

Creamy Chicken Gnocchi

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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.

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!!!

Creamy Tuscan Chicken Penne Pasta – Easy Weeknight Dinner

- Creamy Tuscan Chicken Penne Pasta – Easy Weeknight

Dinner

You need to add this Tuscan Chicken Penne to your weekly pasta night menu. It's a creamy pan sauce filled with sun dried tomatoes, spinach and mushrooms and goes perfect with the chicken and pasta. This is a delicious base sauce to add any shape pasta to, it doesn't have to be penne, use what you have on hand.

My recipes and the way I cook is to use what I have on hand, or what is on sale and the freshest seasonal ingredients. This meal came about because on a shopping trip I bought whole, skinless, boneless chicken breast, they were on sale.

I like to cut them into different shapes to use in different recipes. For this penne pasta I cut the chicken into strips.

The rest I cut into fillets for grilling or baking, lay it flat in baggies and freeze it.

It's great when all you have to do is take the chicken out of the freezer and it's pan ready for your recipe, for those busy night, when commitments are long and time is short.

This quick dinner can be on your table in about thirty minutes and has few ingredients so you don't have to go to the store as often, because you forgot something, and leaving with more than you came for, plus a little extra frustration you didn't have to pay for in this crazy times.

Things to know about this creamy chicken penne recipe

In this Tuscan Chicken Penne recipe, I use one of my favorite tricks—pasta water! I do this in about 75% of my recipes because pasta water is pure magic when it comes to finishing

sauces.

Before adding the pasta to your pan, ladle in about 1 cup of the starchy, salty cooking water. It not only adds flavor but also helps bind the sauce and pasta together while naturally thickening the sauce.

Don't forget to save the pasta water *before* you drain it—this is one of the easiest steps to overlook! I like to save extra just in case I want to adjust the sauce's consistency.

Need to thicken your pan sauce a bit more? Try this trick: coat a pat or two of butter in flour and drop it into the sauce. Let it simmer for at least 5 minutes to cook out any raw flour taste.

This Tuscan-style sauce is a restaurant-quality base you can customize any way you like. It's full of flavor and guaranteed to be a hit with your family. If you like family friendly pasta meals that come together quick and taste delicious try my tomato piccata shrimp bucatini.

If you make this recipe, I'd love to hear from you—leave a comment or tag me on Instagram so I can see your delicious creations. That's truly my favorite part!

Ingredients

1/2 lb. penne pasta

1/2 Lbs. skinless boneless chicken breast sliced into strips

2 Tbs. each olive oil and butter

1 Tbsp. minced garlic

1/2 cup chopped onion

1/2 cup white wine

4 cups spinach chopped

4 oz, sun dried tomatoes

1 cup parmesan cheese

1 cup heavy whipping cream

1 cup chicken stock

1 cup reserved pasta water

1 Tbs. each chopped Italian parsley, and basil

Salt and pepper to taste

Instruction

1. Salt and pepper the chicken
 2. Heat oil and butter add the chicken saute on high heat till golden, remove and set aside
 3. In the same pan lower the heat to medium add the onion and garlic saute until soft and translucent
 4. Deglaze the pan with the white wine waiting until fully absorbed before adding the cream, chicken stock, and pasta water
 5. Simmer covered until thickens about 15 minute
 6. Add spinach and sun dried tomatoes simmer 5 minutes longer.
 7. Toss cooked penne in sauce add the parmesan cheese, Italian parsley and basil
 8. Top with additional parmesan..... Enjoy!!!
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Roasted Vegetable Pasta Salad

Roasted Vegetable Pasta Salad

Memorial day has always been the unofficial start of Summer for me, and Am kicking it off with this roasted vegetable pasta salad.

This Italian pasta salad is full of good for you ingredients and everyone's favorite one Pasta. It's no secret I love pasta, I grew up with my mother making fresh pasta almost daily. We lived on a farm in the hills of Tuscany, my mother and father worked the land and we reaped the rewards in the most fresh, delicious food.

I can remember my Mama up before dawn dressed and standing at the counter rolling out the pasta dough on a wooden board my father make for her.

Yes, there's nothing better then fresh pasta, but if your looking for quick and easy then store bought is the way to go. With thousands of shapes and brands you can find any kind your looking for, from fresh to dry and everything in between. At the restaurants the raviolis, gnocchi and lasagna are made by hand the rest are store bought and delicious.

Make this roasted vegetable pasta salad your own

In this vegetable pesto pasta salad I used fusilli, the funny corkscrew shape pasta. But any shape pasta works in this recipe, even gluten free or whole wheat. What ever pasta you choose be sure not to over cook it .

Stop the cooking process by running cold water over the pasta.

This whole recipe is customizable from the pasta shape to what kind of vegetables you use.

I use whatever vegetables I have on hand in this recipe I put in a can drained chickpeas for crunch. The one thing I wouldn't change in this recipe is the dressing,

the pesto vinaigrette makes the dish burst with vibrant color and fresh Summer flavors. This pasta salad is perfect for the warmer weather as a side dish or add some grilled shrimp or chicken and you have a perfect dinner any night of the night.

If you make this please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite thing.

Ingredients

- 1/2 lbs. fusilli
- 1 zucchini sliced
- 1 red and 1 green bell pepper
- 2 ears of corn
- 1 can chickpeas drained
- 1 red onion
- 3 tablespoons chopped garlic
- 1 cup parmesan cheese
- 1 cup Italian dressing divided
- 1 cup prepared pesto sauce my walnut pesto sauce or your favorite store- bought pesto
- salt and pepper to taste

Instructions

1. Cook pasta according to package direction run under cold water
2. Preheat oven to 375
3. Mix Pesto sauce with the Italian dressing
4. Mix all of the ingredients with 1/2 cup of the Italian

- pesto dressing
5. Roast vegetables 20 minutes
 6. Toss pasta and vegetables with the reserved Italian pesto dressing
 7. Sprinkle with Additional parmesan and 2 tablespoons chopped Italian parsley
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Salmon Broccoli Fettucini

Salmon Broccoli Fettucini

This salmon, broccoli fettucini is the best recipe when your craving Italian, and want quick and easy too. Pasta, salmon and broccoli tossed in a light creamy, lemony sauce, full of delicious summer flavors.

When you need an easy 30 minute dinner make this 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. It's not often you find a meal the whole family will like, when you do you'll want to make it often.

Making Salmon Broccoli Fettucini

Start by cooking the pasta according to package direction, adding the broccoli the last few minutes of cooking. Drain the pasta and broccoli reserving two cups of the magical pasta water.

YES, pasta water is magical when added to pasta sauces, it's natural starch thickens the sauce and adds flavor eliminating the need for added creams. Salt and pepper the salmon then cut it into cubes.

Brown the salmon then remove it from the pan to prevent overcooking, set it aside while making the sauce.

Put the rest of the ingredients in the pan scraping up all the brown bites, simmer for 10 minutes. Return salmon, broccoli and pasta to saute pan heat through, sprinkle with parsley and thyme...ENJOY If you make this recipe please leave me a comment and don't forget to tag me on Instagram hearing from you is my favorite part. If you like salmon, you may want to try my Citrus Salmon

Ingredients

- 1/2 Lbs. Fettuccine
- 2 cups broccoli florets
- 1/2 Lbs. skinless salmon cut in medium chunks
- 2 Tbs. butter and extra virgin olive oil
- 2 cups pasta water
- 1 cup manufacturing cream
- 1 cup grated parmesan cheese
- 3 Tbs. chopped garlic
- 2 Tbs. grated lemon peel
- Juice from 2 lemons
- 2 Tbs. each Italian parsley and Thyme
- 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
 2. Salt and pepper the salmon pieces
 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 salmon cook 5 minutes brown slightly and remove set aside
 6. Add reserved pasta water, cream, parmesan, lemon juice, and lemon peel
 7. Simmer 10 minutes
 8. Toss, pasta, broccoli, salmon and herbs in the sauce.....ENJOY
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Pesto Pasta Primavera

Pesto Pasta Primavera

This pesto, pasta, primavera is ever-changing, depending on what fresh vegetables you have on hand. The most important ingredient is fresh vegetables and good pesto sauce

You can use store bought or homemade pesto, I used homemade. There are a few staples in my kitchen I almost always have, one is marinara, the other is pesto.

The recipe for the pesto is easy in a blender mix 1 bunch of

washed basil stems removed, add 1 cup parmesan, 1 cup toasted pine nuts pour in 2 cups extra virgin olive oil.

Quick, easy, delicious and versatile is what make this healthy vegetarian meal perfect for weeknight family meals and it's decant enough for Saturday night dinner with friends.

If you want a hearty meal add chicken, shrimp or mix in any left overs. Change the shape of the pasta and the combination of add ins and you wouldn't repeat the same meal for atleast a week.

You'LL Love this Pesto Pasta Primavera

Sure there's a time for fancy plated, layered creations, that take hours to prepare, but for me, quick, easy, and delicious is what am looking for.

I want recipes that come together in less than an hour, most times less then 30 minutes. This pesto, pasta primavera comes together in less than 30 minutes , but your family and friends will think it took much longer.

When am stuck for dinner ideas or company's coming it's pasta I turn to. You are going to love this pasta, it's vibrant colors and fresh flavors make this one of those meals you'll want to make often.

If you make this 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
- 1 cup broccoli florets
- 1 cup cherry tomatoes cut in half
- 1 cup fresh corn

- 1 onion chopped
- 2 cups chopped spinach
- 2 cups prepared pesto sauce
- 2 cups reserved pasta water
- 3 Tablespoons chopped garlic
- 3 Tablespoons each chopped Italian parsley and basil
- 1/4 cup parmesan cheese

Instructions

1. cook pasta according to package directions reserving 2 cups of pasta water
 2. In a large saute pan in 2 tablespoons of olive oil and 2 tablespoons of butter saute the onion and garlic until tender and just starting to brown
 3. Add the vegetables salt and pepper now saute 5 minutes
 4. Add pesto and pasta water simmer 5 minutes longer
 5. Toss pasta in pesto sauce add herbs
 6. Sprinkle with the parmesan cheese Enjoy
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Baked Chicken Rigatoni pasta

Baked Chicken Rigatoni pasta

This baked chicken rigatoni pasta dinner will let us know what Italians knew all along, that pasta is easy to prepare, versatile and good for you.

By having just a few basics, you can throw together a satisfying dinner ready to serve in less than an hour.

Virtually anything, yesterdays left over chicken, that's what

I used, some fresh vegetables, a handful of cheese can be turned into a simple quick pasta dinner.

Pasta is an ideal main course it's high in complex carbohydrates and low in fat, making it a staple in our house two to three times a week.

It's not often you find a meal the whole family will like, when you do you'll want to make it often. And because pasta is so versatile you can serve it two to threes a week, without repeating the same dish. What's not to love? Nothing!!!!

Things to know about this baked chicken rigatoni pasta recipe

This chicken baked rigatoni recipe uses pantry and refrigerator staples, that I had on hand. Pasta is so versatile, you can change this recipe up by leaving the mushrooms or the spinach out, or changing the pasta shape, without changing the flavor much.

Talk about different shape pasta, did you know there are more than 500 distinct commercial pasta shapes.

Pastas are now made in a variety of flavors and made with many different flours. The most important thing to remember when selecting, cooking and serving dried pasta is that they are interchangeable.

If you can't find a particular type called for in the recipe, simply use a pasta of similar size and shape.

If you make this recipe please leave me a comment, let me know your experience with the recipe, and don't forget to tag me on Instagram, Hearing from you is my favorite part.

Ingredients

- 1/2 Lbs. rigatoni
- 2 skinless, boneless, chicken breasts, cut into thin strips
- 1/2 Lbs. sliced mushrooms
- 2 cups chopped spinach
- 1/4 cup flour
- 2 cups low fat milk
- 1 cup diced swiss cheese
- 1 cup parmesan cheese
- pinch of nutmeg
- Salt and pepper to taste

Instructions

1. Cook pasta el dente reserve 1 cup of pasta water
 2. Preheat oven to 350 degrees
 3. In a sauce pan in 2 tablespoons of butter and olive oil saute chicken until brown
 4. Push chicken to side of pan, add Mushrooms and garlic saute until golden....salt and pepper now.
 5. Mix the flour with 1 cup of the milk whisk until smooth
 6. Slowly add the flour/milk mixture to simmering pan
 7. Add remaining milk, cheeses, spinach, nutmeg and drained pasta and re severed pasta water
 8. Transfer to a heat proof casserole dish, sprinkle with additional cheese and Italian Parsley
 9. Bake covered for 20 minutes uncover and bake 10 minutes longer
 10. Serve and ENJOY!!!!
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Tuscan Bucatini

Tuscan Bucatini

This Tuscan bucatini is such a great recipe that uses few ingredients and comes together in less than 30 minutes, easy enough for weeknight family meals, and fancy enough for Saturday night dinners with friends.

It's fast and full of rich Italian flavors, sun dried tomatoes, spinach and garlic make this vegetarian pasta dinner mouth watering good.

Simple in nature, this recipe is made with ingredients you probably have on hand, but if you don't my recipes are always customizable, to fit your lifestyle and taste.

You can change this Tuscan pasta recipe by adding, subtracting or changing the pasta shape to make it your own creation.

Bucatini Pasta

It's no secret I love pasta!! When I am stuck for dinner ideas it's pasta to the rescue, and one of my favorite is bucatine.

Bucatini pasta is like a hollow thick spaghetti. Growing up my bother and I used the long hollow noodles like straws, it drove my mother crazy.

This dry pasta needs to simply be stirred in boiling water for 10 minutes, and dressed up with your favorite sauce. It taste

,
delicious in this vegetarian Tuscan Bucatini recipe but you can use any shape pasta you like.

Be sure the stock pot is big enough for the long noodles to move freely. The right size pots and pans are important in any well equipped kitchen,

I use a 6 quart stock pot it's the perfect size for all around kitchen use. You don't need a lot of different pots and pans, start with a basic set and build as needed .

If you make this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients

- 1 lbs bucatini pasta
- 4 cups chopped spinach
- 1 cup chopped sun dried tomatoes
- 2 tablespoons chopped garlic
- 1 small chopped onion
- 2 Tablespoons each butter and olive oil
- 2 cups reserved pasta water
- 1 cup parmesan cheese
- 2 tablespoons each Italian parsley, basil, and thyme

Instructions

1. Cook pasta according to package direction reserve two cups of pasta water
2. In a saute pan saute the garlic and onion until limp in 2 tablespoons of butter and 2 tablespoons of olive oil
3. Add the sun dried tomatoes and reserved pasta water
4. Simmer covered for 10 minutes
5. Add the spinach and parmesan cheese last 5 minutes
6. Toss the pasta in the sauce
7. Add herbs
8. Sprinkle with Additional parmesan and Italian parsley and ENJOY!!!

Air fried Chicken Parmesan

Air fryer Chicken Parmesan

This air fryer chicken parmesan dinner can be on your table in 30 minutes, if your using prepared marinara sauce.

What do I mean prepared??? Here is Italian restaurant cooking 101. Marinara sauce is used in many Italian recipes, so when I make it, I make more than I need, and freeze it in different size containers for ready made meals.

If you don't want to make your own marinara you can use store bought. Making your own marinara is so easy you'll want to make it often.

Here's how easy it is: Marinara Sauce recipe.....In a stock pot in 4 tablespoons of olive oil saute one bunch of chopped Italian parsley, with one chopped onion and 4 tablespoons of chopped garlic saute until limp add in 3 15 oz cans chopped tomatoes and 3 15 oz cans of tomato sauce, and 2 cans of water simmer covered for 2 hours, that's it restaurant quality marinara sauce made in your kitchen!!!

What Is An Air fryer

An air fryer is a counter top kitchen appliance that uses convection to circulate hot air around food to cook it. It produces a fried look and taste without the oil.

Hot air rushes down and around food placed in a fryer style basket. This rapid circulation makes the food crisp, much like deep frying. with a lot less guilt.

Let me tell you I was skeptical, until I tried it this Air fry chicken parmesan recipe. Guess what, this recipe made me a believer in air frying. The chicken was crispy and tender

Here's a few tips:

- Refrigerate the chicken after coating with the bread crumbs it helps the bread crumbs stick to the chicken
- It helps if the chicken is cut in uniform pieces to insure even heating
- Pre heat the air fryer
- Bring chicken to room temperature before frying

You can also make your own Italian flavored bread crumbs. You know that stale bread that's about to turn a different color? Don't toss it, put it your food processor add in 1 cup parmesan cheese to every 3 cups of bread crumbs,

add 1 tablespoon each garlic, onion powder, fresh chopped Italian parsley, thyme and oregano.

There you have it, homemade Italian bread crumbs that you can freeze for ready use. the chicken parmesan can be frozen too, for weeknight family meals or

unexpected company is coming, and I need easy, quick and delicious right now!!!

If you make this recipe please leave me a comment and don't forget to tag me on Instagram that's my favorite part!!!!

Ingredients

- 1/2 lbs. linguine
- 4 skinless boneless chicken breast
- 2 cups Italian seasoned bread crumbs
- 1 cup grated Parmesan cheese
- 1 egg
- salt and pepper to taste

- 4 cups prepared marinara sauce
- 2 cups shredded mozzarella cheese

Instructions

1. turn air fryer to 400 degrees
2. Cook pasta according to package directions reserving 1 cup of the pasta water
3. Mean while salt and pepper chicken
4. Mix the Parmesan cheese with the bread crumbs
5. Dip the chicken breast in the slightly beaten egg then the breadcrumbs
6. Air fry the chicken breast for 10 minutes
7. Add shredded mozzarella on top of the chicken breast
8. Air fry 5 minutes longer or until cheese is melted
9. Heat the prepared marinara if sauce is too thick add reserved pasta water
10. Toss pasta with marinara
11. Top each chicken breast with the marinara and additional parmesan....ENJOY!!!!