuccini cook for 1-2 minutes to combine the flavors and the spinach is wilted
8. Sprinkle with Italian parsley and additional parmesan cheese. ENJOY!!!

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