

Irresistible Pasta Recipes for the Whole Family!

Homemade Pasta Dough

*Makes about 1 pound of pasta
(enough to make 25-30 ravioli or 4-6 servings)
Prep. time 1 hour 45 minutes | Cooking time 3 minutes*

Ingredients

- 1 pound (3 $\frac{1}{3}$ cups) Semolina flour or all-purpose flour, sifted
- 4 whole eggs plus 1 yolk
- $\frac{1}{4}$ cup extra-virgin olive oil
- $\frac{1}{2}$ teaspoon sea salt
- 1-2 tablespoons water, or as needed

Directions

1. Pile the flour on a clean dry work surface, in a heap about 8 inches wide.
2. Make a well in the center.
3. Crack all the eggs and then pour the extra yolk into the well and add the olive oil, salt, and water.
4. Using a fork, beat the eggs together with olive oil, water, and salt. Be careful not to break the sides of the well or the egg mixture will run. You may do this in a bowl if you fear that the liquid will run all over the work surface.
5. Using the fork, begin to incorporate the flour into the egg mixture. The dough may be lumpy.
6. When liquid ingredients are well incorporated and the mixture is no longer runny, start mixing it with your hands. You can wet your hands first if the dough is dry.
7. When the mixture has become homogeneous, begin kneading on a floured surface. Again, wet your hands if the dough seems too dry and stiff.
8. Use your body weight to stretch and not tear the dough. Use the heels of your palms and knead until it is smooth and velvety (about 8-15 minutes).
9. Wrap the dough in plastic and let it rest for at least 1 hour. It may be refrigerated or frozen for later use.
10. To shape, the dough should be at room temperature.
11. Roll and cut it into the desired shape.
12. To cook, boil in about 6 quarts of water for 1 pound of pasta.
13. Freshly made pasta will cook in 1-3 minutes.

Alfredo Sauce

Serves 2 | Prep. time 15 minutes | Cooking time 10–15 minutes

Ingredients

- ½ cup butter
- 8 ounces cream cheese
- 2 teaspoons garlic powder
- 2 cups milk
- 6 ounces Parmesan, grated
- ¼ teaspoon black pepper (or to taste)

Directions

1. Start by melting the butter in a nonstick saucepan and adding the cream cheese and garlic powder.
2. Whisk until smooth and slowly add the milk, making sure it does not form any lumps.
3. Mix in the Parmesan and black pepper, removing it from the heat once it reaches the desired consistency.
4. If the sauce has thickened more than you prefer, add a bit more milk.
5. Once done, mix in some pasta and serve while hot.

PAIRING SUGGESTIONS: Goes well with pastas like Spaghetti, Linguine, and Angel Hair

Creamy Tuscan Chicken Pasta

The traditional Tuscan flavors of spinach, garlic, cream, and Parmesan make this a decadent and delicious meal to enjoy with your family

Serves 4 | Prep. time 20 minutes | Cooking time 25 minutes

Ingredients

- ½ pounds spaghetti pasta, cooked
- 2 tablespoons olive oil
- 2 pounds chicken tenders
- Salt and pepper to taste
- 2 tablespoons unsalted butter
- 3 cloves garlic, minced
- 2 cups baby spinach
- 8 ounces sun-dried tomatoes in oil, drained
- 1 tablespoon Italian seasoning
- 2 cups heavy cream
- ½ cup chicken stock
- ½ cup Parmesan cheese

Directions

1. In a large skillet, heat the olive oil and butter.
2. Season the chicken tenders with salt and pepper and cook them until golden. Remove them to a plate and keep them warm.
3. To make the sauce, melt the butter in the same skillet. (Do not clean the skillet.) Add the minced garlic, spinach, sun-dried tomatoes, and Italian seasoning and cook over medium heat.
4. When the spinach begins to wilt, add the cream and chicken stock and bring it to a simmer.
5. When the sauce has thickened up, remove it from the heat and add the grated Parmesan.
6. Give everything a good mix and add the chicken and pasta to it, tossing it to coat everything evenly.

Nutrition per serving

Calories 615, fat 20 g, carbs 18 g

Protein 42 g, sodium 284 mg

Tortellini Alla Gigi

The creamy Gigi sauce is a perfect match for the tortellini and gives this dish an elegant note.

Serves 4 | Prep. time 30 minutes | Cooking time 55 minutes

Ingredients

- 1½ pounds prepared three-cheese tortellini pasta

For the sauce

- 2 teaspoons extra virgin olive oil
- 10 ounces sliced mushrooms
- 1 small onion, finely chopped
- 4 cloves garlic, minced
- Salt and pepper, to taste
- 1 cup dry white wine
- 30 ounces crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried parsley
- Salt and black pepper to taste
- ¼ teaspoon red pepper flakes

Other ingredients

- 1 cup heavy cream
- 2 teaspoons chopped fresh parsley
- ½ cup shredded mozzarella
- 6 slices prosciutto, chopped

Directions

1. In a skillet over medium-high heat, warm the oil and add the mushrooms. Cook until golden.
2. Add the onion and garlic, cooking until softened and fragrant. Season with salt and pepper, and after about 2 minutes add the wine to deglaze the bottom of the pan.
3. Mix in the crushed tomatoes, oregano, parsley, salt, pepper, and red pepper flakes. Bring it to a simmer, reduce the heat, and cook for about 15 minutes. The sauce will reduce.
4. Meanwhile, in batches, cook the tortellini according to the instructions on the packaging, making sure not to overcook them as the tortellini are very delicate and cook very fast. As soon as it begins to float on top of the boiling water, it is done. Remove them from the water immediately.
5. To the tomato sauce, add the cream parsley, stirring until well incorporated.
6. Gently fold in the tortellini, cheese, and prosciutto, making sure to coat everything evenly.
7. Serve hot.

Nutrition per serving

Calories 121, fat 13 g, carbs 12 g

Protein 16 g, sodium 522 mg

Lemon Parmesan Spaghetti

Serves 4 | Prep. time 8–10 minutes | Cooking time 20 minutes

Ingredients

- 1 pound spaghetti or spaghetti (thin spaghetti)
- 1 cup heavy cream
- Juice and zest from 1 large lemon
- ¼ cup brandy
- ¾ cup Parmesan cheese, grated
- Lemon slice, for garnish

Directions

1. Add salted water to a medium saucepan or skillet and heat it over medium heat.
2. Add the pasta and cook as per package directions. Drain water and set aside.
3. In the same saucepan, heat the heavy cream, brandy, and lemon juice over low heat.
4. Boil the mixture over high heat for 7–8 minutes until it thickens.
5. Mix in the spaghetti and lemon zest and toss well.
6. Add the cheese; toss again. Serve warm topped with reserved lemon zest.

Nutrition per serving

Calories 714, fat 26 g, carbs 87 g

Protein 20 g, sodium 199 mg

Italian Ravioli Casserole

An easy dinner recipe with only a few simple ingredients, this casserole is sure to be a family favorite.

Serves 4 | Prep. time 15 minutes | Cooking time 25 minutes

Ingredients

- 2 (9-ounce) packages fresh cheese ravioli
- 6 ounces fresh spinach
- 4 cups chunky pasta sauce, divided
- ½ teaspoon crushed red pepper flakes
- 1½ cups shredded Asiago cheese, divided
- ¼ cup thinly sliced fresh basil

Directions

1. Preheat the oven to 375°F (191°C) and coat a baking dish with cooking spray.
2. In a pot of boiling water, cook the ravioli for 3 minutes. Add the spinach and cook just until it wilts. Drain well.
3. Spread 1½ cups of pasta sauce in the prepared baking pan.
4. Gently layer on half the ravioli mixture and season with red pepper flakes. Top with half the cheese.
5. Spread another cup of sauce, the remaining ravioli, and pepper flakes.
6. Finish with the remaining sauce and top with the remaining cheese.
7. Cover the dish and bake 25 minutes, removing the cover in the final 5 minutes and adding the basil.
8. Garnish with freshly chopped parsley and serve.

Nutrition per serving

Calories 598, fat 26 g, carbs 52 g

Protein 24 g, sodium 1902 mg

***These recipes and more are found in Louise Davidson's *Family Pasta Cookbook: Making Irresistible Italian-Style Pasta Recipes at Home*. To get your own copy, click on the cover below or click [here](#).

