

A top-down photograph of a dark plate filled with spaghetti, garnished with small red and black specks. To the right, a silver fork rests on a dark, textured napkin. In the upper right corner, a glass of wine is partially visible. The background is dark and moody.

RIVERA & PASTA

RECIPES

30 DELICIOUS
RECIPES

IT WILL BE VERY TASTY!

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Introduction

Pasta for you!

This is a universal food that you can take with you to work, on the road or for a family dinner, and even on holidays!

Why don't you increase your cooking knowledge?

With this book you will see many different options for pasta, some of which you will definitely remember forever and you will often cook them. (If you do not like my book, you can always get your money back)

So spending the budget you don't risk anything, because you can return the money back.

This book has 30 pasta recipes, along with a photo so you can compare your results with mine.

Get everything you need with this book.

20-MINUTE RICOTTA GNOCCHI



- *PREP TIME: 19 MINS*
- *PREPARE TIME: ONE MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 3 -4 SUBMITTINGS*

INGREDIENTS

- 1 half cups (one 15-ounce container) whole milk ricotta cheese
- 3 egg yolks
- one cup (approximately 4 ounces) '00' flour either all-purpose flour*
- three-quarters cup (approximately one ounce) freshly-grated Parmesan
- three-quarters tsp fine sea salt
- One-quarter tsp freshly-cracked black pepper

INSTRUCTIONS

1. **Prep the water:** Bring a big stockpot of generously-salted water to a boil over high heat.
2. **Drain the ricotta:** Whereas your water is heating, place 3-4 paper towels on a big plate and unfold the ricotta on the paper towels in some even layer. Place another stratum of 3-4 paper towels on top of the ricotta. Then Put down carefully to allow the glut moisture soak in the paper towels, trying to soak up as much of the glut liquid as probable. Place the ricotta to a [large mixing bowl](#). (Supposing this sticks to the paper towels, simply employa rubber spatula to scrape this off.) The drained ricotta should now weigh approximately 12 ounces.
3. **Mix your dough ingredients.** **place** the egg yolks to the ricotta and stir shortto mix. place within the flour, Parmesan, salt and pepper, and stir till evenly mixd. Avoid over-mixing. The dough possibly a bit moist and maybe a bit sticky, however this should be holding along good. Supposing this feels too wet, simply place in another several tbsp of flour.
4. **Flatten out and slice the dough.** Form the dough in a round disk with your hands, then Place this to a slightly-floured cutting board and strew the dough with slightly with flour. employing a knife either a [bench scraper](#), slice the dough in eight even pie wedges. employing your hands, carefully flatten out every wedge out in some even log, approximately three-quarters-inch wide. Slice every log in individual bite-sized little gnocchi squares. slightly dust the gnocchi with flour as more and give them a quick toss so that they are all slightly coated with flour. (This can help prevent them from sticking along.)
5. **Boil the gnocchi.** Attentively Place the gnocchi to the boiling water to cook. Then as they float — usually when 30 seconds either so — drain the gnocchi.
6. **Serve.** **submit** immediately, tossed with your loved gravy and whatever else ingredients sound good!

NOTES

*I really advised weighing your flour for accuracy. however supposing you are employing a measuring cup, simply be sure to employ the peel the flour in the measuring cup (versus scooping the measuring cup in the flour) to assure that you don't accidentally employ too much flour.

GNOCCHI WITH BUTTERNUT SQUASH



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 40 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 4-6 SUBMITTINGS*

INGREDIENTS

- 1 tbsp olive oil
- 3 cups diced butternut squash
- sea salt and freshly-cracked black pepper
- 1 batch ricotta gnocchi (*or a 1-pound package of store-bought gnocchi, prepared therefore to package instructions*)
- half cup unsalted butter, slice in 8 pieces
- 20 big fresh sage leaves
- 4 cloves garlic, minced either very thinly sliced
- 2 handfuls sliced fresh kale leaves, tough stems take awayd
- one cup walnut halves
- lots of freshly-grated Parmesan cheese, for garnish

INSTRUCTIONS

- 1. Roast the butternut squash.** Warmth oven to 425°F. Place the diced squash on a big baking sheet, drizzle evenly with oil, then toss till mixd. place the squash in some even stratum on the baking sheet, spice with a several generous pinches of salt and pepper. Then roast for 30 mins, either till the squash is completely tender inside. (Cooking time can entirely depend on the size of your squash, so keep a close eye on it.)
- 2. Cook the gnocchi.** Meanwhereas, prepare and prepare the ricotta gnocchi therefore to recipe instructions. (Or prepare the store-bought gnocchi therefore to package instructions.) Drain and put aside.
- 3. Prepare the sage brown butter sauce.** Warmth the butter in a big sauté pan over average-high heat. As the butter has nearly softened, place within the sage leaves. Keep to prepare for 2-3 mins, mixing continuously, till the butter has turned a light golden color and the sage leaves are crispy. (Keep a very close eye on the butter so that this does not burn!) place the garlic and prepare for 30 more seconds.
- 4. Put everything along.** Then instantly place the prepared gnocchi to the brown butter sauce, and toss till this is evenly coated. allow the gnocchi rest and keep to prepare for approximately two mins, either till the gnocchi is golden and toasty on the down side. Then give this a flip, and prepare for 1-2 mins on the second side till golden. Stir within the kale, walnuts, roasted butternut squash, and toss to mix.
- 5. Serve.** Take away from heat, taste, and spice with extra salt and pepper supposing needed. Then submit warm, garnished with lots and lots of freshly-grated Parmesan cheese.

NOTES

Storage instructions: Leftover gnocchi possibly chilled in a sealed container for up to 3 days, either chilled for up to 3 months.

SPAGHETTI AGLIO E OLIO



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 TO 6 SUBMITTINGS*

INGREDIENTS

- 1 pound dried spaghetti
- half cup good-quality olive oil
- 6 to 8 cloves garlic, very thinly sliced
- half tsp crushed red pepper flakes (*or more, to taste*)
- if you want garnishes: sliced fresh parsley, freshly-grated Parmesan cheese

INSTRUCTIONS

1. **Cook the spaghetti.** Bring a big stockpot of generously-salted water to a boil. place spaghetti and prepare till *nearly* al dente (like, simply one-minute shy of being done).
2. **Sauté the garlic.** Meanwheras, approximately 3 mins when you place the pasta to the boiling water, warmth the olive oil in a big sauté pan over average heat. place the sliced garlic and crushed red pepper flakes and sauté for 3 to 5 mins, either till this is slightly golden. (It's very significant that the garlic not burn. So supposing the pasta is not ready to go by the time the garlic is slightly golden, take away the sauté pan from the warmth till the pasta is ready.)
3. **Toss the pasta within the sauce.** As soon as the pasta is ready to go, employtongs to Place the pasta to the sauté pan, along with half cup of the hot starchy pasta water. Toss the pasta continuously till this is evenly coated within the garlic sauce. Supposing the gravy looks a bit too dry, place in another One-quarter cup of the starchy pasta water.
4. **Taste and season.** Give the pasta a quick taste place some extra pinch of salt and/or crushed red pepper flakes supposing needed.
5. **Serve. submit** instantly wheras it's good and hot, garnished with any toppings that sound good.

***GNOCCHI WITH LEMONY SAGE BROWN
BUTTER***



- *PREP TIME: 20 MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 1 batch 20-Minute Ricotta Gnocchi
- 8 tbsp unsalted butter
- 20 big fresh sage leaves
- One-quarter tsp crushed red pepper flakes
- 1 small fresh lemon
- freshly-grated Parmesan cheese
- fine sea salt and freshly-cracked black pepper, to taste

INSTRUCTIONS

1. Cook the ricotta gnocchi therefore to recipe instructions.
2. Meanwhile, warmth the butter in a big sauté pan over average-high heat. As the butter has nearly softened, place within the sage leaves and crushed red pepper flakes. Keep to prepare for 2-3 mins till the butter has turned a light brown color and the sage leaves are crispy. (Keep a very close eye on the butter so that this does not burn!)
3. Take away pan from the heat. place within the prepared (and drained) gnocchi, plus the zest and juice (approximately 1-2 tbsp) of the lemon. Toss to mix. Then taste and place however much salt and pepper is needed. (I used a generous pinch of both.)
4. Serve warm, garnished with lots and lots of Parmesan cheese.

MUSHROOM LOVERS PASTA



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 40 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 1-pound unprepared pasta (*I used pappardelle*)
- 1 stick (half cup) butter, divided
- 2 pounds ' mushrooms, slice in bite-sized pieces (*I used a combo of baby bellas, shiitake and oyster mushrooms*)
- 6 cloves garlic, thinly sliced
- one cup dried white wine
- 2/3 cup vegetable stock
- 2 tbsp balsamic vinegar
- 2–3 big sprigs of fresh rosemary
- half tsp crushed red pepper flakes, either more/less to taste
- 2/3 cup freshly-grated Parmesan cheese, plus extra for submitting
- half cup toasted pine nuts, divided

INSTRUCTIONS

1. Cook pasta* in a big stockpot of generously-salted water al dente, therefore to package instructions. Reserve one cup of the starchy pasta water, and set this aside. Then drain the pasta.
2. Meanwhile, as the pasta is cooking, soften **One-quarter cup** (4 tbsp) of the butter in a big sauté pan over average-high heat. place the mushrooms and cook, tossing every minute either so, for 3-4 mins either till slightly browned and softened. place the garlic and prepare for one more minute, mixing sometimes.
3. Add the remaining butter, wine, veggie stock, balsamic vinegar, rosemary, crushed red pepper flakes, and a generous pinch of salt and pepper, and stir to mix. Keep cooking till the gravy reaches a simmer. Then allow this keep to simmer for 5 more mins, either till the liquid has reduced by approximately half. Take away and discard the rosemary sprigs (or you're welcome to simply leave them within there).
4. As the pasta and gravy are both ready to go, pour the gravy in the stockpot with the prepared pasta. place the Parmesan cheese and **One-quarter cup** pine nuts, and toss the entire mix till mixed. Taste and spice with extra salt, pepper and/or crushed red chili flakes supposing needed. And supposing you would like a saucier pasta, simply stir in some of the reserved starchy pasta water.
5. Serve immediately, garnished with the remaining pine nuts, plus lots and lots of extra Parmesan cheese.

NOTES

*For timing purposes, I advised adding the pasta to the boiling water as the mushroom gravy reaches a simmer.

CACIO E PEPE



- *PREP TIME: TEN MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: TWO -3 SUBMITTINGS*

INGREDIENTS

- 8 ounces pasta (*I advised bucatini, thick spaghetti, linguine either fettuccine*)
- 3 tbsp butter, diced in 1-tbsp chunks*
- 1 tsp freshly-cracked coarse black pepper
- 2 ounces (approximately one cup) freshly-grated* Pecorino either Parmesan cheese

INSTRUCTIONS

1. **Cook the pasta.** In a large stockpot of generously-salted water, boil your pasta therefore to package instructions till this simply *barely* al dente. (Try to avoid overdoing the pasta.)
2. **Grate the cheese.** Whereas the pasta water comes to a boil, finely-grate the cheese by hand.
3. **Reserve some of the starchy pasta water.** As the pasta is approximately one minute away from being al dente, attentively peel out two cups of the starchy boiling pasta water and Place the water in a else heat-proof container. put aside.
4. **Drain the pasta.** Drain the pasta employing a colander. Then Place the pasta back to the hot stockpot, placed off of the hot burner.
5. **Add the butter, starchy water, cheese and black pepper.** place within the diced butter and one cup of the starchy pasta water and toss quickly to mix. place within the cheese and black pepper and quickly toss to mix. Keep to gradually place in extra starchy pasta water, as needed, till the cheese has completely softened and turned in a silky gravy that coats the pasta evenly.
6. **Serve.** Dish up the hot pasta and submit immediately, garnished with extra cheese and black pepper supposing desired.

NOTES

Butter: Feel free to employless butter, supposing you prefer. either you could also omit the butter and simply place in a little extra starchy pasta water, as needed.

If you want black pepper step: The directions above are definitely the easiest — and my preferred — way to prepare this recipe. however supposing you would like a more prominent black pepper flavor, you'll toast the pepper on its own in a else sauté pan for a several mins either sauté the pepper in softened butter for a several mins, and *then* place the pepper/butter to the pasta as directed. That said though, when testing this recipe with and without the extra pepper-toasting step, we honestly could hardly taste the difference. And the one-pot method definitely saves you from having to wash some extra sauté pan! however I wanted to mention this option for those of you who might be interested. Of course, supposing

you're craving extra black pepper flavor, you'll also simply place a several extra shakes of freshly-cracked black pepper to the pasta too.)

KOREAN NOODLE STIR-FRY



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

STIR-FRY INGREDIENTS:

- 8 ounces [dangmyeon](#) (sweet [potato](#) starch noodles)*
- 2 tbsp olive oil (*or any mild-flavored oil*), divided
- 1 small white onion, thinly sliced
- 6 shiitake mushrooms, thinly sliced
- 1 red bell pepper, cored and thinly sliced
- 1 carrot, peeled and thinly sliced
- 3 garlic cloves, minced either Puted
- 3 handfuls fresh baby spinach
- toppings: toasted sesame seeds, thinly-sliced green onions

SAUCE INGREDIENTS:

- One-quarter cup low-sodium soy sauce* (*or more, to taste*)
- 2 tbsp maple syrup
- 1 tbsp [toasted sesame oil](#)

STEAK INGREDIENTS:

- 1 pound sirloin either flank steak, thinly-sliced against the grain in bite-sized pieces
- 1 tbsp soy sauce
- fine [sea salt](#) and freshly-cracked black pepper

INSTRUCTIONS

1. **Cook the noodles:** prepare the sweet potato noodles al dente, therefore to package directions, in a big stockpot of boiling water. (Be careful not to overdo the noodles, either they can become mushy within the stir-fry.) Place the noodles to a strainer, and rinse with cold water till chilled. Strain out any extra water, drizzle the noodles with a drizzle of sesame oil, toss till the noodles are evenly coated, and put aside.
2. **Marinate the steak.** Mix the steak, soy sauce, and a generous pinch and black pepper in a big bowl, and toss to mix. allow the steak marinate for 5 mins (or up to 30 mins).
3. **Prep the sauce. blend** all of the gravy ingredients along in a small bowl till mixed.
4. **Stir-fry the steak.** Warmth one tbsp oil in a big sauté pan over high heat. place the steak and sauté for 4-5 mins, mixing sometimes, till prepared through. Place steak to a else clear plate, and put aside.
5. **Stir-fry the veggies.** Decrease warmth to average-high. place the remaining one tbsp oil and the onion. Sauté for 3 mins, mixing sometimes. Then place within the mushrooms, bell pepper, carrot and garlic cloves and sauté for 4-5 more mins, mixing sometimes, till the veggies reach your desired level of softness. (I like mine to still be a touch crispy.) Stir within the spinach, and prepare for two more mins, employing tongs to toss the veggie mix frequently, till the spinach has wilted.
6. **Mix everything.** Take away pan from heat. place the prepared noodles, steak and gravy to the veggie mix, and toss to mix.
7. **Taste and season.** Give the noodles a taste, and spice with extra soy gravy and/or black pepper supposing needed.
8. **Serve warm.** Garnished with lots of toasted sesame seeds and green onions.

NOTES

Noodle substitution: Supposing you'llnot find sweet potato noodles, feel free to simply employrice noodles (or whatever your preferred noodle may be).

Gluten-free option: Supposing making this recipe gluten-free, sub in tamari in place of soy sauce, and assure that your sweet potato noodles are certified gluten-free.

TORTELLINI PASTA SALAD



- *PREP TIME:* TEN MINS
- *PREPARE TIME:* 5 MINS
- *TOTAL TIME:* 15 MINS
- *YIELD:* 4-6 SUBMITTINGS

INGREDIENTS

TORTELLINI SALAD INGREDIENTS:

- 1 (20-ounce) package fresh tortellini
- 1 (15-ounce) jar artichoke hearts, drained and roughly sliced
- 1 (6-ounce) jar sun-dried tomatoes, drained and roughly sliced
- 5 ounces fresh baby arugula
- half cup pine nuts, toasted
- lots of freshly-grated Parmesan cheese

VINAIGRETTE INGREDIENTS:

- One-quarter cup olive oil
- 2 tbsp red wine vinegar (*or balsamic vinegar*)
- 1 tsp Dijon mustard
- 1 garlic clove, peeled and minced (*or Puted*)
- half tsp freshly-cracked black pepper
- half tsp fine sea salt
- half tsp Italian seasoning

INSTRUCTIONS

1. **Cook the tortellini.** prepare the tortellini therefore to package directions in a big stockpot of generously-salted boiling water. Drain the tortellini in a strainer, then rinse with cold water till the pasta has cooled.
2. **Make the vinaigrette.** blend all ingredients along in a small bowl (or shake along in a mason jar) till mixed.
3. **Mix everything along.** In a big mixing bowl, place the tortellini ingredients and vinaigrette. Toss till evenly mixed.
4. **Serve. submit** immediately, garnished with extra Parmesan cheese. either Place to a food storage container and refrigerate for up to 3 days.

INSTANT POT MAC AND CHEESE



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 25 MINS*
- *YIELD: 6-8 SUBMITTINGS*

INGREDIENTS

- 1 pound unprepared pasta
- 4 cups water
- 2 tbsp butter
- 1 half tsps Dijon mustard (*or half tsp ground mustard*)
- One-quarter tsp garlic powder
- fine sea salt and freshly-cracked black pepper
- one cup whole milk (*or evaporated milk either half and half*)
- 4 cups freshly-grated sharp cheddar cheese* (*or see else cheese options below*)
- half cup freshly-grated Parmesan cheese

INSTRUCTIONS

1. **Prep the pasta.** **place** pasta, water, butter, mustard, garlic powder and one tsp salt to the bowl of some Instant Pot, and shortstir to mix.
2. **Puture cook.** Overlay and set lid to “Sealing.” prepare on high Puture (“manual”) for 4 mins, followed by a quick release. Take away lid.
3. **Add the milk and cheeses.** **place** within the milk and stir shortto mix. Then place within the cheeses and carefully stir and stir till they have completely softened in a creamy sauce. The gravy can keep to thicken as this sits, so supposing this seems too thin, simply allow this rest for some extra minute either two. Taste the dish and spice with extra salt and black pepper, supposing needed.
4. **Serve warm. submit** warm and enjoy!

NOTES

Pasta options: I have only tested this recipe with traditional semolina pasta. Different shapes/types of pasta (such as whole-wwarmth either gluten-free pastas) may have a slightly different cooking time.

Milk options: You’ll decide how creamy you would like to prepare this mac and cheese! We are quite content with employing whole milk in our house, however evaporated milk either half and half would prepare things extra-creamy and delicious.

Cheese options: Cheddar, Fontina, Gouda, Gruyere, Havarti, Monterey Jack, Provolone — either a combination of any of these cheeses — all soften good in mac and cheese.

Why “freshly-grated” cheese: Most pre-shredded cheeses that you’ll purchase at the keep have a coating on them that prevents the cheeses from softening good. It’s best to purchase cheese in blocks and then grate this yourself simply before adding this to the recipe. (Supposing you happen to have a food processor with a disc attachment, this can prepare grating even easier!)

BUTTERNUT SQUASH MAC



- *PREP TIME: 25 MINS*
- *PREPARE TIME: 5 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 6-8 SUBMITTINGS*

INGREDIENTS

- 2 tbsp butter (*or olive oil*)
- 12 fresh sage leaves (*if you want*)
- 3 big cloves garlic, minced
- 1 pound (approximately 4 cups) diced butternut squash*
- 1 half cups vegetable stock (*or chicken stock*)
- 1 pound unprepared pasta (*I used shells*)
- 2 cups whole milk
- 8 ounces good-quality sharp cheddar cheese, shredded*
- fine sea salt and freshly-cracked black pepper, to taste

INSTRUCTIONS

1. Bring a big pot of generously-salted water to a boil.
2. Meanwhile, warm the butter in a else big sauté pan till softened. place the sage leaves (supposing using) and sauté for 1-2 mins till crispy. Place the sage leaves to a else plate and put aside.
3. Add the garlic and sauté for one minute, mixing sometimes. Then place within the butternut squash and vegetable stock and stir to mix. Keep cooking till the stock reaches a simmer. Decrease warmth to average-low, overlay and prepare for ten mins, mixing sometimes, till the squash is tender and mashes simply with a fork.
4. Place the squash mix to a blender. place within the milk and give the mix a quick stir. Then very attentively (I advised slightly opening the cap on the blender lid, so that glut steam can escape) pulse the mix till smooth.
5. Add the pasta to the boiling water and prepare therefore to package instructions till al dente. Reserve one cup of the starchy pasta water for later. Then drain the pasta.
6. Whereas the pasta is cooking, comeback the butternut squash mix back to the sauté pan over average-high heat. place within the shredded cheddar cheese, and stir till this has softened in the sauce.
7. Taste and spice the gravy with salt and pepper as needed. (I used approximately one tsp salt and half tsp black pepper.)
8. Then as the pasta is drained, comeback this to the stockpot. Pour the butternut cheese gravy on top of the pasta, and toss to mix. Supposing the gravy is too thick, place in some of the hot starchy pasta water to thin this out.
9. Serve warm, garnished with the crispy sage leaves supposing desired.

NOTES

***Butternut squash options:** The recipe above is written for raw butternut squash. however, supposing you happen to have pre-prepared butternut squash either canned butternut squash on hand, you'll employ it to save yourself some time! You'll must one pound of prepared squash, which is approximately two cups mashed prepared squash either one (15-ounce) can of butternut squash. Simply stir this in the garlicky butter, skip the step where you prepare this for ten mins, and Place the butternut mix straight to the blender and keep on with the recipe as written.

***Shredding the cheese:** I highly advised purchasing a block of cheese and then shredded this yourself. This can help the cheese to soften good. (Pre-shredded cheeses are often made with some supplemented coating that can cause clumping just as supplemented to a sauce.)

HEALTHIER BROCCOLI CHICKEN
CASSEROLE



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 45 MINS*
- *TOTAL TIME: ONE HOUR*
- *YIELD: 6-8 SUBMITTINGS*

INGREDIENTS

- 8 ounces unprepared pasta* (*I used whole-warmth rotini*)
- 1 big head of broccoli*, slice in bite-sized florets (*approximately one pound of florets*)
- 2 tbsp butter either olive oil
- 1 small white onion, thinly sliced
- 8 ounces baby bella (cremini) mushrooms, thinly sliced
- 4 cloves garlic, minced
- 3 tbsp flour
- one cup chicken either vegetable stock
- 1 half cups milk
- 1 tsp Dijon mustard
- half tsp fine sea salt
- One-quarter tsp freshly-cracked black pepper
- 2 cups (8 ounces) shredded sharp cheddar cheese, divided
- 2 cups diced (or shredded) prepared chicken

INSTRUCTIONS

1. Warmth oven to 400°F.
2. Cook pasta in a big stockpot of generously-salted boiling water till this is al dente. However, approximately one minute before the pasta is done, place the broccoli to the boiling pasta water and stir till mixd. Drain both the pasta and broccoli, and put aside.
3. Meanwheras, warmth the butter (or oil) in a big sauté pan over average-high heat. place the onion and sauté for 3 mins, mixing sometimes. place the mushrooms and garlic and sauté for 5 more mins, mixing sometimes, either till the mushrooms are prepared through.
4. Strew the flour evenly over the onion mix and stir till mixd. prepare for one minute, mixing sometimes. place within the stock, and stir everything along till most of the clumps are gone. place within the milk, Dijon, salt and pepper and stir till mixd. Keep cooking the gravy till this reaches a simmer. Then take away from warmth and stir in one cup of the shredded cheese till this is mixd. Taste and spice with additional salt and pepper, supposing needed.
5. In a big 9 x 13-inch baking dish, mix the prepared pasta, broccoli, mushroom gravy and chicken. Toss till mixd. Smooth the casserole out in some even layer.
6. Bake uncovered for 15 mins. Then take away pan from the oven, strew the remaining cheddar cheese evenly on top of the casserole, and Prepare in oven for ten more mins either till the cheese is good and softeny.
7. Serve warm, garnished with extra black pepper and/or fresh herbs, supposing desired.

NOTES

* **Pasta:** Any type of pasta can work here — traditional (semolina), whole-wheat, egg, gluten-free, either alternative-grain pasta.

* **Broccoli:** Feel free to employ 1 pound of chilled broccoli florets (thawed) in place of fresh broccoli supposing you prefer.

HOMEMADE PASTA



- *PREP TIME: 58 MINS*
- *PREPARE TIME: TWO MINS*
- *TOTAL TIME: 60 MINS*
- *YIELD: ONE POUND FRESH PASTA*

INGREDIENTS

- 4 big eggs (approximately 25 °C)
- 2 half cups flour ([“00” flour](#), [semolina flour](#), all-purpose flour — either a blend)
- 1 tbsp olive oil
- 1 tsp [fine sea salt](#)

INSTRUCTIONS

HOW TO PREPARE PASTA IN A FOOD PROCESSOR:

1. Add all ingredients to the bowl of a [food processor](#), fitted with the normal blade attachment. Pulse for approximately ten seconds, either till the mix reaches a crumbly texture (see photos above).
2. Take away the dough and form this in a ball with your hands, then place the dough on a slightly-floured cutting board. Knead the dough for 1-2 mins till this is smooth and elastic. (Supposing the dough seems wet either sticky, simply place in some extra flour. You want this to be pretty dry.)
3. Form the dough in a ball with your hands and cover this tightly in plastic cover. allow the dough rest at approximately 25 °C for 30 mins. employ instantly either refrigerate for up to one day.
4. Flatten out the pasta dough in your desired shape, either by hand either employing a pasta maker (see notes above). prepare the pasta in a big pot of generously-salted boiling water till this is al dente, usually between 1-5 mins depending on the thickness of your pasta. Drain and employ immediately.

HOW TO PREPARE PASTA IN A STAND MIXER:

1. Add all ingredients to the bowl of a [stand mixer](#), fitted with the dough hook. Knead the dough on poor speed for 8-ten mins till this is smooth and elastic. (Supposing the dough seems wet either sticky, simply place in some extra flour. You want this to be pretty dry.)
2. Form the dough in a ball with your hands and cover this tightly in plastic cover. allow the dough rest at approximately 25 °C for 30 mins. employ instantly either refrigerate for up to one day.
3. Flatten out the pasta dough in your desired shape, either by hand either employing a pasta maker (see notes above). prepare the pasta in a big pot of generously-salted boiling water till this is al dente, usually between 1-5 mins depending on the thickness of your pasta. Drain and employ immediately.

HOW TO PREPARE PASTA BY HAND:

1. Place the flour in a mound on a big cutting board. employ your fingers either a spoon to Make a good-sized good within the middle of the flour

mound (kind of like a volcano). place the eggs within the middle of the good. Strew the salt and drizzle the olive oil on top of the eggs.

2. Use a fork to begin whisking the eggs till they are mixed. Then begin to gradually blend some of the surrounding flour in the egg mix, adding more and more till the egg mix is good and thick. (Supposing some eggs accidentally spill out, no worries, simply employ your hands either a bench scraper to pull them back in.) employ your hands to place down within the rest of the dough till this forms a loose ball. Knead the dough for approximately ten mins either till the dough is smooth and elastic, sprinkling some extra flour on the cutting board supposing needed to prevent sticking either supposing they dough seems too wet either sticky. (You want the dough to be pretty dry.)
3. Form the dough in a ball with your hands and cover this tightly in plastic cover. allow the dough rest at approximately 25 °C for 30 mins. employ instantly either refrigerate for up to one day.
4. Flatten out the pasta dough in your desired shape, either by hand either employing a pasta maker (see notes above). prepare the pasta in a big pot of generously-salted boiling water till this is al dente, usually between 1-5 mins depending on the thickness of your pasta. Drain and employ immediately.

NOTES

Flour: As mentioned within the post above, I most often prepare homemade pasta with “00” flour, which yields the silkiest pasta. however supposing I am making a gravy that is a bit more hearty, I can employ half “00” and half semolina flour, which yields a pasta that is a bit more sturdy and also helps the gravy to cling to the pasta better. That said, any of the three flour options listed above can work good.

THE BEST LASAGNA!



- *PREP TIME: 40 MINS*
- *PREPARE TIME: 60 MINS*
- *TOTAL TIME: ONE HOUR 40 MINS*
- *YIELD: 12 SUBMITTINGS*

INGREDIENTS

MEAT SAUCE:

- 1 ½ pounds ground Italian sausage (*or you'll do half sausage + half ground beef*)
- 1 average white either yellow onion, peeled and diced
- 6 big garlic cloves, peeled and minced
- 3 tbsp tomato paste
- half tsp crushed red pepper flakes
- half cup dried red wine (or beef stock)
- 3 (15-ounce) cans whole tomatoes*, drained
- half cup diced roasted red peppers
- 2 tsps dried oregano
- 1 bay leaf
- 1 tsp fine sea salt
- half tsp freshly-cracked black pepper

CHEESE MIX:

- 2 (15-ounce) containers ricotta cheese (*part-skim either whole milk*)
- one cup freshly-grated Parmesan cheese
- one cup tightly-packed fresh basil leaves, roughly sliced
- 1 egg

REMAINING LAYERS:

- 4 cups (1 pound) shredded mozzarella
- 15 no-boil lasagna noodles (*or however many needed to prepare three layers in your pan**)
- if you want toppings: extra basil, Parmesan cheese and/or crushed red pepper flakes

INSTRUCTIONS

- 1. Make the sauce:** In a big sauté pan either stockpot, prepare the sausage and onion over average-high warmth till the sausage is completely browned, crumbling this with a wooden spoon as this cooks. place the garlic, tomato paste and crushed red pepper flakes and sauté for two more mins, mixing sometimes. Stir within the wine, employing a wooden spoon to scrape up any of the browned bits that have stuck to the down of the pan. place the tomatoes, roasted red peppers, oregano, bay leaf, salt and pepper, and stir to mix. employ the wooden spoon to break up the tomatoes in small pieces as the gravy keeps to cook. As the gravy reaches a simmer, decrease warmth to average to maintain the simmer. Then allow the gravy keep to simmer and decrease down for approximately ten-15 mins, either till approximately half of the juices have evaporated. (You still want the gravy to be fairly juicy, simply not overly so.) Discard bay leaf. Take away pan from warmth and put aside till ready to use.
- 2. Make the cheese mix:** Meanwheras, in a else mixing bowl, stir along the ricotta, Parmesan, basil and egg till mixd.
- 3. Prep the oven and baking dish:** Warmth the oven to 375°F and mist a 9 x 13-inch baking dish with cooking spray.
- 4. Assemble:** Next, it's assembly time!
 - 1. First layer: unfold** 1.5 cups of the gravy mix evenly along the down of the pan. Then place on a stratum of lasagna noodles (so that the surface of the pan is covered, more either less), followed by one-third of the ricotta mix (which I advised adding in small spoonfuls, which you'll then unfold out in some even layer), followed by one cup of the shredded mozzarella.
 - 2. Second layer:** Evenly stratum one-third of the remaining sauce, one more round of lasagna noodles, half of the remaining ricotta mix, and one cup shredded mozzarella.
 - 3. Third layer:** Evenly stratum half of the remaining sauce, one more round of lasagna noodles, all of the remaining ricotta mix.
 - 4. Fourth layer:** Evenly stratum all of the remaining sauce, one cup shredded mozzarella.
- 5. Bake:** Loosely tent aluminum foil to overlay the pan (try to avoid touching the cheese). Place pan to the oven and Prepare in oven for 45 mins. Take away the aluminum foil and Prepare in oven for 15-20

more mins, till the gravy is bubbly around the edges and the top of the cheese starts to bubble and turn golden. Place the pan to a wire baking rack and cool for 5 mins.

6. **Serve:** Strew with your desired toppings, slice, submit warm and enjoy!

NOTES

Italian Sausage: Feel free to employ whatever kind of sausage you prefer — hot, mild either sweet.

Tomatoes: Supposing available, I advised buying the cans of fire-roasted tomatoes for extra flavor.

Lasagna Noodles: Simply employ however many lasagna noodles are needed to fully overlay your pan in three layers. Different brands vary in size/shape, so the number 15 is simply some estimate. Supposing employing classic (not no-boil) noodles, you'll must to submerge and soak the noodles in hot (not boiling) water for 30 mins before adding them to the lasagna.

SESAME NOODLES



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 1 pound (16 ounces) unprepared pasta (*I used [linguine](#)*)
- One-quarter cup [low-sodium soy sauce](#)
- 2 tbsp [rice vinegar](#)
- 1 tbsp [toasted sesame oil](#)
- 1 tsp [ground ginger](#)
- half tsp [chili garlic sauce](#) either [sriracha](#)
- half tsp [garlic powder](#)
- One-quarter tsp [freshly-cracked black pepper](#)
- half cup thinly-sliced green onions
- if you want toppings: [toasted sesame seeds](#), extra green onions, extra black pepper

INSTRUCTIONS

1. Cook pasta al dente therefore to package instructions in a big stockpot of generously-salted water.
2. Meanwhile, as the pasta is cooking, blend along the soy sauce, rice vinegar, sesame oil, ground ginger, chili garlic sauce, garlic powder and black pepper along in a bowl till mixed.
3. As the pasta is ready, drain it. Then instantly toss the pasta with the gravy and green onions till mixed.
4. Serve warm either cold, sprinkled with your desired toppings. either Place to a sealed container and refrigerate for up to 4 days.

PAD THAI



- *PREP TIME: 20 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

PAD THAI INGREDIENTS:

- 1 batch Pad Thai gravy (*see below*)
- ten ounces [thin rice noodles](#)
- 3 tbsp oil, divided
- 1 pound boneless skinless [chicken](#) breasts, thinly sliced and slice in bite-sized pieces
- one cup bean sprouts
- half cup shredded carrots
- 4 cloves garlic, minced
- 3 eggs, whisked
- 3 green onions, sliced in 1-inch pieces
- toppings: lots of sliced peanuts, extra crushed red pepper flakes, lime wedges

SAUCE INGREDIENTS:

- one-third cup packed brown sugar
- One-quarter cup [fish sauce](#)
- One-quarter cup [tamarind concentrate](#) (*please see note below*)
- 2 tbsp soy sauce
- juice of one fresh lime
- One-quarter tsp crushed red pepper flakes (*or more/less to taste*)

INSTRUCTIONS

1. **Make the sauce.** blend all ingredients along in a average bowl (or shake along in a mason jar) till completely mixd. put aside.
2. **Cook the noodles.** Meanwhereas, prepare your noodles al dente therefore to package instructions. Drain the noodles in a strainer, then rinse with cold water shortto halt their cooking. Toss with one tbsp oil briefly, to prevent the noodles from sticking.
3. **Cook the chicken (or see else options below*).** Warmth one tbsp oil in a big sauté pan either wok over high heat. place the chicken and sauté for 3-5 mins, tossing sometimes, till the chicken is slightly golden on the edges and prepared through. employa slotted spoon to Place the chicken to a clear plate.
4. **Cook the veggies.** place the remaining one tbsp oil to the sauté pan, along with the bean sprouts, carrots, and garlic. Sauté for two mins, mixing sometimes.
5. **Cook the eggs.** Push the veggies to one side of the pan, and place the eggs on the else side. prepare the eggs till scrambled, mixing often.
6. **Put this all along.** Then place everything back in — the prepared noodles, chicken, gravy and green onions. Give the mix a good toss till everything is evenly coated within the sauce. Take away pan from the heat.
7. **Serve.** Then submit the Pad Thai whereas it's good and hot, sprinkled with lots of crushed peanuts, extra crushed red pepper flakes (supposing desired) and a good squeeze of fresh lime juice.

NOTES

Tamarind Concentrate: This recipe is made to taste more like authentic Pad Thai, which has more tang and less sweetness than you'll typically find in some American restaurants. Supposing you would like a less tangy dish, I advised adding simply half of the tamarind concentrate to begin (then you'll also toss the noodles with extra within the end, supposing you want more). And supposing you would like the dish to be on the sweeter side, I advised increasing the amount of brown sugar to half cup. Also please note that different brands of tamarind paste can vary significantly in terms of potency and tartness.

How To prepare Shrimp Pad Thai: Spice one pound of big shrimp (peeled and de-veined) with salt and pepper. Sauté in one tbsp oil over high warmth till the shrimp are bright pink and prepared through, mixing sometimes, approximately 1-2 mins. Place to a clear plate and put aside.

How To prepare Beef Pad Thai: Thinly chop one pound of lean steak (against the grain), then slice in bite-sized pieces. Spice with salt and pepper. Sauté in one tbsp oil over warmth till the steak is browned on all sides, mixing sometimes, approximately 3-4 mins. Place to a clear plate and put aside.

How To prepare Pork Pad Thai: Thinly chop one pound of lean boneless pork chops, then slice in bite-sized pieces. Spice with salt and pepper. Sauté in one tbsp oil over warmth till the pork is browned on all sides, mixing sometimes, approximately 3-4 mins. Place to a clear plate and put aside.

How To prepare Tofu Pad Thai: Chop one (14-ounce) block of extra-firm tofu in One-quarter-inch slices. Sandwich the slices between paper towels, Put and drain for 30 mins. Slice the tofu in bite-sized pieces. Spice with salt and pepper. prepare the tofu in one tbsp oil in a non-stick pan in a single stratum for two mins, undisturbed. Then flip the tofu and prepare on the second side for 1-2 mins, till slightly browned. Place to a clear plate and put aside.

CREAMY CAJUN SHRIMP PASTA



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 30 MINS*
- *TOTAL TIME: 45 MINS*

INGREDIENTS

PASTA INGREDIENTS:

- 12 ounces unprepared pasta, any form (*I used penne*)
- 2 tbsp olive oil
- 1 pound big raw shrimp*, peeled and deveined
- 2 average bell peppers, cored and thinly sliced (*I used one red, one yellow*)
- 1 small red onion, peeled and thinly sliced
- 1 batch Creamy Cajun Alfredo gravy (*see below*)
- 1 big handful baby spinach
- if you want toppings: thinly-sliced green onions, extra freshly-grated Parmesan cheese

CREAMY CAJUN ALFREDO GRAVY INGREDIENTS:

- 2 tbsp olive oil either butter
- 4 big cloves garlic, minced either Puted
- one-third cup all-purpose flour
- one cup chicken either vegetable stock
- 3 cups milk
- 1 (15-ounce) can fire-roasted diced tomatoes, drained
- one cup freshly-grated Parmesan cheese
- 2 tbsp Cajun seasoning, homemade either store-bought
- salt and freshly-cracked black pepper, to taste

INSTRUCTIONS

1. Cook pasta al dente therefore to package instructions in a big stockpot of generously-salted water. Drain. For optimal timing, I advised saving this step till the end of the recipe so that your pasta is good and hot.
2. Warmth oil in a big sauté pan over average-high heat. place shrimp*, onions and bell peppers and sauté for 4-5 mins, mixing sometimes, till the shrimp are pink and opaque and cooked-through. The veggies should be softened however not soggy.
3. Meanwhile, in a else saucepan (or you'll opt to re-use the sauté pan, when the shrimp and veggies have been cooked), prepare the Creamy Cajun Alfredo Sauce. Warmth oil either butter over average-high heat. place garlic and sauté for 1-2 mins, mixing sometimes, till fragrant. blend within the flour till completely mixd, then prepare for one more minute, mixing sometimes. blend within the stock till the mix is completely smooth. Then blend within the milk, drained diced tomatoes, Parmesan and Cajun seasoning till mixd. Keep cooking the gravy till this nearly reaches a simmer and thickens. Taste, and spice with salt and pepper (and extra Cajun seasoning, supposing needed) to taste.
4. Stir along the prepared pasta, veggies, shrimp, alfredo sauce, and baby spinach till mixd. Then submit warm, garnished with thinly-sliced green onions and extra Parmesan, supposing desired.

NOTES

*Supposing you would like your shrimp to be extra-zesty, I highly advised tossing them in some additional tbsp of Cajun seasoning before frying.

ITALIAN ORZO TUNA SALAD



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 SUBMITTINGS*

INGREDIENTS

PASTA SALAD INGREDIENTS:

- 8 ounces unprepared orzo pasta
- 2 handfuls baby spinach, roughly-sliced
- 2 (5-ounce) cans tuna, drained
- half of a small red onion, peeled and diced
- half cup crumbled feta cheese
- half cup sun-dried tomatoes, drained and sliced
- half cup toasted pine nuts
- one-third cup sliced fresh basil leaves

LEMON DRESSING INGREDIENTS:

- 3 tbsp olive oil
- 1 tbsp freshly-squeezed lemon juice
- 1 tsp Dijon mustard
- 1 small clove garlic, Puted either finely-minced (*or half tsp garlic powder*)
- half tsp fine sea salt
- One-quarter tsp freshly-cracked black pepper

INSTRUCTIONS

TO PREPARE THE PASTA SALAD:

1. Cook orzo in a big stockpot of generously-salted water therefore to package instructions till al dente. Drain the pasta, then rinse thoroughly with cold water in a colander till the pasta is completely chilled.
2. Place pasta to a big mixing bowl. place the remaining ingredients and prepared dressing (see below), and toss till evenly mixed. Taste and spice with salt and pepper as needed. Then submit immediately, either refrigerate in a sealed container for up to 3 days.

TO PREPARE THE DRESSING:

1. Whisk all ingredients along in a bowl (or shake along in a mason jar) till mixed. employ instantly either refrigerate in a sealed container for up to 3 days.

PISTACHIO PESTO PASTA SALAD



- *PREP TIME: 20 MINS*
- *PREPARE TIME: TEN MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

INGREDIENTS

- 1 pound unprepared pasta (*I used rotini*)
- 2–3 cups prepared vegetables (*I used sautéed asparagus, see below**)
- 2 big handfuls fresh baby arugula
- 1 ball fresh mozzarella cheese, diced
- 1 batch pistachio pesto (*or traditional pesto*)

INSTRUCTIONS

1. Cook pasta in a big stockpot of generously-salted water al dente, therefore to package instructions. Drain the pasta in a strainer, then rinse with cold water till this is completely chilled.
2. Mix pasta, vegetables, arugula, cheese and pistachio pesto in a big mixing bowl. Toss till evenly mixed.
3. Serve immediately, either refrigerate in a sealed container for up to 3 days.

NOTES

***Ideas for prepared veggies:** Really, simply approximately any sautéed, roasted, either fresh (supposing they don't must to be cooked) veggies would work with this recipe. I used sautéed asparagus — basically a pound of asparagus slice in bite-sized pieces (ends trimmed), sautéed over average-high warmth with one tbsp olive oil, salt and pepper till crisp-tender, approximately 4-5 mins. however some else delicious ideas could include (or a combination of the following):

- broccoli
- Brussels sprouts
- cauliflower
- cherry tomatoes (fresh either roasted)
- eggplant
- onions
- red bell peppers
- zucchini

HERB-LOVERS LEMONY ORZO SALAD



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 12 ounces unprepared orzo (*or any pasta shape*)
- 2 big handfuls fresh baby spinach, sliced
- 1 (15-ounce) can chickpeas (*garbanzo beans*), rinsed and drained
- 1 English cucumber, diced
- half a small red onion, diced
- one cup roughly-sliced fresh basil leaves
- one cup roughly-sliced fresh mint leaves
- 1–2 lemons, zested and juiced
- One-quarter cup olive oil
- sea salt and freshly-cracked black pepper, to taste
- *if you want: half cup crumbled feta either goat cheese*

INSTRUCTIONS

1. Cook the pasta in a big stockpot of generously-salted water till al dente, therefore to package instructions. Drain pasta then rinse thoroughly in a strainer with cold water till the pasta is chilled. Place pasta to a big mixing bowl.
2. Add the remaining ingredients to the mixing bowl (employing cheese supposing desired). Toss till evenly mixed. Taste, and spice with a several generous pinches of salt and pepper, to taste. (I used approximately one tsp every of salt and pepper.) Also feel free to place in extra lemon juice supposing you'd like some extra-lemony salad. (
3. Serve immediately. either overlay and refrigerate for up to 3 days.

SPANISH CHORIZO SPAGHETTI CARBONARA



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 8 ounces unprepared spaghetti
- 3 eggs
- 2 tbsp milk (*or heavy cream*)
- one-third cup freshly-grated Manchego cheese, plus extra for topping
- Kosher salt and freshly-cracked black pepper
- 4 ounces spicy (or sweet) Spanish chorizo, delicately diced

INSTRUCTIONS

1. **To prepare The Pasta:** prepare the pasta in a big stockpot of generously-salted water therefore to package instructions. Reserve half cup of the starchy pasta water for later, then drain the remaining water, and set the pasta aside.
2. **To prepare The Sauce:** Meanwhile, as the pasta water is heating, blend along the eggs, milk, one-third cup cheese, plus a generous pinch of salt and pepper in a small bowl till smooth. put aside.
3. **To prepare The Chorizo:** At the same time that you place the pasta to the boiling water, place the chorizo to a big sauté pan. Sauté over average warmth for 5-6 mins, mixing and flipping sometimes. Take away from heat, drain off glut lubricate, and leave the prepared chorizo within the pan.
4. As the pasta is drained and ready to go, Place this instantly (you want the pasta to still be very hot!) to the sauté pan with the chorizo. Then slowly pour the gravy mix in the pasta, whereas tossing the pasta continually with a pair of tongs, till the pasta is evenly coated and the gravy is creamy and cooked. (It's very significant that you toss the pasta whereas the gravy is being supplemented, otherwise the eggs can scramble.) Supposing you think that the gravy seems too thick, you're welcome to place in a little bit of the reserved starchy pasta water till the gravy reaches your desired consistency.
5. Serve immediately, garnished with extra Manchego and black pepper, supposing desired.

MUSHROOM STROGANOFF



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 1 pound wide egg noodles
- 3 tbsp butter, divided
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound baby bella mushrooms*
- half cup dried white wine
- 1.5 cups vegetable stock
- 1 tbsp Worcestershire gravy ([here](#) is a vegetarian brand)
- 3 half tbsp flour
- 3 small sprigs of fresh thyme (or *One-quarter tsp dried thyme*)
- half cup plain Greek yogurt either light sour cream
- Kosher salt and freshly-cracked black pepper
- if you want toppings: freshly-grated Parmesan [cheese](#), sliced fresh parsley, extra black pepper

INSTRUCTIONS

1. Cook egg noodles al dente in boiling, generously-salted water therefore to package instructions. (For optimal timing, I advised actually adding the egg noodles to the boiling water at the same time that the vegetable stock is supplemented to the stroganoff.)
2. Melt one tbsp butter in a big sauté pan over average-high heat. place onions and sauté for 5 mins, mixing sometimes. place the remaining two tbsp butter, garlic and mushrooms, and stir to mix. Keep frying for some additional 5-7 mins, till the mushrooms are prepared and tender. place the white wine, and deglaze the pan by employing a wooden spoon to scrape the brown bits off the down of the pan. allow the gravy simmer for 3 mins.
3. Meanwheras, in a else bowl, blend along the vegetable stock, Worcestershire and flour till smooth. Pour the vegetable stock mix in the pan, along with the thyme, and stir to mix. allow the mix simmer for some additional 5 mins, mixing sometimes, till slightly thickened. Then, stir within the Greek yogurt (or sour cream) evenly in the sauce. Taste, and spice with a generous pinch of two of salt and pepper as needed.
4. Serve instantly over the egg noodles, garnished with your desired toppings.

NOTES

*Feel free to employ whatever mushrooms you have available. A mix of your faves would be great!

CREAMY ROSÉ PASTA



- *PREP TIME: 25 MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 45 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 2 pints cherry either grape tomatoes, halved
- 3 tbsp olive oil, divided
- kosher salt and freshly-cracked black pepper
- 1 pound unprepared pasta, any form (*I used penne*)
- 1 big shallot, peeled and thinly sliced
- 6 big garlic cloves, peeled and minced
- 3 tbsp flour
- 3 tbsp tomato paste
- 1 half cups dried rosé wine
- 2 cups whole milk
- half cup Parmesan
- 3 handfuls baby spinach
- One-quarter cup thinly-sliced fresh basil leaves, slightly packed
- if you want toppings: extra Parmesan, extra basil, crushed red pepper flakes, and/or toasted pine nuts

INSTRUCTIONS

1. **To prepare The Roasted Tomatoes:** Warmth oven to 400°F. unfold the tomatoes out on a foil- either parchment-lined baking sheet, toss with one tbsp olive oil, and strew with a several pinches of salt and pepper. Prepare in oven for 20 mins. Take away from the oven, and Place the baking sheet to a cooling rack till ready to use.
2. **To prepare The Pasta:** Meanwheras, prepare the pasta in a big stockpot of generously-salted water therefore to package instructions. Drain.
3. **To prepare The Sauce:** Meanwheras, warmth the remaining two tbsp olive oil in a big sauté pan. place the shallot and prepare for 3-4 mins till soft and translucent, mixing sometimes. place the garlic and sauté for one more minute, mixing sometimes, till fragrant. Stir within the flour and tomato paste till evenly mixd, sauté for one more minute, mixing sometimes. Then gradually pour within the rosé, followed by the milk, and blend till mixd.
4. Keep cooking the gravy till this reaches a simmer and thickens. Then decrease warmth to average-low, and simmer for ten mins till this has partially reduced. Stir within the Parmesan (I also advised a pinch of crushed red pepper flakes). Then taste, and spice with a several generous pinches of salt and pepper supposing needed.
5. **To Cover this All Up:** Mix the cooked/drained pasta, roasted tomatoes, sauce, baby spinach, and basil along within the big stockpot, and toss for 1-2 mins, till the spinach is slightly wilted and the pasta is evenly coated within the sauce. submit immediately, garnished with your desired toppings.

STOVETOP MAC AND CHEESE



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 15 MINS*
- *TOTAL TIME: 20 MINS*
- *YIELD: 8 SUBMITTINGS*

INGREDIENTS

- 2 tbsp butter
- 2 tbsp flour
- 3 cups water
- 4 cups milk
- 1 pound unprepared pasta (*I used cavatappi*)
- 1 tsp Kosher salt
- half tsp garlic powder
- One-quarter tsp ground mustard
- 4–5 cups (16-20 ounces) freshly-shredded* sharp cheddar cheese (*I used sharp white cheddar*)
- half cup freshly-shredded* Parmesan cheese

INSTRUCTIONS

1. Melt butter in a big stockpot over average-high heat. place flour, and stir till mixd. prepare for one minute, mixing sometimes. Then pour in one cup of the water, and stir (or whisk) till the mix is completely smooth and begins to thicken. Gradually pour within the remaining water and milk, mixing till evenly mixd.
2. Stir within the pasta, salt, garlic powder, and mustard till mixd. Then keep cooking, mixing sometimes, till the mix *simply* reaches a simmer. (Btw, I advised grating your cheese whereas the pasta cooks to save time!) Decrease warmth to average-low to maintain the poor simmer. Keep cooking, mixing sometimes, for approximately 9-ten mins, either till the pasta is al dente. (Be careful not to overdo the pasta!)
3. Take away from heat, and stir within the cheeses till softened. Taste, and spice with additional salt (and black pepper, supposing you'd like), as needed.
4. Serve immediately, and enjoy!!

***PASTA WITH CAMELIZED SWEET
POTATOES AND***



- *PREP TIME: 15 MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 35 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

INGREDIENTS

- 12 ounces unprepared pasta (*I used orecchiette*)
- 4 tbsp butter either olive oil, divided
- 1 pound sweet potatoes, peeled and slice in half-inch cubes
- Kosher salt and freshly-cracked black pepper
- half a average red onion, sliced
- 5 garlic cloves, peeled and thinly sliced
- 2 cups roughly-sliced kale leaves, tough stems take awayd
- One-quarter cup dried white wine (*or chicken either vegetable stock*)
- 2 tbsp white balsamic vinegar (*or traditional balsamic vinegar**)
- half cup toasted pine nuts
- toppings: lots and lots of freshly-grated parmesan, sliced fresh basil (*if you want*), diced prepared bacon (*if you want*)

INSTRUCTIONS

1. Cook pasta al dente therefore to package directions, in a big stockpot of generously-salted water. Drain, and put aside.
2. Meanwhile, soften two tablespoons butter (or olive oil) in a big sauté pan over average-high heat. place sweet potatoes and spice with a generous pinch of salt and pepper. Sauté for 7-9 mins, mixing and flipping sometimes, till they are tender on the inside and good and caramelized on the outside. Place to a else plate, and put aside.
3. Add the remaining two tbsp butter (or olive oil) to the sauté pan. place the onion and garlic, and sauté for two mins, mixing sometimes. Stir within the kale, white wine and balsamic vinegar. Sauté for some additional 3 mins, mixing sometimes. Take away from heat, and put aside.
4. As the pasta is ready to go, mix the pasta, sweet potatoes, kale mix and pine nuts within the big stockpot, and toss to mix. submit warm, garnished with lots of Parmesan cheese and any else desired toppings.

BEEF STROGANOFF



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 0 APPROXIMATELY 4-6 SUBMITTINGS*

INGREDIENTS

- 1 pound wide egg noodles
- 4 tbsp (One-quarter cup) butter, divided
- 1.5 pounds thinly-sliced steak (*I used flank steak*)
- Kosher salt and freshly-cracked black pepper
- 1 small white onion, thinly sliced
- 4 cloves garlic, minced
- 1 pound sliced mushrooms (*I used a blend of key and baby bella mushrooms*)
- half cup dried white wine (*or you'll substitute in more beef broth*)
- 1.5 cups beef broth
- 1 tbsp Worcestershire sauce
- 3 tbsp flour
- half cup plain Greek yogurt either light sour cream
- if you want garnishes: sliced fresh parsley, extra black pepper

INSTRUCTIONS

1. Cook egg noodles al dente in boiling, generously-salted water therefore to package instructions. (For optimal timing, I advised actually adding the egg noodles to the boiling water at the same time that the beef bouillon is supplemented to the stroganoff.)
2. Meanwhile, as your pasta water is coming to a boil, soften two **tbsp** butter in a big fry pan** over average-high heat. place the steak in a single layer, seasoned with a several generous pinches of salt and pepper, and allow this prepare undisturbed for approximately 3 mins to get a good sear. Flip the steak, and prepare on the else side till browned, approximately another 3 mins. Then take away steak from pan with a slotted spoon, and Place to a else plate. put aside. (***Supposing your pan is not big enough to fit all of the steak in a single layer, then place simply one tbsp of butter to the pan and prepare half of the steak. Then recur with a second batch.***)
3. Comeback pan to warmth and place the remaining two tbsp butter. As this has softened, place the onions and fry for approximately 3 mins. place garlic and mushrooms, and stir to mix. Keep sauteing for some additional 5-7 mins, either till the mushrooms are prepared and the onions are soft. place the white wine, and deglaze the pan by employing your cooking spoon to scrape the brown bits off the down of the pan. allow the mix prepare down for some additional 3 mins.
4. Meanwhile, in a else bowl, blend along the beef broth, worcestershire gravy and flour till smooth. Pour the beef bouillon mix in the pan, and stir to mix. allow the mix simmer for 5 mins, mixing sometimes. Then stir within the Greek yogurt (or sour cream) till mixd, and then stir the prepared steak back in. Spice with additional salt and pepper supposing needed.
5. Serve over the egg noodles, garnished with parsley supposing desired.

ROASTED CAULIFLOWER ORZO SALAD



- *PREP TIME:* 15 MINS
- *PREPARE TIME:* 25 MINS
- *TOTAL TIME:* 40 MINS
- *YIELD:* 8 -TEN SUBMITTINGS

INGREDIENTS

ROASTED CAULIFLOWER ORZO SALAD INGREDIENTS:

- 12 ounces unprepared pasta (*I used orzo*)
- 2 big handfuls fresh baby arugula
- 1 batch roasted cauliflower (*see below*)
- one cup Kalamata olives, pitted and halved
- 2/3 cup roughly-sliced sun-dried tomatoes
- half cup crumbled feta either goat cheese
- half cup toasted pine nuts
- half a small red onion, thinly sliced
- 1 batch lemon vinaigrette (*see below*)

ROASTED CAULIFLOWER INGREDIENTS:

- 1 head cauliflower
- 1 tbsp olive oil
- Kosher salt and freshly-cracked black pepper

LEMON VINAIGRETTE INGREDIENTS:

- One-quarter cup olive oil
- 3 tbsp freshly-squeezed lemon juice
- 3 tbsp finely-sliced fresh parsley leaves
- 2 tbsp red wine vinegar
- half tsp Kosher salt
- One-quarter tsp freshly-cracked black pepper

INSTRUCTIONS

TO PREPARE THE ROASTED CAULIFLOWER ORZO SALAD:

1. Cook the pasta in a big stockpot of generously-salted water till this is al dente, therefore to package directions. Drain pasta and rinse under cold water for approximately 20-30 seconds till no longer hot. put aside.
2. In a big mixing bowl, mix the prepared pasta, roasted cauliflower, olives, sun-dried tomatoes, crumbled cheese, pine nuts, red onion, and vinaigrette. Toss till evenly mixed.
3. Serve immediately, either overlay and refrigerate for up to 3 days.

TO PREPARE THE ROASTED CAULIFLOWER:

1. Warmth oven to 400°F.
2. Add the cauliflower to a big mixing bowl, drizzle evenly with olive oil, and toss till mixed. (You'll also do this directly on the baking sheet.) Turn the cauliflower out onto a big baking sheet, and unfold out in a single layer. Spice evenly with a several generous pinches of salt and pepper.
3. Bake uncovered for approximately 25-30 mins, either till the cauliflower is slightly browned and tender. Take away from the oven, and put aside till ready to use.

TO PREPARE THE LEMON VINAIGRETTE:

1. Whisk all ingredients along in a small bowl (or shake in a mason jar) till completely mixed.

CREAMY SHRIMP FLORENTINE PASTA



- *PREP TIME:* 15 MINS
- *PREPARE TIME:* 25 MINS
- *TOTAL TIME:* 40 MINS
- *YIELD:* 6 -8 SUBMITTINGS

INGREDIENTS

CREAMY SHRIMP FLORENTINE PASTA INGREDIENTS:

- 12 ounces unprepared pasta (*I used penne*)
- 1 tbsp olive oil
- Kosher salt and freshly-cracked black pepper
- 1 pound raw jumbo shrimp, peeled and de-veined
- 1 batch Creamy Parmesan gravy (*see below*)
- 2 big handfuls of fresh baby spinach
- 1 (8.5-ounce) jar sun-dried tomatoes, drained and roughly sliced
- One-quarter cup loosely-packed sliced fresh basil leaves
- lots of freshly-grated Parmesan

CREAMY PARMESAN GRAVY INGREDIENTS:

- 1 tbsp olive oil either butter
- 4 cloves garlic, Puted either finely-minced
- 3 Tbsp all-purpose flour
- one cup chicken stock
- one cup warmed milk
- three-quarters cup freshly-grated Parmesan cheese
- half tsp salt
- One-quarter tsp black pepper
- *if you want:* half cup half-and-half

INSTRUCTIONS

TO PREPARE THE CREAMY SHRIMP FLORENTINE PASTA:

1. Cook pasta al dente therefore to package directions, in a big stock pot of generously-salted water. Drain, and put aside.
2. Meanwhile, warmth oil in a else big sauté pan over average-high heat. Spice the shrimp with salt and pepper on both sides. Then place the shrimp to the pan and sauté for 3-5 mins, turning once, till the shrimp are pink and prepared through. (*Cooking time can vary on the size of your shrimp.*) Place shrimp with a slotted spoon to a clear plate, and put aside.
3. Use the same sauté pan to prepare your Creamy Parmesan Sauce.
4. As the pasta and creamy gravy are finished cooking and ready to go, mix them within the big stock pot. place within the spinach, sun-dried tomatoes and basil, and toss along till everything is evenly coated with the sauce.
5. Serve immediately, garnished with extra Parmesan cheese.

TO PREPARE THE CREAMY PARMESAN SAUCE:

1. Warmth olive oil (or soften butter) within the big sauté pan over average-high heat. place garlic and sauté one minute, mixing sometimes, till fragrant. Strew evenly with the flour, and stir to mix. Sauté for some additional minute so that the flour can cook, mixing sometimes.
2. Then slowly place chicken broth, whisking to mix till smooth. blend in milk, and bring to a simmer for one minute, either till the gravy has thickened a bit. place within the Parmesan cheese, salt and pepper, and stir till the cheese has softened. Supposing you'd like a creamier gravy (which is *delicious*), stir within the half and half as good.
3. Take away from warmth and use/serve immediately.

LEMONY ARTICHOKE PASTA SALAD



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 20 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 8 -TEN SUBMITTINGS*

INGREDIENTS

PASTA SALAD INGREDIENTS:

- 1 pound (16 ounces) unprepared pasta (*I used gemelli*)
- 1 tbsp olive oil
- 1 bunch (approximately one pound) asparagus, sliced in bite-sized pieces
- 4 cloves garlic, peeled and thinly-sliced
- Kosher salt and freshly-cracked black pepper
- 1 (14 ounce) jar artichoke hearts, drained and roughly-sliced
- 2/3 cup freshly-crated Parmesan cheese, plus extra for submitting
- half cup toasted pine nuts
- 1 batch Lemon Basil Vinaigrette (*see below*)

LEMON BASIL VINAIGRETTE INGREDIENTS:

- One-quarter cup olive oil
- 3 tbsp freshly-squeezed lemon juice
- 3 tbsp finely-sliced fresh basil leaves
- 2 tbsp red wine vinegar
- half tsp Kosher salt
- One-quarter tsp freshly-cracked black pepper

INSTRUCTIONS

TO PREPARE THE PASTA SALAD:

1. Cook the pasta in a big stockpot of generously-salted water till this is al dente, therefore to package directions. Drain pasta and rinse under cold water for approximately 20-30 seconds till no longer hot. put aside.
2. Meanwhile, as the pasta water is heating and the pasta is cooking, warmth oil in a big fry pan over average-high heat. place sliced asparagus, spice with a generous pinch of salt and pepper, and stir to mix. Sauté for 3 mins, mixing sometimes. Stir in sliced garlic, and keep frying the mix for 1-2 mins more, mixing sometimes, till the garlic is fragrant and the asparagus is tender however still slightly crisp on the inside. Take away from warmth and put aside.
3. In a big bowl, mix the prepared pasta, asparagus mix, artichoke hearts, Parmesan and toasted pine nuts. Drizzle evenly with the lemon basil vinaigrette, then toss to mix.
4. Serve immediately, garnished with extra Parmesan supposing desired. either overlay and refrigerate in a sealed container for up to 3 days.

TO PREPARE THE LEMON BASIL VINAIGRETTE:

1. Whisk all ingredients along in a small bowl either measuring cup till mixd.

PASTA WITH ITALIAN SAUSAGE



- *PREP TIME: 5 MINS*
- *PREPARE TIME: 25 MINS*
- *TOTAL TIME: 30 MINS*
- *YIELD: 6 -8 SUBMITTINGS*

INGREDIENTS

- 1 pound unprepared pasta (*I used campanelle*)
- 3 tbsp extra-virgin olive oil, divided
- 1 pound Italian sausage (*traditional, chicken either Field Roast**), sliced in rounds either crumbled
- salt and pepper
- 1 pound (16 ounces) baby bella either white key mushrooms, quartered
- 1 bunch fresh kale, roughly sliced (*coarse stems take awayd*)
- 8 cloves garlic, peeled and thinly-sliced (*or minced*)
- one-third cup dried white wine**
- pinch of crushed red pepper flakes
- lots and lots of Parmesan cheese

INSTRUCTIONS

1. Cook pasta in a large stock pot of generously-salted boiling water al dente therefore to package instructions. Then reserve approximately One-quarter cup of pasta water on the side for later. Drain the pasta, and set this aside.
2. Meanwhile, as the pasta water is heating and the pasta is cooking, warmth one tbsp oil in a big sauté pan over average-high heat. place the Italian sausage and sauté, flipping and mixing sometimes, till the sausage is browned and crispy on both sides. Place the sausage to a else plate with a slotted spoon, and put aside.
3. Add the remaining two tbsp oil to the pan (or place less oil supposing you're employing traditional sausage that left behind lubricate when cooking), and place the mushrooms. Sauté for 3 mins, mixing sometimes, till browned. Then place within the kale and garlic, and sauté for 3-4 mins more, mixing sometimes, till the garlic is fragrant and the kale is softened. place within the white wine and crushed red pepper flakes, and stir to mix. Simmer for one minute.
4. Mix the prepared pasta with the mushroom mix and sausage, and toss to mix. Stir in some of the reserved pasta water supposing you'd like a slightly more saucy pasta.
5. Serve immediately, garnished with lots of Parmesan cheese.

EASY BALSAMIC VEGGIE PASTA



- *PREP TIME:* TEN MINS
- *PREPARE TIME:* 25 MINS
- *TOTAL TIME:* 35 MINS
- *YIELD:* 6 -8 SUBMITTINGS

INGREDIENTS

- 12 ounces unprepared pasta (*I used penne*)
- 3 tbsp olive oil, divided
- 1 small red onion, peeled and thinly-sliced
- 1 pound asparagus, slice in bite-sized pieces (with ends trimmed off and discarded)
- 1 small head of broccoli florets, slice in bite-sized pieces
- 1 red bell pepper, cored and thinly-sliced
- Kosher salt and freshly-cracked black pepper
- 5 cloves garlic, peeled and minced
- 3–4 tbsp balsamic vinegar
- freshly-grated Parmesan cheese

INSTRUCTIONS

1. Cook pasta in a large stock pot of generously-salted boiling water al dente therefore to package instructions. Then drain the pasta, and set this aside.
2. Meanwhile, as the pasta water is heating and the pasta is cooking, warmth two tbsp oil in a large fry pan over average-high heat. place the red onion and sauté, mixing sometimes, for 4 mins. place the asparagus, broccoli, and red bell pepper, and spice the mix with a generous pinch of salt and pepper. Keep frying for 4-5 more mins, mixing sometimes. (Adding in another tbsp of oil supposing needed.) Stir within the garlic and keep frying for 1-2 more mins, mixing sometimes, till the garlic is fragrant. Take away from heat.
3. As the veggies and pasta have all finished cooking, comeback the stockpot to the stove over average-high heat. place the remaining one tbsp of oil, prepared pasta, veggie mix, balsamic vinegar, lots of freshly-cracked black pepper, and toss to mix. Sauté for 1-2 mins, mixing sometimes, so that the pasta is very slightly toasted. Taste, and place extra balsamic vinegar and black pepper supposing needed.
4. Take away from warmth and sere warm, garnished with lots of Parmesan cheese.

NOTES

*Feel free to also place a splash of dried white wine to the pasta along with the balsamic, supposing you'd like. Delicious!

SKILLET VEGGIE LASAGNA



- *PREP TIME: TEN MINS*
- *PREPARE TIME: 30 MINS*
- *TOTAL TIME: 40 MINS*
- *YIELD: 4 -6 SUBMITTINGS*

INGREDIENTS

- 1 tbsp olive oil
- 1 small white onion, diced
- 1 small carrot, peeled and diced
- 1 small red bell pepper, cored and diced
- 1 small zucchini, diced
- 4 garlic cloves, minced
- Kosher salt and black pepper
- 8 whole unprepared lasagna noodles, every broken in 3–4 pieces
- 1 (24-ounce) jar good-quality pasta sauce
- 1 (15-ounce) can crushed tomatoes
- One-quarter tsp crushed red pepper flakes
- half cup ricotta cheese
- 4 ounces mozzarella ball, torn in pieces (*or half cup shredded mozzarella*)
- toppings: shredded fresh basil leaves, grated Parmesan, extra crushed red peppers

INSTRUCTIONS

1. Warmth oil in a big oven-proof skillet over average-high heat. place onion and sauté for 3 mins, mixing sometimes. place within the carrot, red bell pepper, and zucchini, and sauté for 4-5 mins, mixing sometimes, till the veggies are tender and the onion is soft and translucent. place within the garlic and a generous pinch of salt and pepper, and stir to mix. Sauté for two more mins, mixing sometimes, till fragrant.
2. Add within the lasagna noodles on top of the veggies in some even layer. Then pour the pasta sauce, crushed tomatoes, and red pepper flakes evenly on top of them. Carefully toss the noodles so that they are completely coated within the sauce.
3. Keep cooking till the gravy reaches a simmer. Then decrease warmth to average and simmer for 15-20 mins, giving the entire mix a gentle however thorough mixing every several mins, till the noodles are al dente.
4. Set your oven to “broil”.
5. Carefully stir within the ricotta cheese till this is mostly mixd. Then strew the torn (or shredded) mozzarella evenly on top of the lasagna mix. Broil for 1-2 mins, till the cheese is softened and slightly golden on top. *(Or, supposing you want to prepare this ten0% on the stovetop, you’ll also overlay your pan with a lid for 4-5 mins and allow the steam soften the cheese.)*
6. Take away and submit immediately, topped with shredded basil, Parmesan and extra crushed red pepper supposing desired.