

Grocery List for All About Pasta Dinner Week

Your Grocery Shopping List	Joey's Pasta Barese	Onion Bell Pepper Ham Spaghetti Stir-Fry	Savoy Cabbage Salad Ginger Vinaigrette	One-Pot Pantry Tomato Olive Pasta	One-pot Linguine In White Clam Sauce	Outback Steakhouse "Chared" Asparagus	One-Pot Swedish Meatballs Fettuccine	No-Bake Mini Caramel Cheesecake
Produce								
Garlic	2 cloves	2 Cloves		1 Glove	1 Clove			
Parsley	optional							
Green Bell Pepper		1						
Vadalia onion		1						
Savoy Cabbage (1 Head)			1.5 LBs					
Minced Ginger			1/2 tsp					
Asparagus (2 bundles)						2.5-3 LBs		
Meat								
Bulk Sweet Italian sausage	1 LB							
In the Aisles								
Frozen Broccoli Florets	1 LB							
Ziti (or any short pasta)	1 LB							
Chicken broth, Sherry or White wine	1/4-1/3 cup			2 Cups				
Parmacean cheese	1/2 cup			optional				
Spaghetti		1 LB						
pre-cooked ham steak		3-4 cups						
Whole Dried Dates			4-6					
Diced tomatoes with juice				28 oz				
green chilies				4.25oz				
whole black olives				6 oz				
sliced mushrooms				8oz				
Rotini Primavera				1 lb				
Linguine					1 LB			
Chopped Clams (6.5oz each)					2 Cans			
Clam juice (or substitute w/ chicken broth)					6 Cups			
White Wine					1/2 cup			
beef broth							6 Cups	
Fettuccine							1 LB	
store-bought frozen Swedish meatballs							20	
Caramel Topping/Sauce(10-12 oz)								1 Jar
Ritz Crackers								18
Pretzel sticks								optional
Dairy								
Sour cream							1/4 cup	
Cream Cheese (8 oz each)								2 Bars

I **assume** that you have butter, salt, black pepper, sugar, flour, no-stick cooking spray, canola or vegetable oil and extra virgin olive oil, Crushed red pepper flakes, Sriracha Hot Sauce, Superior Light Soy Sauce, Superior Dark Soy Sauce, Balsamic Vinegar, honey, Dried Parsley Flakes, grill seasoning, Worcestershire sauce and Cupcake Liners

I also **recommend** you to check out my website for some hits, special tips and techniques.

All About Pasta Dinner Menu

Joey's Pasta Barese

Onion Bell Pepper Ham Spaghetti Stir-Fry and Savoy Cabbage Salad Ginger Vinaigrette

One-Pot Pantry Tomato Olive Pasta

One-pot Linguine In White Clam Sauce and Outback Steakhouse "Chared" Asparagus

One-Pot Swedish Meatballs Fettuccine and No-Bake Mini Caramel Cheesecake

Joey's Pasta Barese

Prep Time: ZERO Cook Time: 30 Minutes Serving: 4

Ingredients

1 pound Frozen Broccoli Florets (unthawed)
1 pound Bulk Sweet Italian sausage
1 pound Ziti (or any short pasta)
2 gloves minced garlic
1/4 - 1/3 cup Chicken broth, Sherry or White wine
1/4 cup Extra Virgin Olive Oil (divided)
Salt and pepper
1 pinch Crushed red pepper flakes
1/2 cup Parmesan cheese
Parsley (optional, for garnish only)

1 pot of water
1 teaspoon Salt
1 tablespoon Canola Oil

Bring a pot of water to a boil and add salt, canola oil and pasta
Quick stir and let it cook until al dente and drain
While waiting, heat 2 tablespoon Extra Virgin Olive Oil in a big skillet at high heat
Add crushed red pepper flakes and sausage
Use a spatula to break up the sausage and let it brown; about 8-10 minutes, stir regularly
Add broccoli and combine with sausage and cook until crisp tender; about 3-5 minutes
Add the remaining Extra Virgin Olive Oil, garlic and white wine
Turn up the heat to let the wine to evaporate
Transfer pasta, sausage and broccoli into the pasta pot
Toss to combine and add salt and pepper to taste
Add Parmesan cheese and parsley (I used Litehouse brand freeze-dried Parsley) to garnish and serve

Onion Bell Pepper Ham Spaghetti Stir-Fry

Prep Time: 15 Minutes **Cook Time:** 30 Minutes **Serving:** 4

Ingredients

1 pound Spaghetti
1 Green Bell Pepper (seeded and discard membrane and cut into stripes)

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1 Vidalia onion (sliced)
3-4 cups Ham leftover or pre-cooked ham steak (cut into stripes)
2 minced Garlic
2 tablespoon Sriracha Hot Sauce
2 teaspoon Superior Light Soy Sauce
2 tablespoon Superior Dark Soy Sauce
2 tablespoon Extra Virgin Olive Oil
1 pot of Water
1 teaspoon Salt
1 tablespoon Canola Oil

Bring a pot of water to a boil
Add salt, canola oil and spaghetti
Quick stir and let it cook until al dente
While waiting, cut up the ham, onion and pepper
Drain pasta and put it aside
Use the same pot and heat up Extra Virgin Olive Oil at high heat and add ham
Stir regularly until ham starts to brown on the edges; about 3-5 mins
Push the ham on the side and add onion in the middle
Stir and cook until onion starts to soften on the outside
Add bell pepper, soy sauces and Sriracha sauce and stir to combine
Stir in spaghetti until it is well coated with sauce
Salt and pepper to taste and serve immediately

Savoy Cabbage Salad Ginger Vinaigrette

Prep Time: 10 Minutes **Cook Time:** ZERO **Serving:** 4

Ingredients

1 Head Savoy Cabbage (thinly sliced; about 1.5 pounds)
4-6 Whole Dried Dates (potted and small diced)

For Salad Dressing

1/3 Cup Balsamic Vinegar
1/3 Cup Extra Virgin Olive Oil
1-2 teaspoon Honey (optional)
1/2 teaspoon Minced Ginger
1 pinch of each Salt and Black Pepper

In a mixing bowl (preferably a mason jar), combine all vinaigrette ingredients together, except honey
Let it sit in room temperature for at least 30 minutes to let everything marry together, especially the dried dates
Taste to season
Add honey if necessary
Cut cabbage into 4 quarters
Tilt the knife slightly to cut out the cores and discard
Thinly sliced cabbage and transfer to salad bowl
Pour in the vinaigrette and toss to coat

Chill in the fridge for at least 2-4 hours before serving

One-Pot Pantry Tomato Olive Pasta

Prep Time: ZERO **Cook Time:** 20-25 Minutes **Serving:** 4

Ingredients

1 can (2 cups) chicken or vegetable broth
1 can (28 oz) Diced tomatoes with juice
1 can (4.25 oz) green chilies
1 can (6 oz) whole black olives; drained
2 can (4 oz each) sliced mushrooms; drained
1 box (1 lb) Rotini Primavera (or any short pasta)
2 tablespoons Extra Virgin Olive Oil
1 clove Minced Garlic
1/2 cup Water
Grated Parmesan Cheese (optional)
Salt and pepper to taste

In a big pot, combine broth, diced tomatoes with juice, water and green chili and bring the mixture to a boil

Add extra virgin olive oil and pasta, quick stir and turn down the heat to simmer and cover with lid, cook for 14 minutes until liquid is absorbed and pasta cooked to al dente

Add mushrooms, olives, garlic, salt and pepper and stir to combine

Serve along with Parmesan cheese

One-pot Linguine In White Clam Sauce

Prep Time: 5 Minutes **Cook Time:** 15 Minutes **Serving:** 4

Ingredients

1 pound Linguine
2 cans (6.5oz each) Chopped Clams (separate the juice from the clams)
6 cups Clam juice (I usually save the juice left from steaming clams in the pot) or 3 cups of chicken broth + 3 cups of clam juice
½ cup White Wine (optional; can replace this with either the chicken broth or clam juice)
1 tablespoon Minced garlic
2 teaspoon Dried Parsley Flakes

Seasonings

1 teaspoon Salt (only need it if you use natural clam juice; otherwise, skip it)
1 tablespoon Extra Virgin Olive Oil
1 tablespoon Butter

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Combine all the (6 cups total) liquid, extra virgin olive oil, butter and garlic in a pasta pot and bring it to a boil

Add salt and linguine into the boiling liquid

Stir about 2 minutes to make sure the linguine will not stick together

Cover with lid

Turn down the heat to medium to medium low to simmer

Let it cook for 14 minutes until most of the liquid is absorbed in the pot

Turn off heat; it may still look watery

Stir in clams and dried parsley flakes

Serve immediately

Outback Steakhouse "Chared" Asparagus

Prep Time: 5 Minutes Cook Time: 5 Minutes Serving: 2-4

Ingredients

2 Bundles Asparagus (about 2 1/2 - 3LB total)

Seasonings

2 tablespoons Extra Virgin Olive Oil

1/2 teaspoon Salt

1/4 teaspoon Black Pepper

1 tablespoon Original Hickory Grilled Dry Rub Seasoning (I use the Char Crust brand)

Preheat oven at broil

Line baking sheet with aluminum foil for easy clean up later

Hold 2 ends of an asparagus spear and slightly bend it

The tougher end will break apart from the spear

Use it as a measurement unit to trim the rest of the asparagus

Discard the ends

Toss asparagus with all the seasonings in the baking sheet

Broil the asparagus on the top rack of the oven for 5 minutes or until desired crisp and tenderness and serve

One-Pot Swedish Meatballs Fettuccine

Prep Time: 5 Minutes Cook Time: 20 Minutes Serving: 4

Ingredients

1 pound Fettuccine

6 cup Beef Broth

20 store-bought frozen Swedish meatballs

1/2 cup water

1 tablespoon Worcestershire sauce

1/2 teaspoon salt

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1 pinch of black pepper
1/4 cup Sour cream
1 teaspoon dried parsley
2 tablespoon butter

Combine 6 cups of beef broth, 1/2 cup water, salt and butter in a Dutch oven or soup pot
Bring it to a boil
Add Fettuccini and stir for 2 minutes (so that the pasta doesn't stick together)
Add meatballs
Turn down the heat to medium low to low and cover the lid
Low boil for 14 minutes
Turn off heat
Add black pepper, parsley and sour cream and stir to combine and serve

No-Bake Mini Caramel Cheesecake

Prep Time: 10-15 Minutes Cook Time: ZERO Serving: 6+

Ingredients

2 (8 oz each) bars Cream Cheese (in room temperature)
1 jar (10-12 oz) Caramel Topping/Sauce
18 Ritz Crackers
Pretzel sticks or any other kinds of pretzels (optional; for garnish)
Cupcake Liners

Line cupcake liners on muffin pan
Add Ritz crackers at the bottom of each liner
In a separate bowl, combine cream cheese and caramel sauce with hand mixer until mixture smooth and well combined
Transfer cheese cake filling into a plastic bag
Cut the corner off and pipe in the cheesecake filling into the liner
Garnish cheesecake with crumbled pretzel sticks
Chill in the fridge for 4 hours and serve