

ITALIAN DISHES:
50 ITALIAN DELICIOUS DINNER MEALS YOUR FAVORITE ITALIAN STYLE
RECIPES

Abelie Holly

© Copyright 2015 by Abellie Holly- All rights reserved.

This document is geared towards providing exact and reliable information in regards to the topic and issue covered. The publication is sold with the idea that the publisher is not required to render accounting, officially permitted, or otherwise, qualified services. If advice is necessary, legal or professional, a practiced individual in the profession should be ordered.

- From a Declaration of Principles which was accepted and approved equally by a Committee of the American Bar Association and a Committee of Publishers and Associations.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format. Recording of this publication is strictly prohibited and any storage of this document is not allowed unless with written permission from the publisher. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly.

Respective authors own all copyrights not held by the publisher.

The information herein is offered for informational purposes solely, and is universal as so. The presentation of the information is without contract or any type of guarantee assurance.

The trademarks that are used are without any consent, and the publication of the trademark is without permission or backing by the trademark owner. All trademarks and brands within this book are for clarifying purposes only and are the owned by the owners themselves, not affiliated with this document.

Smashwords Edition

Italian Dishes: 50 Italian Delicious Dinner Meals Your Favorite Italian Style Recipes

Introduction from the Author

I would like to thank you and congratulate you for downloading the book, *Italian Salad Recipes 50: Eating Healthy for a More Balanced Life*

This book contains the best Italian Salad recipes that you can prepare and be certain to have the best choice Italian Salad meals ever.

These recipes will put a big smile on your family face and put the *yummy inside of their tummies*.

Anyone can prepare these Italian Salad meals for any occasion. So I've put together my rendition of *the all-time best Italian Salad recipes*. You will love these recipes. And anything that you *put a little bit of love in* will turn out superb.

Thanks again for downloading this book; I hope you enjoy it

Table of Contents

[Italian Pepper and Sausage Dinner](#)
[Italian Casserole Dinner](#)
[Italian Ground Beef Dinner](#)
[Italian Dinner Rolls](#)
[Fast Italian Skillet Dinner](#)
[Simple Italian Skillet Dinner](#)
[Crock Pot Italian Sausage Dinner](#)
[Italian Dinner for 2](#)
[Low-Fat Italian Sausage Dinner](#)
[Healthy, Hearty Italian Dinner](#)
[Pseudo Italian/German Schnitzel Dinner Sandwich](#)
[Italian Pasta and Sausage Dinner](#)
[Italian Sausage Skillet Dinner](#)
[Italian Tight Budget Healthy Dinner](#)
[Italian Sausage Dinner](#)
[Crock Pot Potpie](#)
[Crescent Roll Casserole](#)
[Italian Crescent Casserole](#)
[Italian Mummy Dogs](#)
[Easy Chicken & Potato Dinner](#)
[Quick Italian Ground Beef Dinner](#)
[Italian Beef and Zucchini Dinner](#)
[Italian Chicken Spaghetti Dinner](#)
[Philly Cheesesteak Pizza](#)
[Italian Antipasto Squares](#)
[Pepperoni Roll –Ups](#)
[Tuscan Italian Sausage Pot Pie](#)
[String Cheese Pizza Roll-Ups](#)
[Bare Cupboards Dinner Party Casseroles](#)
[Easy Company Shish Kabob Dinner](#)
[Dinner in a Pumpkin](#)
[Simple Spaghetti Dinner](#)
[Macaroni and Beef Casserole](#)
[Italian Zucchini Crescent Casserole](#)

[Italian Sausage and Pepper Pie](#)

[Tomato Sauce & Meatball Dinner](#)

[No Stuffing Cheesy Stuffed Mushrooms](#)

[Holiday Italian Herb Crescent Christmas Trees](#)

[Garlic-Onion Wedges](#)

[Crescent Pizza Pinwheels](#)

[Pepperoni Sausage Bread](#)

[Roast Beef Dinner Enchiladas](#)

[Steak Dinner](#)

[French Onion Rolls](#)

[Herbed Chicken-N-Veggie Packet Dinner](#)

[Chicken Parmesan Pizza](#)

[Sweet Onion Pinwheels](#)

[Spicy Italian Hero Crescent Ring](#)

[250 Calorie Dinner](#)

[Cheddar Macaroni Beef Casserole](#)

Italian Pepper and Sausage Dinner

Prep Time: 15 mins

Total Time: 30 mins

Servings: 6



Ingredients

2 tablespoons extra virgin olive oil

1 lb. Italian sausage, sweet and taken out of the casing

1 red bell pepper, sliced thinly

1 yellow bell pepper, sliced thinly

1 large yellow onion, sliced

3 garlic cloves, finely minced

2 1/2 cups stewed tomatoes

2 tablespoons fresh basil, chopped

Salt

Fresh ground pepper

2 tablespoons Romano cheese

Grated Parmigiano-Reggiano cheese,

Few fresh basil leaves

1 lb. multi-flavored rotini noodles, cooked al dente

Directions

1. Fry the sausages until cooked using a large skillet.
2. Strain the fat and discard.
3. Using the same skillet, pour some olive oil and heat, cook the onion and pepper until the onion is transparent, then add in the garlic.
4. Add up the tomatoes, sausage and Romano cheese.
5. Place the skillet cover and simmer for about 8-10 minutes at medium heat.
6. Add up some wine or water if the mixture is too thick.
7. As the mixture cooks, cook pasta according to package directions until al dente.
8. When ready to serve, place enough amount of pasta into the plate then spoon meat mixture over the pasta.
9. Slightly mix the pasta and meat. Serve with grated Parmigiano-Reggiano and basil on top, with some green salad or bread on the side.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (342 g)		Total Fat 27.1g	41%
Servings Per Recipe: 6		Saturated Fat 8.5g	42%
Amount Per Serving		Cholesterol 44.9mg	14%
Calories 643.4		Sugars 8.3 g	
Calories from Fat 244		Sodium 1176.7mg	49%
	37%	Total Carbohydrate 72.6g	24%
		Dietary Fiber 4.7g	18%
		Sugars 8.3 g	33%
		Protein 26.8g	53%

Variations:

- Add in some dried herbs and ½ cup chicken broth. Also add up some mushroom slices, and frozen yellow and green squash.
- Replace Romano with parmesan, and some ground mild Italian sausage.

Italian Casserole Dinner

Prep Time: 15 mins

Total Time: 45 mins

Servings: 8



Ingredients

- 1/2 lb. ground sausage
- 1/2 lb. ground beef
- 1/2 cup chopped onion
- 1/2 cup chopped green pepper
- 2 tablespoons minced garlic
- 1 (15 ounce) cans tomato sauce
- 1 (6 ounce) cans tomato paste
- 1/4 cup water
- 1 teaspoon basil
- 1 teaspoon oregano
- 1 teaspoon garlic powder
- 1 teaspoon salt and pepper
- 8 ounces wide egg noodles, cooked and drained
- 4 ounces shredded cheddar cheese
- 2 ounces shredded mozzarella cheese

Directions

1. Preheat oven at 350 degrees F.
2. For the meantime, using a Dutch oven, cook the beef, sausage, onion, garlic and green pepper until meat loses its pinkish color. Remove excess fat.
3. Stir in tomato paste, sauce and the seasonings.
4. Allow mixture to boil and turn down heat once it boils.
5. Simmer mixture for about 5 minutes and then stir in noodles.
6. Transfer mixture into 13x9 pan and top with the grated cheeses.
7. Place casserole into the preheated oven and then bake for 30 about minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (210 g)		Total Fat 19.5g	30%
Servings Per Recipe: 8		Saturated Fat 8.4g	42%
Amount Per Serving		Cholesterol 84.1mg	28%
		Sugars 6.2 g	
Calories 375.9		Sodium 789.2mg	32%
Calories from Fat 176		Total Carbohydrate 29.9g	9%
		Dietary Fiber 3.0g	12%
		Sugars 6.2 g	25%
		Protein 20.7g	41%

Variations:

- Add in 1 can of fresh tomatoes, chopped green onions, and little amount of sugar and more garlic.
- Add more cheese and some home grown tomatoes.

Italian Ground Beef Dinner

Prep Time: 10 mins

Total Time: 27 mins

Servings: 6



Ingredients

1/4 cup dry breadcrumbs
1/4 cup chopped onion
1/4 cup chopped green pepper
1 tablespoon minced garlic
1 teaspoon oregano
1/2 teaspoon salt
1/4 teaspoon pepper
1 lb. ground beef
6 tablespoons parmesan cheese, divided
1 (15 ounce) cans tomato sauce
1 teaspoon Italian seasoning
Hot cooked spaghetti

Directions

1. Incorporate the bread crumbs, onions, green pepper, minced garlic, oregano, pepper and salt in a bowl.
2. Add in the parmesan and the ground beef, blend well to form dough.

3. Shape dough into 6 patties.
4. Pour enough oil to the skillet then fry the patties for about 2 minutes for each side once the oil is hot.
5. Combine the Italian seasoning and the tomato sauce in a bowl and then dispense into the patties.
6. Turn down heat and simmer covered for at least 15 minutes.
7. Meanwhile, put the cooked spaghetti noodles into individual serving plates.
8. Top each with patties and pour sauce over the patties.
9. Garnish with grated parmesan.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (171 g)		Total Fat 13.1g	20%
Servings Per Recipe: 6		Saturated Fat 5.3g	26%
Amount Per Serving	% Daily Value	Cholesterol 55.8mg	18%
Calories 225.3		Sugars 3.8 g	
Calories from Fat 118	52%	Sodium 728.0mg	30%
		Total Carbohydrate 8.7g	2%
		Dietary Fiber 1.5g	6%
		Sugars 3.8 g	15%
		Protein 17.7g	35%

Variations:

- Add in some sugar to sweeten and also use carrots and red onions.
- Replace beef with pork or chicken; form them into meatballs instead of patties.

Italian Dinner Rolls

Prep Time: 20 mins

Total Time: 2 hrs 40 mins

Serves: 24, Yield: 24 rolls



Ingredients

1 cup milk
1/2 cup water
2 tablespoons butter
1 egg
4 cups bread flour
1/2 cup parmesan cheese (grated)
2 tablespoons sugar
2 teaspoons garlic salt
1 teaspoon Italian seasoning
3 teaspoons yeast
1/2 cup butter
Parmesan cheese

Directions

1. Heat up the water, milk and 2 tbsp. butter using the oven at 120 degrees F.
2. After they are mixed up combine the milk mixture with the egg.

3. Combine ½ cup parmesan, flour, garlic salt, sugar, yeast and Italian seasoning in the bread machine, together with the egg-milk mixture.
4. Use 2 pound loaf for the dough setting. Then preheat the oven at 325 degrees. Be sure to use the lower rack.
5. Divide the dough into 24 portions and roll them up into balls.
6. Heat up butter just enough to melt them, but not too hot.
7. Immerse the bread rolls over the melted butter and then to the grated parmesan.
8. Arrange into 13x9 pans by six rows and allow to rise.
9. Once the bread is ready, place pans of bread into the preheated oven and bake for 25-35 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (48 g)		Total Fat 6.2g	9%
Servings Per Recipe: 24		Saturated Fat 3.7g	18%
Amount Per Serving	% Daily Value	Cholesterol 23.7mg	7%
Calories 143.2		Sugars 1.1 g	
Calories from Fat 55	39%	Sodium 82.9mg	3%
		Total Carbohydrate 17.9g	5%
		Dietary Fiber 0.7g	2%
		Sugars 1.1 g	4%
		Protein 3.8g	7%

Variations:

1. Add up some gluten flour for additional rise of the dough.
2. Add in more flour to make the dough easier to mold. You can make the half into bread rolls and the other half as loaf.

Fast Italian Skillet Dinner

Prep Time: 0 mins

Total Time: 30 mins

Servings: 4



Ingredients

1 lb. ground beef
1 (1 1/2 ounce) packages spaghetti sauce mix
6 ounces tomato paste
1/2 cup onion, chopped
1/2 cup green pepper, chopped
2 cups ziti pasta or 2 cups elbow macaroni
2 1/2 cups water
Cheese, shredded

Directions

1. Fry the ground beef using a skillet and then remove excess fat.
2. Stir in onions, seasoning mix, macaroni, and green peppers and then pour water and tomato paste.
3. Allow mixture to boil and then place skillet cover.
4. Let simmer for about 20-25 minutes.
5. Serve with grated cheese on top.

Nutrition Facts

Serving Size: 1 (395 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 515.7	
Calories from Fat 163	31%

Amount Per Serving	% Daily Value
Total Fat 18.1g	27%
Saturated Fat 6.9g	34%
Cholesterol 77.1mg	25%
Sugars 7.4 g	
Sodium 1321.7mg	55%
Total Carbohydrate 57.0g	19%
Dietary Fiber 4.5g	18%
Sugars 7.4 g	29%
Protein 30.7g	61%

Variations:

- Add up some hot peppers for spicy effect.
- Use Ziti pasta and stir in more flavorings.

Simple Italian Skillet Dinner

Prep Time: 10 mins

Total Time: 28 mins

Servings: 4



Ingredients

- 1 lb. Italian sausage
- 1/2 cup green bell pepper, chopped
- 1 medium onion, chopped
- 1 (14 1/2 ounce) cans diced tomatoes
- 2 cups vegetable juice
- 1 1/2 cups instant rice
- 1 cup mozzarella cheese, shredded

Directions

1. Fry the sausage in a skillet for about 4-6 minutes and then draw off the extra fat.
2. Stir in the onions and green peppers and sauté until crispy.
3. Add up the vegetable juice and diced tomatoes. Mix and allow the mixture to boil.
4. Turn off heat and then incorporate the rice with the mixture.
5. Place skillet cover and let set for 6-8 minutes until the rice suck up all the liquids.
6. Top with grated cheese and then cover again, allow the heat to melt the cheese.

Nutrition Facts

Serving Size: 1 (446 g)
Servings Per Recipe: 4

Amount Per Serving	% Daily Value
Calories 666.0	
Calories from Fat 341	51%

Amount Per Serving	% Daily Value
Total Fat 37.9g	58%
Saturated Fat 14.7g	73%
Cholesterol 86.8mg	28%
Sugars 9.5 g	
Sodium 1795.4mg	74%
Total Carbohydrate 47.7g	15%
Dietary Fiber 3.7g	15%
Sugars 9.5 g	38%
Protein 32.8g	65%

Variations:

- Use mild Italian sausage, and use all the other ingredients.
- Add in Italian seasoning and some roasted garlic to taste.

Crock Pot Italian Sausage Dinner

Prep Time: 10 mins

Total Time: 9 hrs 10 mins

Servings: 6



Ingredients

1 1/2 lbs. Italian sausage, cut into 1/2 inch slices

1/2 cup water

2 chopped green onions

2 tablespoons steak sauce, like A1

1/2 teaspoon red pepper flakes

1 teaspoon Italian seasoning

1/2 teaspoon salt

1 (28 ounce) cans diced tomatoes with juice

2 cups uncooked basmati rice, soaked for 8 hours

Directions

1. Pour water into the crock pot and then place the onions and sausages.
2. Add up steak sauce, Italian seasoning, salt and red pepper flakes.
3. Place the crock pot cover and cook over low heat for at least 6-8 hours.
4. Add in tomatoes with liquid and the uncooked rice.
5. Place cover back and cook further for an hour.

6. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (366 g)		Total Fat 33.0g	50%
Servings Per Recipe: 6		Saturated Fat 11.3g	56%
Amount Per Serving	% Daily Value	Cholesterol 64.6mg	21%
Calories 643.1		Sugars 4.7 g	
Calories from Fat 297	46%	Sodium 1758.6mg	73%
		Total Carbohydrate 58.2g	19%
		Dietary Fiber 3.7g	15%
		Sugars 4.7 g	19%
		Protein 27.7g	55%

Variations:

- Use Basmati rice instead of instant rice. Soak basmati in water for 12 hours or more, and then add it with the tomatoes during the last hour of cooking.
- Use 2 cups of instant brown rice, and add up chopped green peppers.

Italian Dinner for 2

Prep Time: 5 mins

Total Time: 20 mins

Servings: 2



Ingredients

6 ounces cooked spaghetti
1/4 lb. bacon, cut into pieces
1/2 cup onion, finely chopped
15 ounces tomato sauce
1 tablespoon butter
1/2 teaspoon salt

Directions

1. Fry the bacon using a skillet.
2. Add in onions and sauté until tender.
3. Incorporate the butter and tomato sauce and season with salt.
4. Cover and let simmer for at least 4-5 minutes.
5. Pour mixture over the cooked spaghetti.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (405 g)		Total Fat 32.6g	50%
Servings Per Recipe: 2		Saturated Fat 12.3g	61%
Amount Per Serving	% Daily Value	Cholesterol 53.8mg	17%
Calories 531.6		Sugars 11.3 g	
Calories from Fat 293	55%	Sodium 2219.9mg	92%
		Total Carbohydrate 46.6g	15%
		Dietary Fiber 5.3g	21%
		Sugars 11.3 g	45%
		Protein 14.8g	29%

Variations:

- Top with some parmesan and bread crumbs. Serve with Aussie Shiraz or garlic bread.
- Try to use spaghetti sauce or Italian sauce in replace of tomato sauce for more flavors.

Low-Fat Italian Sausage Dinner

Prep Time: 10 mins

Total Time: 25 mins

Servings: 4



Ingredients

- 1 lb. hot Italian turkey sausage link
- 1 green bell pepper cut in chunks
- 1/2 red bell pepper, cut in chunks
- 1 large onion cut in chunks
- 2 ounces white mushrooms, sliced
- 1 (14 -16 ounce) cans tomatoes
- 1 yellow squash cut in rounds
- 2 zucchini cut in rounds
- 2 tablespoons tomato paste
- 1 tablespoon Italian spices
- 1 teaspoon garlic powder
- Salt and pepper
- 1/2 lb. penne pasta, cooked

Directions

1. Cook sausage in a non-stick Dutch oven with ½ cup water. Pierce the skins to avoid them from exploding. Turn the sausage once to cook them thoroughly.
2. Add in onion chunks and continue cooking.
3. Once the onions are tender, stir in the peppers and mushrooms.
4. When the peppers are almost done, add up the zucchini and squash.
5. Cook further until the liquid is gone. Take out the sausages and slice them into 4-5 portions.
6. Place sausage back into the pot and mix.
7. Stir in the tomatoes with liquid, spices and tomato paste. Mix to blend and heat over.
8. Spoon sauce over the prepared pasta.
9. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (596 g)		Total Fat 11.8g	18%
Servings Per Recipe: 4		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 59.3mg	19%
Calories 461.2		Sugars 14.0 g	
Calories from Fat 106	23%	Sodium 1125.4mg	46%
		Total Carbohydrate 67.1g	22%
		Dietary Fiber 11.9g	47%
		Sugars 14.0 g	56%
		Protein 25.5g	51%

Variations:

- Add in a pinch of red pepper flakes to the sauce.
- Top with grated cheese of your choice.

Healthy, Hearty Italian Dinner

Prep Time: 1 min

Total Time: 2 mins

Servings: 8-12



Ingredients

- 1 -2 onion, chopped
- 1/2-1 lb. baby carrots
- 1 -2 garlic clove
- 1 -2 lb. frozen yellow squash
- 1 lb. frozen spinach
- 12 -16 ounces canned artichoke hearts
- 1 -2 cup cooked chickpeas
- 6 -12 ounces canned mushrooms
- 2 quarts spaghetti sauce
- 1/2 tablespoon Italian seasoning
- 1 tablespoon basil
- 1 teaspoon oregano
- 1 cup vegetable stock
- 1/4 cup vermouth
- Olive oil
- Salt
- Swiss chard (chopped)
- Escarole (chopped)

Broccoli floret
 Cauliflower floret
 Diced tomato
 1 -2 lb. firm prepared polenta
 Garlic powder
 Italian seasoning

Directions

1. Pour little amount of olive oil in a saucepan and heat over medium heat. Once hot sauté onions and carrots.
2. Add in the remaining vegetables and mix.
3. Pour in the stock, and spaghetti sauce, and then add stir in the herbs and vermouth. Blend well and allow mixture to boil.
4. Cover and simmer for at least 30 minutes until the flavors completely blend and the carrots are cooked. Add some more seasonings if needed.
5. Add some more stock if the sauce is too thick.
6. Prepare the polenta: cut polenta into ½ to ¾ inches thick, evenly grease the griddle with olive oil and heat over medium-high heat. Also brush polenta with olive oil. Fry the polenta over the hot oil and season with Italian seasoning and garlic powder.
7. Transfer the polenta into serving plates and serve with the sauce on top.
8. Garnish with some parmesan and serve with bread on the side. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (250 g)		Total Fat 7.0g	10%
Servings Per Recipe: 8		Saturated Fat 1.0g	5%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 289.4		Sugars 25.7 g	
Calories from Fat 63	21%	Sodium 1487.4mg	61%
		Total Carbohydrate 48.4g	16%
		Dietary Fiber 8.1g	32%
		Sugars 25.7 g	102%
		Protein 11.7g	23%

Variations:

- Use some eggplant as substitute to yellow squash and use diced tomatoes and Swiss chard in replace for mushrooms. Add up also chicken slices.
- Use homemade spaghetti sauce and chicken stock for the stock. Add up also chicken slices.

Pseudo Italian/German Schnitzel Dinner Sandwich

Prep Time: 20 mins

Total Time: 35 mins

Servings: 2



Ingredients

4 ounces pork cutlets

8 tablespoons fine breadcrumbs

Salt & pepper

1/2 cup tomato juice

Cooking spray

2 tablespoons sun-dried tomatoes packed in oil, chopped

3 tablespoons onions, chopped

2 -3 tablespoons green peppers, chopped

2 -3 tablespoons red peppers, chopped

4 mushrooms, sliced

1 -2 jalapeno, chopped

2 cloves garlic, chopped

1 slice fresh tomato

6 tablespoons parmesan cheese, grated

Bread or bun, of your choice

Directions

1. Immerse the pounded pork into the tomato juice and then dip into the bread crumbs.
2. Using the cooking spray, lightly grease the non-stick pan and then fry the pork schnitzels turning once to cook both sides.
3. Transfer pork schnitzels into plate and set aside.
4. Lightly spray the pan again and then sauté the vegetable ingredients until all are done.
5. Put back schnitzels into the pan and continue cooking to heat through.
6. Sprinkle cheese on top and place some tomato slices over the mixture.
7. Serve with some toasted bread on the side. Enjoy!



Variations:

- Use 4 ounces pork steaks and 1/2 cup V8 vegetable juice.
- Use 1/2 cup Clamato juice and 4 ounces other lean cut pork.

Italian Pasta and Sausage Dinner

Prep Time: 10 mins

Total Time: 30 mins

Servings: 3-4



Ingredients

6 ounces cavatappi pasta

6 ounces hot Italian sausage

1/2 sweet onion, chopped

1 garlic clove, chopped

1 1/2 teaspoons dried basil

1/2 teaspoon dried oregano

1/4-1/2 teaspoon crushed red pepper flakes

Salt and pepper

1 cup low-fat ricotta cheese

4 ounces tomato sauce

Fresh parmesan cheese, grated

Directions

1. Prepare the pasta corresponding to package instructions.
2. Meanwhile, fry sausage in a skillet for about 6 minutes and then remove excess fats.
3. Stir in onion and the garlic, cook for at least 6 minutes or until both are soft.
4. Add up the oregano, basil, crushed red pepper and then season with salt and pepper.

Cook further for 2 minutes.

5. Turn down heat then pour tomato sauce. Add in the ricotta and mix to blend.

6. Add up pasta to sauce mixture, and serve with shredded cheese on top.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (193 g)		Total Fat 16.4g	25%
Servings Per Recipe: 3		Saturated Fat 5.6g	28%
Amount Per Serving	% Daily Value	Cholesterol 32.3mg	10%
Calories 425.9		Sugars 4.4 g	
Calories from Fat 148	34%	Sodium 888.7mg	37%
		Total Carbohydrate 49.4g	16%
		Dietary Fiber 3.0g	12%
		Sugars 4.4 g	17%
		Protein 19.1g	38%

Variations:

- Add up some garlic to the sauce and some sun dried tomatoes, and then reduce basil and oregano.
- Use cream cheese instead of ricotta and then add up ¼ tsp. crushed red pepper during the frying of sausage.

Italian Sausage Skillet Dinner

Prep Time: 30 mins

Total Time: 30 mins

Servings: 4



Ingredients

- 1 lb. Italian sausage, cut into 2-inch slices
- 2 tablespoons olive oil
- 1 red bell pepper, coarsely chopped
- 1 orange bell pepper, coarsely chopped
- 1 yellow bell pepper, coarsely chopped
- 2 medium onions, coarsely chopped
- 4 large potatoes, peeled and cubed
- 3/4 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 1/4 teaspoon fennel seed
- 1/2 cup water

Directions

1. Place 1 tbsp. of olive oil in a skillet and then heat at medium-high heat. Once the oil is hot, fry the sausages. Transfer sausages to a plate when done.

2. Add up remaining olive oil to the skillet and then sauté the onions, and bell peppers for at least 5 minutes, take out onions and peppers when done and set aside.
3. Put the potatoes, Italian seasoning, fennel seed and the garlic powder. Pour the water over the mixture and season with some salt and pepper. Allow mixture to boil and then simmer covered for 5 minutes.
4. Put back the sausages, onions and bell peppers to the skillet and stir to blend. Place skillet cover and simmer further for at least 10 minutes with occasional stirring. Once ready spoon into serving plates and serve.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (681 g)		Total Fat 38.4g	59%
Servings Per Recipe: 4		Saturated Fat 11.9g	59%
Amount Per Serving		Cholesterol 64.6mg	21%
Calories 787.0		Sugars 8.7 g	
Calories from Fat 345		Sodium 1832.8mg	76%
	43%	Total Carbohydrate 81.7g	27%
		Dietary Fiber 10.7g	43%
		Sugars 8.7 g	35%
		Protein 30.7g	61%

Variations:

- Try using pasta in replace to potatoes.

Italian Tight Budget Healthy Dinner

Prep Time: 10 mins

Total Time: 1 hr 10 mins

Servings: 2



Ingredients

- 1 lb. ground turkey
- 1 1/2 teaspoons olive oil
- 1 (15 ounce) cans dark red kidney beans
- 1 (14 ounce) cans diced tomatoes
- 1 1/2 teaspoons garlic powder
- Salt and pepper
- Parmesan cheese

Directions

1. Put the ground meat in a cooking pot. Pour the oil, and then add up the garlic powder. Season with salt and pepper. Heat the pot over medium-high heat to brown the meat.
2. Add in tomatoes and beans. Allow mixture to boil, and then simmer for at least 1 hour.
3. Once ready, spoon into serving plates and top with parmesan.
4. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (654 g)			
Servings Per Recipe: 2			
Amount Per Serving	% Daily Value		
Calories 713.6			
Calories from Fat 225	31%		
		Total Fat 25.0g	38%
		Saturated Fat 6.6g	32%
		Cholesterol 181.9mg	60%
		Sugars 8.6 g	
		Sodium 665.2mg	27%
		Total Carbohydrate 63.5g	21%
		Dietary Fiber 19.1g	76%
		Sugars 8.6 g	34%
		Protein 60.3g	120%

Variations:

- Use 1 pound ground beef in place of turkey, and use 1 ½ tsp. water as substitute to oil
- Make it Mexican inspired by adding 1 teaspoon chili powder. Omit the cheese and use sour cream as topping.

Italian Sausage Dinner

Prep Time: 15 mins

Total Time: 40 mins

Servings: 4-6



Ingredients

6 links Italian sausage
1 small yellow onion (chopped)
1 large red pepper (chopped)
1 zucchini, medium-sized (cut into dice)
2 garlic cloves (minced)
2 tablespoons olive oil
1 teaspoon red pepper flakes
1 dash seasoning salt
32 ounces spaghetti sauce, your choice
1 (16 ounces) box penne pasta

Directions

1. Pour olive oil in a saucepan and heat at medium setting.
2. Sauté onion and pepper once the oil is ready.
3. Add in minced garlic cloves when the onion and pepper are tender.

4. Stir in zucchini and cook further until the vegetables are tender. Season with salt and pepper according to taste. Adjust seasoning if necessary.
5. Transfer vegetables into a bowl when they are cooked. Set aside.
6. Adjust heat to high and using the same saucepan, fry the sausages.
7. In a separate saucepan, pour water and boil. Once boiling, add in the pasta and cook.
8. Meanwhile as the pasta cooks, slice the sausage links circularly to form coin shaped portions.
9. Return the sausage and vegetables into the saucepan and blend with the spaghetti sauce and red pepper flakes.
10. Add up drained pasta to the mixture and let simmer for few minutes,
11. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (318 g)			
Servings Per Recipe: 4			
Amount Per Serving	% Daily Value		
Calories 1033.5		Total Fat 46.8g	72%
Calories from Fat 421	40%	Saturated Fat 14.2g	71%
		Cholesterol 73.4mg	24%
		Sugars 15.6 g	
		Sodium 2016.7mg	84%
		Total Carbohydrate 118.9g	39%
		Dietary Fiber 17.6g	70%
		Sugars 15.6 g	62%
		Protein 35.8g	71%

Variations:

- Use homemade spaghetti sauce and use hot Italian sausage.

Crock Pot Potpie

Prep Time: 15 mins

Total Time: 6 hrs 15 mins

Serves: 8-10



Ingredients

- 3 -4 boneless chicken breasts, cut chicken into bite size pieces
- 2 (10 ounce) cans condensed cream of chicken soup
- 1 cup milk
- 4 medium potatoes
- 1 (10 ounce) packages frozen peas and carrots
- 1 small onion, diced
- Italian seasoning mix
- Garlic
- Ground pepper
- Paprika
- 2 (7 ounce) packages Pillsbury Refrigerated Crescent Dinner Rolls

Directions

1. Mix together the chicken, milk, soup, onions, potatoes and the spices in a crock pot.
2. Cook for about 6 hours over low heat.

3. Add in carrots and peas. Cook further for 10 minutes and then place the mixture into a pie plate.
4. Bake pie corresponding to the crescent rolls package directions.
5. Once ready, serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (295 g)		Total Fat 13.7g	21%
Servings Per Recipe: 8		Saturated Fat 4.1g	20%
Amount Per Serving	% Daily Value	Cholesterol 69.7mg	23%
Calories 434.9		Sugars 3.7 g	
Calories from Fat 123	28%	Sodium 811.4mg	33%
		Total Carbohydrate 55.9g	18%
		Dietary Fiber 5.5g	22%
		Sugars 3.7 g	14%
		Protein 22.2g	44%

Variations:

- Use dip mix in replace of Italian seasoning and use ranch recipe soup for the chicken soup.
- Use hidden valley ranch seasoning and replace peas with broccoli.

Crescent Roll Casserole

Prep Time: 5 mins

Total Time: 40 mins

Servings: 4



Ingredients

1 lb. ground beef

1 (15 ounce) cans tomato sauce or 1 (15 ounce) cans low-sodium tomato sauce

1/2 tablespoon olive oil

1 teaspoon Italian seasoning

1/2 teaspoon salt

1/2 teaspoon onion powder

1/2 teaspoon sugar

1/4 teaspoon black pepper

1/4 teaspoon garlic powder

2 tablespoons light sour cream

3 tablespoons parmesan cheese

8 slices provolone cheese

1 tablespoon butter, melted

1 (8 ounce) packages Pillsbury Refrigerated Crescent Dinner Rolls

Cooking spray

Directions

1. Fry the beef in a skillet until pink color of meat fades. Remove excess oil.
2. Add up olive oil, tomato sauce, 2 tbsp. of parmesan and the spices into the skillet. Allow mixture to boil and simmer for at least 5 minutes.
3. Turn off heat and incorporate the sour cream.
4. Heat up the oven at 375 degrees and lightly grease the 8x8 baking pan with the cooking spray.
5. Draw the crescent roll away from each but keeping them in a rectangular shape. You should be able to make 4 rectangles.
6. Position the 2 rectangular crescents in the pan's bottom making sure the crescents fit in the baking pan.
7. Layer 4 slices of provolone cheese over the crescent layer to cover.
8. Then spoon beef mixture over the cheese layer and top it again with cheese layer.
9. Place the remaining 2 crescent rectangles on top of the cheese layer.
10. Brush the crescent rolls with melted butter and top with the remaining shredded parmesan.
11. Place in the pre heated oven and then bake for at least 25 minutes or until done.
12. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (352 g)		Total Fat 42.2g	64%
Servings Per Recipe: 4		Saturated Fat 20.3g	101%
Amount Per Serving		Cholesterol 157.7mg	52%
Calories 720.3		Sugars 8.0 g	
Calories from Fat 380		Sodium 1812.1mg	75%
	52%	Total Carbohydrate 40.4g	13%
		Dietary Fiber 3.7g	15%
		Sugars 8.0 g	32%
		Protein 44.0g	88%

Variations:

- Substitute tomato sauce with Contadina pizza sauce and omit the Italian seasoning.
- Double the amount of the Italian seasoning, add up about a tablespoonful of soy and Worcestershire sauces, and more salt.

Italian Crescent Casserole

Prep Time: 10 mins

Total Time: 30 mins

Servings: 6



Ingredients

- 1 lb. ground beef
- 1 chopped onion
- 1 cup marinara sauce
- 1/2 cup sour cream
- 8 ounces shredded mozzarella cheese
- 1 (8 ounce) packages Pillsbury Refrigerated Crescent Dinner Rolls
- 2 tablespoons butter, melted
- 1/4 cup grated parmesan cheese

Directions

1. Preheat oven at 375 degrees.
2. Cook the ground beef and the onions. Remove excess oil after cooking the beef.
3. Add in the marinara sauce and season with salt and pepper according to taste.
4. For the meantime incorporate mozzarella cheese with the sour cream in a medium bowl.

5. Put the beef mixture into the 2 ½ quart oven dish. Top beef mixture with cheese mixture.
6. Roll out prepared dough and layer on top of cheese mixture.
7. Smear butter mixture on top of dough.
8. Bake in the preheated oven for about 20-25 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (240 g)		Total Fat 32.2g	49%
Servings Per Recipe: 6		Saturated Fat 15.6g	78%
Amount Per Serving	% Daily Value	Cholesterol 125.0mg	41%
Calories 526.7		Sugars 7.3 g	
Calories from Fat 290	55%	Sodium 751.6mg	31%
		Total Carbohydrate 29.0g	9%
		Dietary Fiber 2.8g	11%
		Sugars 7.3 g	29%
		Protein 29.0g	58%

Variations:

- Use ½ pound sausage and ½ pound beef. Add in some mushroom slices also.
- Use homemade spaghetti sauce in place of marinara.

Italian Mummy Dogs

Prep Time: 15 mins

Total Time: 30 mins

Yield: 8 mummies



Ingredients

2 (10 ounce) rolls refrigerated pizza dough or 2 (10 ounce) refrigerated crescent dinner rolls

8 hot dogs

1 cup part-skim mozzarella cheese, grated

1/4 cup low-fat parmesan cheese

4 tablespoons pizza sauce

Pizza Toppings

Onion

Green pepper

Olive

1 tablespoon Italian seasoning mix

Directions

1. Heat up oven at 300 degrees F.
2. Open the pizza dough or crescent roll package.
3. Grease cookie sheets with the non-stick cooking spray.

4. Lay the pizza dough or crescent roll on the cookie sheet and then divide into 8 squares. Push dough thinly using your hand.
5. Spread pizza sauce on each of the pressed dough.
6. Add in hot dogs or the cooked sausage and all other the pizza toppings, and herbs to flavor.
7. Mummify the hot dogs by enfolding the hot dogs completely in the dough and then press the edges to seal.
8. Place the mummies dogs in the preheated oven and then bake for 15 minutes or until done.
9. Serve with some pizza sauce on the side as a dip or some mustard depending on your preferred dip.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (929 g)		Total Fat 13.3g	20%
Servings Per Recipe: 1		Saturated Fat 5.2g	26%
Amount Per Serving		Cholesterol 23.8mg	7%
		Sugars 1.5 g	
Calories 148.5		Sodium 513.0mg	21%
Calories from Fat 119	80%	Total Carbohydrate 1.8g	0%
		Dietary Fiber 0.0g	0%
		Sugars 1.5 g	6%
		Protein 5.0g	10%

Variations:

- Make it baby Italian dogs by cutting the dough into 16 portions instead of 8, use kielbasa instead of hot dogs.
- Use pasta sauce instead of pizza sauce.

Easy Chicken & Potato Dinner

Prep Time: 5 mins

Total Time: 1 hr 5 mins

Servings: 4



Ingredients

2 lbs. chicken breasts

1 lb. potato, cut into wedges

4 small carrots cut into small chunks

1/2 cup Italian dressing

1 tablespoon Italian seasoning

1/2 cup parmesan cheese

Directions

1. Put chicken into the 13x9 baking pan together with the carrots and potato.
2. Dispense the dressing into the pan over the chicken and vegetables.
3. Top with grated parmesan and then bake at 400 degrees F for at least an hour until the chicken is cooked.
4. Once ready, serve and enjoy!

Nutrition Facts

Serving Size: 1 (432 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 637.6

Calories from Fat 298 46%

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 33.1g 50%

Saturated Fat 9.5g 47%

Cholesterol 156.2mg 52%

Sugars 5.8 g

Sodium 674.4mg 28%

Total Carbohydrate 28.1g 9%

Dietary Fiber 3.9g 15%

Sugars 5.8 g 23%

Protein 55.0g 110%

Variations:

- Use chicken thighs instead of the breasts, and use oregano, marjoram, tarragon and basil in place of Italian seasoning.
- Add up some kalamata olives and replace Italian dressing with balsamic vinegar.

Quick Italian Ground Beef Dinner

Prep Time: 20 mins

Total Time: 45 mins

Servings: 4-5



Ingredients

- 1 lb. lean ground beef
- 1 package Hamburger Helper mix for beef pasta, for lasagna
- 2 -3 cloves fresh minced garlic
- 1 onion, chopped
- 1/4 cup grated parmesan cheese
- 3 cups hot water
- 1 -2 cup shredded mozzarella cheese
- 3/4 cup chopped tomato
- 1/2 cup chopped green bell pepper
- 1/2-1 teaspoon dried oregano

Directions

1. Using the skillet, cook beef, together with the garlic and onion, until the beef's pinkish color fades and turns into brownish color. Remove any excess grease. Stir in parmesan, mix well.
2. Add up the Hamburger Helper ingredients aside from the noodles. Then add in

mozzarella cheese, bell pepper, tomato. Oregano and water. Allow mixture to boil and simmer for about 20-25 minutes, mixing sporadically and add up more water if needed.

3. Meanwhile, using separate pot boil noodles according to package directions. Drain water once cooked.
4. Stir in noodles to the sauce mixture and blend well.
5. Let rest for at least 5 minutes then serve.
6. Serve with shredded parmesan on top.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (325 g)		Total Fat 19.5g	30%
Servings Per Recipe: 4		Saturated Fat 9.4g	47%
Amount Per Serving		Cholesterol 101.3mg	33%
Calories 334.4		Sugars 2.8 g	
Calories from Fat 175		Sodium 352.8mg	14%
		Total Carbohydrate 6.4g	2%
		Dietary Fiber 1.1g	4%
		Sugars 2.8 g	11%
		Protein 32.1g	64%

Variations:

- Use chicken or pork in replace of the beef and use canned tomatoes if fresh is not around.
- Add up more cheese for more flavors.

Italian Beef and Zucchini Dinner

Prep Time: 10 mins

Total Time: 30 mins

Servings: 4



Ingredients

4 cube steaks lean

2 garlic cloves, crushed

1 teaspoon dried basil

1/2 teaspoon ground pepper

1 tablespoon olive oil

2 small zucchini, thinly sliced

6 cherry tomatoes, halved

Grated parmesan cheese

Directions

1. Incorporate the basil, garlic and pepper in a bowl and then divide into 2 portions.
2. Use the first half in seasoning the beef. Dip both sides of the beef into the seasoning mix and set aside.
3. Pour oil in a skillet and heat over medium setting.
4. Place the other half of the seasoning mixture into the skillet, stir in zucchini, and sauté until soft.

5. Add up tomatoes, and mix. Continue sautéing for at least 1 minute.
6. Transfer the vegetables into a plate, top with grated cheese and cove to sustain the heat. And then adjust heat to high and cook the steaks by twos for about 3-4 minutes altering once to cook both sides.
7. Add up additional seasoning if desired. Mix with the vegetables and serve.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (91 g)		Total Fat 3.5g	5%
Servings Per Recipe: 4		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.0mg	0%
Calories 47.2		Sugars 1.7 g	
Calories from Fat 32	67%	Sodium 7.6mg	0%
		Total Carbohydrate 3.7g	1%
		Dietary Fiber 1.1g	4%
		Sugars 1.7 g	6%
		Protein 1.0g	2%

Variations:

- Use other vegetables such as broccoli instead of zucchini.

Italian Chicken Spaghetti Dinner

Prep Time: 15 mins

Total Time: 45 mins

Servings: 6



Ingredients

1/2 cup parmesan-romano cheese mix
1/4 cup breadcrumbs
1 teaspoon parsley
1/4 teaspoon paprika
1/4 teaspoon pepper
2 tablespoons melted butter
5 -6 boneless skinless chicken breasts
6 cups pasta sauce spaghetti

Directions

1. Preheat oven at 400 degrees.
2. Combine seasonings, cheese and crumbs in a bowl.
3. Immerse chicken into the melted butter and dip into the cheese mixture to coat.
4. Place the chicken into a greased 16x12x1 baking dish. And bake in the preheated oven for about 30-35 minutes.

5. For the meantime, heat the pasta sauce and cook the spaghetti noodles.
6. Once the chicken is ready, serve by placing it on top of noodles and then pour sauce over the chicken.
7. Sprinkle with grated cheese and serve. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (388 g)		Total Fat 13.0g	20%
Servings Per Recipe: 6		Saturated Fat 4.7g	23%
Amount Per Serving		Cholesterol 72.0mg	24%
Calories 373.1		Sugars 22.4 g	
Calories from Fat 117		Sodium 1439.8mg	59%
	31%	Total Carbohydrate 31.7g	10%
		Dietary Fiber 1.2g	5%
		Sugars 22.4 g	89%
		Protein 30.7g	61%

Variations:

- Use chicken tenderloins in place of chicken breasts, and add up some bread crumbs and milk to cheese mixture for coating the chicken.
- Add up some minced garlic to the coating for more aroma and flavors.

Philly Cheesesteak Pizza

Prep Time: 15 mins

Total Time: 30 mins

Serves: 6



Ingredients

- 1 (8 ounce) packages refrigerated crescent dinner rolls
- 1 medium green pepper, stuffed
- 1 medium onion, chopped
- 2 tablespoons olive oil
- 1/4 teaspoon beef bouillon granules
- 1/2 lb. thinly sliced deli roast beef
- 1 tablespoon prepared Italian salad dressing
- 1 1/2 cups shredded part-skim mozzarella cheese

Directions

1. Heat up oven at 375 degrees.
2. Flatten the crescent roll to form rectangle dough, making sure it's evenly flattened with no holes.
3. Press dough into ungreased 13x9x2 baking pan. Place in the preheated oven and bake for about 7-10 minutes or until done. Set aside.

4. Meanwhile, sauté the onion, green pepper, and bouillon in a skillet with oil until the veggies are soft. Set aside.
5. Layer the beef over the pizza crust and top with grated mozzarella. Bake for 4-5 minutes until the cheese melts.
6. Top with the green pepper mixture and cut into squares.
7. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (175 g)		Total Fat 17.3g	26%
Servings Per Recipe: 6		Saturated Fat 7.4g	37%
Amount Per Serving	% Daily Value	Cholesterol 73.4mg	24%
Calories 356.6		Sugars 3.5 g	
Calories from Fat 156	43%	Sodium 976.0mg	40%
		Total Carbohydrate 24.9g	8%
		Dietary Fiber 2.0g	8%
		Sugars 3.5 g	14%
		Protein 24.5g	49%

Variations:

- Use pizza dough for thin crust and zest Italian dressing. Substitute mozzarella with provolone cheese.
- Use homemade pizza crust and replace beef to hamburgers.

Italian Antipasto Squares

Prep Time: 30 mins

Total Time: 1 hr 15 mins

Servings: 12-24



Ingredients

2 (8 ounce) cans Pillsbury Refrigerated Crescent Dinner Rolls

1/4 lb. thinly sliced salami

1/4 lb. thinly sliced Swiss cheese

1/4 lb. thinly sliced pepperoni

1/4 lb. thinly sliced American cheese

1/4 lb. thinly sliced cured capicola (Italian ham)

1/4 lb. thinly sliced provolone cheese

2 eggs

1/2 teaspoon garlic powder

1/2 teaspoon fresh ground pepper

1 (12 ounce) jars roasted sweet peppers, drained

1 (2 1/4 ounce) cans sliced ripe olives, drained

1 egg yolk, beaten

Directions

1. Heat up oven at 350 degrees F. and grease a 13x9 inch pan with butter or cooking spray.

2. Flatten pizza dough and press into the greased pan
3. Layer the salami followed by Swiss cheeses, next is the pepperoni, American cheese, followed by the Italian ham and top with provolone in order over the crust.
4. Whisk the eggs in a small bowl, beat in the ground pepper and garlic powder and then dispense into the meat and cheese layers.
5. Top with olives and roasted peppers.
6. Flatten the second pizza dough and place over the layered meat, cheese and vegetables. Seal the edges.
7. Brush top with beaten egg yolk and cover with foil. Bake for at least 30 minutes. Take off the foil and bake further for 15-20 minutes or until done. Let cool for about 15 minutes.
8. Slice into squares and serve.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (50 g)		Total Fat 17.5g	26%
Servings Per Recipe: 12		Saturated Fat 8.2g	41%
Amount Per Serving	% Daily Value	Cholesterol 109.0mg	36%
Calories 308.4		Sugars 2.1 g	
Calories from Fat 157	51%	Sodium 733.2mg	30%
		Total Carbohydrate 22.4g	7%
		Dietary Fiber 1.7g	7%
		Sugars 2.1 g	8%
		Protein 14.8g	29%

Variations:

- Add up thin slices of onions.
- Substitute olives with sun dried tomatoes.

Pepperoni Roll –Ups

Prep Time: 5 mins

Total Time: 15 mins

Servings: 8



Ingredients

1 (8 ounce) packages refrigerated crescent dinner rolls

16 slices pepperoni, cut into quarters

2 pieces mozzarella string cheese, cut into quarters

3/4 teaspoon Italian seasoning, divided

1/4 teaspoon garlic salt

Directions

1. Preheat oven at 375 degrees F.
2. Flatten crescent dough and cut into eight triangles.
3. Place pepperoni slice on each of the dough. Top with the cheese.
4. Dust with Italian and then roll up the crescents starting from the long side.
5. Seal by pinching the edges.
6. Dust with the remaining seasoning and arrange into baking sheets about 2 inches apart.
7. Bake in the preheated oven for about 10-12 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (39 g)		Total Fat 4.7g	7%
Servings Per Recipe: 8		Saturated Fat 1.7g	8%
Amount Per Serving	% Daily Value	Cholesterol 22.9mg	7%
Calories 125.3		Sugars 1.3 g	
Calories from Fat 42	33%	Sodium 240.4mg	10%
		Total Carbohydrate 15.0g	5%
		Dietary Fiber 1.0g	4%
		Sugars 1.3 g	5%
		Protein 5.3g	10%

Variations:

- Use butter flavored Pam to grease pan and slice pepperoni into cubes instead of thin slices.
- Add up some pizza sauce to your ingredients. Spread pizza sauce to the dough before layering the pepperoni and cheese.

Tuscan Italian Sausage Pot Pie

Prep Time: 30 mins

Total Time: 45 mins

Servings: 5



Ingredients

- 3/4 lb. Italian sausage
- 1 (28 ounce) jars spaghetti sauce with mushrooms
- 1 (19 ounce) cans cannellini beans, rinsed and drained
- 1/2 teaspoon dried thyme
- 1 1/2 cups shredded mozzarella cheese
- 1 (8 ounce) packages refrigerated crescent dinner rolls

Directions

1. Heat up oven at 425 degrees F.
2. Peel sausage casings and then cook in a skillet. Mash and stir to loosen and disperse the meat.
3. Remove the excess oil from the skillet, and then pour the spaghetti sauce.
4. Add in thyme and beans. Mix to blend.
5. Allow mixture to boil and simmer for at least 5 minutes over moderate heat.
6. Turn off heat and mix in the mozzarella.
7. Transfer mixture into an average size round baking pan. Set aside.
8. Meanwhile, flatten crescent dough and cut into triangles.

9. Assemble in the pie pan to form a circle on top of the sausage mixture making sure the sausage mixture is completely covered.
10. Place in the preheated oven and bake for about 12 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (255 g)		Total Fat 29.4g	45%
Servings Per Recipe: 5		Saturated Fat 11.7g	58%
Amount Per Serving		Cholesterol 88.0mg	29%
Calories 624.4		Sugars 3.2 g	
Calories from Fat 264		Sodium 1286.3mg	53%
	42%	Total Carbohydrate 54.3g	18%
		Dietary Fiber 8.5g	34%
		Sugars 3.2 g	13%
		Protein 35.2g	70%

Variations:

- Use simple marinara sauce instead of the spaghetti with mushroom and add up some oregano, basil, and crushed red pepper for more flavors.
- Use hot Italian sausage.

String Cheese Pizza Roll-Ups

Prep Time: 5 mins

Total Time: 17 mins

Servings: 8



Ingredients

1 (8 ounce) packages Pillsbury Refrigerated Crescent Dinner Rolls

32 slices pepperoni

4 pieces mozzarella string cheese, cut in 1/2

Garlic salt

Italian seasoning

Pizza sauce, for dipping

Directions

1. Flatten and roll out crescents into 8 individual triangles. Dust each crescent with Italian seasoning and garlic salt.
2. Place 4 pepperoni slices on every triangle crescent.
3. Then layer cheese over the pepperoni. Roll each triangle ---from the wide side to the pointed side and then pinch the seams to seal.
4. Bake rolls according to the crescent roll package instructions.
5. Serve with pizza dip on the side. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (58 g)		Total Fat 7.6g	11%
Servings Per Recipe: 8		Saturated Fat 3.0g	15%
Amount Per Serving	% Daily Value	Cholesterol 31.8mg	10%
Calories 163.4		Sugars 1.3 g	
Calories from Fat 68	41%	Sodium 351.5mg	14%
		Total Carbohydrate 15.2g	5%
		Dietary Fiber 1.0g	4%
		Sugars 1.3 g	5%
		Protein 7.9g	15%

Variations:

- Use turkey pepperoni and replace garlic salt with garlic powder.
- Use sausage instead of pepperoni, and use shredded mozzarella.

Bare Cupboards Dinner Party Casseroles

Prep Time: 30 mins

Total Time: 2 hrs 30 mins

Servings: 16-20



Ingredients

2 1/2 lbs. lean ground beef

1 tablespoon olive oil or 1 tablespoon canola oil, as needed to keep meat from sticking to pan

2 large chopped onions

2 stalks celery & leaves, finely chopped

3 large carrots, finely grated

2 (35 ounce) cans Italian-style tomatoes

2 -3 teaspoons salt, to taste

1 1/2 teaspoons oregano, crumbled

1 teaspoon pepper, to taste

1 teaspoon garlic powder, to taste

1 1/2 lbs. pasta noodles, cooked and drained

2 (10 ounce) packages frozen chopped spinach, thawed and squeezed dry well

1 cup grated parmesan cheese

Directions

1. Pour just enough oil in a skillet and then heat at medium-high heat. Once oil is hot, cook the meat for about 5 minutes and then remove extra fat.
2. Add in onions, carrots and celery. Sauté for 5 minutes stirring sporadically.
3. Stir in tomatoes, oregano and garlic powder. And then season with salt and pepper.
4. Allow the sauce to boil and then reduce heat when the mixture boils. Simmer covered for at least 1 hour.
5. For the meantime, prepare the pasta. Cook pasta in a separate cooking pot until tender and then drain water.
6. Incorporate the pasta to the sauce and stir in the spinach. Transfer mixture into 2 lightly greased 13x9 baking dish.
7. Top with grated parmesan and bake in the oven with 350 degrees F temperature for at least 30 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (221 g)		Total Fat 10.3g	15%
Servings Per Recipe: 16		Saturated Fat 4.2g	21%
Amount Per Serving		Cholesterol 51.5mg	17%
Calories 222.8		Sugars 7.3 g	
Calories from Fat 92		Sodium 747.4mg	31%
	41%	Total Carbohydrate 14.2g	4%
		Dietary Fiber 3.2g	13%
		Sugars 7.3 g	29%
		Protein 19.6g	39%

Variations:

- Use Boca burger in place of meat and reduce salt.
- Use ground beef for the meat and use freshly chopped tomatoes instead of canned tomatoes. Replace celery with zucchini and use vegan mozzarella for the cheese.

Easy Company Shish Kabob Dinner

Prep Time: 45 mins

Total Time: 1 hr

Serves: 8-10



Ingredients

500 g boneless chicken breasts

500 g round steaks

500 g pork loin

Assorted vegetables

Mushroom

Green pepper

Yellow pepper

Red pepper

Cherry tomatoes

Onion

1 (16 ounce) bottles Catalina dressing

1 (16 ounce) bottles Italian salad dressing

Bamboo skewer (approx. 32 pcs.)

Directions

1. Slice the meat into bite size pieces and place them into the Ziploc bags.
2. Dispense Catalina dressing into the Ziploc bag and chill for 12 hours or more for the dressing to saturate the meat.
3. Meanwhile slice vegetables into tiny pieces and place them also in a separate Ziploc bag.
4. Pour Italian dressing and chill overnight.
5. Once ready, place the meat alternately with the vegetables onto the skewers.
6. Grill prepared BBQ skewers for at least 10-15 minutes or until cooked.
7. Serve and enjoy with the salad of your choice.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (248 g)		Total Fat 63.2g	97%
Servings Per Recipe: 8		Saturated Fat 13.2g	66%
Amount Per Serving	% Daily Value	Cholesterol 123.1mg	41%
Calories 783.5		Sugars 13.7 g	
Calories from Fat 569	72%	Sodium 1151.8mg	47%
		Total Carbohydrate 14.7g	4%
		Dietary Fiber 0.0g	0%
		Sugars 13.7 g	55%
		Protein 39.0g	78%

Variations:

- Use chicken and beef for the meat and use multicolored bell peppers, red onion, cherry tomatoes, yellow squash and zucchini for the vegetables

Dinner in a Pumpkin

Prep Time: 20 mins

Total Time: 3 hrs 20 mins

Servings: 8-10



Ingredients

- 1 medium pumpkin
- 1 1/2 lbs. lean ground beef
- 1 onion, chopped
- 1 clove garlic, minced
- 1 1/2 teaspoons white sugar
- 1 1/2 teaspoons Italian seasoning
- 1 1/2 teaspoons salt
- 1/8 teaspoon ground black pepper
- 4 cups tomato juice
- 3 cups shredded cabbage
- 1/2 lb. fresh green beans, washed and trimmed
- 1 cup uncooked white rice

Directions

1. Heat up oven at 350 degrees F.
2. Rinse the pumpkin and slice the top most portions. Remove seeds and throw. Set

pumpkin aside

3. Cook hamburgers using the skillet with little oil. At medium-high heat.
4. Remove the extra fats and then stir in the onion and garlic. Cook for few minutes.
5. Add up the sugar, tomato juice, rice, and Italian herbs. Season with salt and pepper. Blend mixture well.
6. Arrange the ingredients inside the pumpkin in the following order: first is the 1/3 of cabbage, next is the green beans and top with the beef-rice mixture.
7. Do the layering again following the order until all ingredients are use. Place the sliced pumpkin portion back and then bake for about 2-3 hours in the preheated oven.
8. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (240 g)		Total Fat 8.8g	13%
Servings Per Recipe: 8		Saturated Fat 3.5g	17%
Amount Per Serving		Cholesterol 55.2mg	18%
		Sugars 7.4 g	
Calories 280.4		Sodium 827.6mg	34%
Calories from Fat 79		Total Carbohydrate 29.7g	9%
		Dietary Fiber 2.8g	11%
		Sugars 7.4 g	29%
		Protein 20.5g	41%

Variations:

- Use prepared coleslaw instead of shredded cabbage, and add up some finely grated carrots to coleslaw. Add up some cheese also for more flavors.
- Use ½ pound beef and 12 ounces hot sausage. Replace tomato juice with 3 cans of Bold Manwich sauce with 1 cup water. And lastly use soft asparagus stalks instead of green beans.

Simple Spaghetti Dinner

Prep Time: 5 mins

Total Time: 25 mins

Servings: 4-6



Ingredients

375 g pasta

440 g spaghetti sauce

125 g mushrooms, sliced

1 green capsicum, sliced

1 onion, sliced

Directions

1. Prepare the pasta according to package directions.
2. Heat up the sauce in a saucepan for at least 5 minutes.
3. Meanwhile using a skillet sauté the vegetables until tender.
4. Stir in the vegetables to the sauce.
5. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (252 g)		Total Fat 16.2g	24%
Servings Per Recipe: 4		Saturated Fat 8.6g	43%
Amount Per Serving	% Daily Value	Cholesterol 45.2mg	15%
Calories 595.5		Sugars 9.9 g	
Calories from Fat 145	24%	Sodium 579.7mg	24%
		Total Carbohydrate 91.9g	30%
		Dietary Fiber 7.6g	30%
		Sugars 9.9 g	39%
		Protein 21.7g	43%

Variations:

- Use 1 (420 g) can crushed tomatoes, 1 tsp. Italian mixed herbs and 2 garlic cloves crushed. Add it all to the sauce while heating.
- Use ½ cup grated parmesan and ½ cup cream, omit the vegetables for creamy spaghetti. Add cream and cheese to the sauce while heating to completely melt the cheese.

Macaroni and Beef Casserole

Prep Time: 15 mins

Total Time: 25 mins

Servings: 4



Ingredients

7 1/2 ounces macaroni & cheese dinner mix

1 lb. lean ground beef

14 1/2 ounces Italian-style stewed tomatoes, undrained

1/2 teaspoon dried oregano leaves

1 cup shredded cheddar cheese

Directions

1. Heat up oven at 400 degrees F. and cook macaroni dinner according to package directions.
2. For the meantime, cook the meat in a large skillet for few minutes over medium-high setting. Remove excess fat when ready.
3. Stir in oregano and tomatoes with juice. Blend well and allow the mixture to boil.
4. Once boiling, incorporate meat mixture to the macaroni dinner. Transfer mixture into prepared 2 quart baking dish.
5. Top with grated cheese and bake in the preheated oven for about 10 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (310 g)		Total Fat 22.7g	35%
Servings Per Recipe: 4		Saturated Fat 11.2g	56%
Amount Per Serving	% Daily Value	Cholesterol 107.0mg	35%
Calories 539.6		Sugars 9.3 g	
Calories from Fat 204	37%	Sodium 910.2mg	37%
		Total Carbohydrate 44.4g	14%
		Dietary Fiber 2.9g	11%
		Sugars 9.3 g	37%
		Protein 38.7g	77%

Variations:

- Use regular stewed and lightly sweetened tomatoes, omit the oregano.
- Use the new Kraft Home-style Macaroni and Cheese

Italian Zucchini Crescent Casserole

Prep Time: 30 mins

Total Time: 1 hr 10 mins

Servings: 5-6



Ingredients

3 tablespoons butter

1 cup diced onion

5 cups thinly sliced zucchini

2 tablespoons dried parsley flakes

1/2 teaspoon salt

1/2 teaspoon pepper

1/2 teaspoon garlic powder

1/2 teaspoon dried basil leaves

1/2 teaspoon ground oregano

3 eggs, beaten

1 cup shredded mozzarella cheese

1 cup shredded Monterey jack cheese

1 can refrigerated crescent dinner roll

4 teaspoons mustard

Directions

1. Heat up oven at 375 degrees F.

2. Melt the butter using a large skillet at medium-high heat.
3. Add in onion and zucchini, sauté until soft.
4. Turn off heat and incorporate the parsley flakes, garlic powder, oregano, basil, pepper and salt.
5. Stir to combine. Set aside
6. Meanwhile, combine the cheeses and the beaten eggs in a large mixing bowl.
7. Add up the cooled vegetables and mix to blend.
8. Divide the crescent rolls into 3 triangles and layer them in a lightly greased 13x9 casserole dish.
9. Seal the ends and flatten the dough just enough to cover the casserole until the edges forming the side crust.
10. Place the mustard over the crust and evenly cover the dough.
11. Transfer the egg-vegetable mixture to the casserole dough. Even out and bake in the preheated oven for at least 30 minutes or until done.
12. Remove from the oven for a while and put foil strips around the seams to avoid burning.
13. Return to the oven and bake further for 10 minutes.
14. Allow to cool for at least 10 minutes.
15. Serve and enjoy

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (280 g)		Total Fat 28.0g	43%
Servings Per Recipe: 5		Saturated Fat 14.1g	70%
Amount Per Serving	% Daily Value	Cholesterol 213.1mg	71%
Calories 575.1		Sugars 8.9 g	
Calories from Fat 252	43%	Sodium 1074.5mg	44%
		Total Carbohydrate 56.0g	18%
		Dietary Fiber 5.6g	22%
		Sugars 8.9 g	35%
		Protein 25.2g	50%

Variations:

- Use more mustard on the dough and use a combination of zucchini and yellow squash

Italian Sausage and Pepper Pie

Prep Time: 10 mins

Total Time: 35 mins

Servings: 8



Ingredients

- 2 tablespoons olive oil
- 2 onions, chopped
- 1 red bell pepper, sliced thinly
- 1 yellow bell pepper, sliced thinly
- 4 garlic cloves
- 1/4 teaspoon salt
- 1 teaspoon Italian seasoning
- 1/8 teaspoon cayenne pepper (optional)
- 5 links Italian sausage
- 1 (6 ounce) cans tomato paste
- 1 (8 ounce) packages mozzarella cheese, shredded
- 1 (8 ounce) packages refrigerated crescent dinner rolls

Directions

1. Heat up oven at 425 degrees.
2. Pour oil in a skillet and sauté the onions until translucent, stir in the garlic, peppers, Italian seasoning, salt and cayenne. Cook for about 6-7 minutes until the peppers are tender. Ladle vegetables and transfer into plate leaving the oil behind.

3. Peel sausage casings and tear apart using your fingers. Place in the pan and fry until golden brown. Remove excess oil and then add the vegetables.
4. Pour the tomato paste and mix to blend. Stir in half of the mozzarella to blend.
5. Transfer the mixture to the casserole dish and top with mozzarella.
6. Flatten the crescent dough and layer in spiral form with the dough points towards the center of the casserole, making sure the mixture is covered completely by the dough.
7. Pinch the edges to seal. And bake in the preheated oven for about 12 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (200 g)		Total Fat 25.9g	39%
Servings Per Recipe: 8		Saturated Fat 9.7g	48%
Amount Per Serving	% Daily Value	Cholesterol 66.2mg	22%
Calories 422.3		Sugars 6.3 g	
Calories from Fat 233	55%	Sodium 1178.9mg	49%
		Total Carbohydrate 27.0g	9%
		Dietary Fiber 3.0g	12%
		Sugars 6.3 g	25%
		Protein 20.6g	41%

Variations:

- Omit the salt and use 1 large onion. Add up some sugar to sweeten.
- Use hot Italian sausage and add up some red pepper flakes for extra kick

Tomato Sauce & Meatball Dinner

Prep Time: 30 mins

Total Time: 4 hrs 30 mins

Servings: 12



Ingredients

SPICY TOMATO and VEGETABLE SAUCE

- 1 cup sweet onion, chopped
- 4 garlic cloves, minced
- 1/2 cup green pepper, sweet, chopped
- 1/2 cup red pepper, sweet, chopped
- 1/2 cup celery, diced
- 1/2 cup carrot, diced
- 1/2 cup mushroom, diced
- 1/2 cup zucchini, diced
- 1/4 cup extra virgin olive oil
- 1/4 teaspoon lemon salt
- 1/4 teaspoon celery salt
- 1 teaspoon oregano
- 1 1/2 teaspoons parsley
- 1 teaspoon basil
- 6 cloves, whole
- 1/2 teaspoon caraway seed, whole

1 large bay leaf
1 teaspoon chili pepper flakes
1/2 teaspoon coarse sea salt
2 tablespoons white sugar
2 (56 ounce) cans tomatoes
1 (28 ounce) cans tomato sauce
3 ounces tomato paste
1/2 cup chicken stock
1/2 cup v 8 vegetable juice, original
1 cup dry red wine
1/4 cup grated Romano cheese
1/4 cup grated asiago cheese

MEATBALLS

1/2 lb. ground veal
1/2 lb. ground beef
1/2 lb. ground pork
1 large shallot, chopped
2 garlic cloves, minced
1 large egg, slightly beaten
2 slices rustic bread
1/2 cup parmesan cheese, freshly grated
1/2 teaspoon salt
1/2 teaspoon black pepper, fresh ground
1 teaspoon oregano
1 1/2 teaspoons parsley

MEATS

2 Italian sausages, extra hot, cut 1 inch chunks
2 Italian sausages, sweet fennel cut 1 inch chunks
1 pepperoni cut 1 inch chunks

Directions

For The meatballs:

1. In a large mixing bowl, incorporate the pork, beef, shallot, veal, garlic, prepared bread, egg, oregano, parsley, parmesan cheese, pepper and salt. Mix to blend.
2. Knead to form dough and form into tiny meatballs. Then drop into the simmering spicy

sauce.

For the spicy tomato and vegetable sauce:

1. Pour olive oil in a large cooking pot. Once the oil is hot, sauté the onion, green and red peppers, garlic, carrots, celery, zucchini and mushrooms at medium-high heat.
2. Add up lemon salt, oregano, celery salt, basil, parsley, caraway seed, cloves, chili pepper flakes, coarse sea salt and bay leaf. Cook further for 5 minutes until it starts to caramelize.
3. Add in diced tomatoes, white sugar, tomato paste and sauce, red wine, V8 juice, chicken stock, and the cheeses, cover mixture and allow boiling. Reduce heat to low and simmer for about 30 minutes.
4. Cook sauce together with the meatballs for 3 hours or until done.
5. Serve and enjoy with hot buttered noodles and bread.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (533 g)		Total Fat 23.4g	36%
Servings Per Recipe: 12		Saturated Fat 7.7g	30%
Amount Per Serving	% Daily Value	Cholesterol 79.2mg	26%
Calories 412.8		Sugars 15.4 g	
Calories from Fat 210	51%	Sodium 1144.8mg	47%
		Total Carbohydrate 26.0g	8%
		Dietary Fiber 5.6g	22%
		Sugars 15.4 g	61%
		Protein 23.2g	46%

Variations:

- Add in a pinch of red pepper flakes. Use sweet sausage.

No Stuffing Cheesy Stuffed Mushrooms

Prep Time: 15 mins

Total Time: 35 mins

Serves: 16



Ingredients

28 ounces Pillsbury dinner rolls

16 cremini mushrooms (medium in size, stems removed)

1 tablespoon Italian seasoning

1 teaspoon kosher salt

1/2 teaspoon ground black pepper

1/2 cup gruyere or 1/2 cup Swiss cheese, grated

1/4 cup parmesan cheese, grated

1 tablespoon olive oil

Directions

1. Incorporate the cheese with salt, pepper, and Italian seasoning.
2. Place the mushrooms on a microwave safe plate and microwave for 1 minute for the stems to be removed and open the sides up.
3. Place all the biscuits and make a hollow in the center using a pill bottle or shot glass. Just enough for you to insert the mushroom.
4. Slot in the mushroom into the biscuit and push down to fit inside the biscuit.
5. Mix the biscuit with the olive oil and fill mushroom with the cheese stuffing.

6. Arrange mushrooms in a cookie sheet lined with parchment paper and then bake mushroom in the oven with 375 degrees temperature for 12-17 minutes.

7. Serve and enjoy¹

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (75 g)		Total Fat 5.9g	9%
Servings Per Recipe: 16		Saturated Fat 1.8g	9%
Amount Per Serving	% Daily Value	Cholesterol 5.5mg	1%
Calories 178.3		Sugars 1.5 g	
Calories from Fat 53	30%	Sodium 400.4mg	16%
		Total Carbohydrate 25.3g	8%
		Dietary Fiber 1.5g	6%
		Sugars 1.5 g	6%
		Protein 6.0g	12%

Variations:

- Use Swiss cheese and add up few red pepper flakes.
- Omit the salt, use Italian seasoning and gruyere cheese.

Holiday Italian Herb Crescent Christmas Trees

Prep Time: 2 hrs

Total Time: 2 hrs 30 mins

Serves: 32



Ingredients

- 2 (8 ounce) cans refrigerated crescent dinner rolls
- 1/4 cup grated parmesan cheese
- 1 teaspoon dried Italian seasoning
- 1/2 cup prepared sour cream and chive dip
- 10 medium cherry tomatoes, sliced into 30 slices
- 1 medium yellow bell pepper
- 2 tablespoons chopped fresh parsley

Directions

1. Preheat oven at 375 degrees F.
2. Flatten dough and split into 4 long rectangles. Even out the dough.
3. Top the dough with cheese and Italian seasoning.
4. Roll up the individual dough, starting with one of the short sides to form 4 rolls.
5. Divide each roll into two to make the dough a total of eight.
6. Form the first tree on the cookie sheet. Put first dough, cut side downward for the top of the tree.
7. Assemble two slices below the first dough with the sides touching each other.

8. Continue layering the dough until 5 slices is arranged.
9. Make use of the remaining dough for the tree trunk.
10. Bake tree in the preheated oven for at least 12-14 minutes or until done. Let cool for 5 minutes. Before placing in a serving platter.
11. Decorate your tree and put tomato slices on each of the pinwheels aside from the top and bottom.
12. Using cookie cutters cut out star figure from the yellow bell pepper and put on top of tree.
13. Chop up remaining bell peppers and decorate into the tree.
14. Sprinkle tree with parsley and serve. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (25 g)		Total Fat 1.1g	1%
Servings Per Recipe: 32		Saturated Fat 0.3g	1%
Amount Per Serving	% Daily Value	Cholesterol 7.7mg	2%
Calories 49.4		Sugars 0.7 g	
Calories from Fat 10	21%	Sodium 77.6mg	3%
		Total Carbohydrate 7.9g	2%
		Dietary Fiber 0.6g	2%
		Sugars 0.7 g	3%
		Protein 1.7g	3%

Variations:

- Use freshly shaved parmesan, and makes the star from green bell pepper instead of yellow.

Garlic-Onion Wedges

Prep Time: 20 mins

Total Time: 30 mins

Servings: 4



Ingredients

3 tablespoons finely chopped onions

3 garlic cloves, minced

1 tablespoon butter

4 ounces refrigerated crescent dinner rolls

1/8 teaspoon Italian seasoning

Directions

1. Sauté onion and garlic in a skillet with butter over medium heat for at least 2-3 minutes or until soft.
2. Flatten crescent dough and even out perforations, and then press into 2 6x4 inch rectangles.
3. Place one rectangle in an ungreased pan and top with onion and garlic mixture. Place second crescent on top of the onion-garlic mixture.
4. Dust with Italian seasoning and then bake over 400 degrees for at least 10-12 minutes or until done.
5. Slice into 4 wedges and serve. Enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (41 g)			
Servings Per Recipe: 4			
Amount Per Serving	% Daily Value		
Calories 118.9		Total Fat 4.7g	7%
Calories from Fat 42	35%	Saturated Fat 2.2g	11%
		Cholesterol 21.8mg	7%
		Sugars 1.5 g	
		Sodium 175.5mg	7%
		Total Carbohydrate 16.2g	5%
		Dietary Fiber 1.2g	4%
		Sugars 1.5 g	6%
		Protein 2.9g	5%

Variations:

- Use low fat crescents and use mixture of pepper, salt, dried basil, dried oregano and red chili flakes in place of Italian seasoning.

Crescent Pizza Pinwheels

Prep Time: 20 mins

Total Time: 35 mins

Servings: 24



Ingredients

1 (8 ounce) cans Pillsbury Refrigerated Crescent Dinner Rolls

2 tablespoons parmesan cheese, grated

1/3 cup pepperoni, finely chopped

2 tablespoons green bell peppers, finely chopped

1/2 cup Italian cheese blend

1/2 cup pizza sauce

Directions

1. Preheat oven at 350 degrees F. and lightly grease cookie sheets with cooking spray.
2. Flatten dough and split into 4 rectangles, even out the perforations to seal.
3. Put parmesan, bell pepper, pepperoni, and Italian cheese blend into the individual crescents.
4. Roll crescents to form jelly like rolls and pinch the edges to seal. Using a serrated knife slice each roll into 6 portions. Arrange pinwheels in the cookie sheets and bake in the preheated oven for about 13-17 minutes or until done. While baking, heat up the pizza sauce, remove pinwheels from the oven and serve with the pizza sauce.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (19 g)		Total Fat 0.8g	1%
Servings Per Recipe: 24		Saturated Fat 0.2g	1%
Amount Per Serving	% Daily Value	Cholesterol 5.1mg	1%
Calories 35.0		Sugars 0.8 g	
Calories from Fat 7	21%	Sodium 83.3mg	3%
		Total Carbohydrate 5.5g	1%
		Dietary Fiber 0.3g	1%
		Sugars 0.8 g	3%
		Protein 1.1g	2%

Variations:

- Use sliced pepperoni instead of chopped and use dough sheet instead of crescents.
- Use recipe creations dough sheet, and spread 1 tbsp. of salsa into the dough before adding the other ingredients.

Pepperoni Sausage Bread

Prep Time: 10 mins

Total Time: 55 mins

Yield: 6



Ingredients

- 1 lb. Italian link sausage, casings removed
- 1 small onion, finely chopped
- 2 cups grated mozzarella cheese
- 14 slices pepperoni, can be turkey
- 1 egg white, slightly beaten
- 1 (8 ounce) cans refrigerated crescent dinner rolls
- 1/2 teaspoon dried Italian seasoning

Directions

1. Heat up oven at 350 degrees F.
2. Sauté the meat and onions in a medium pan over moderate heat. Transfer to a plate lined with paper towels to remove excess oil.
3. Flatten crescent dough in a cookie sheet and even out the perforations.
4. Place the cheese in the center of dough. Allotting a 1 inch border.
5. Top cheese with meat mixture and pepperoni, and then layer with the remaining cheese.
6. Fold the dough upwards and pinch edges to seal.

7. Brush the crescents with egg whites and dust with the seasoning.
8. Bake in the preheated oven for about 30 minutes or until done.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (1036 g)		Total Fat 26.8g	41%
Servings Per Recipe: 1		Saturated Fat 9.9g	49%
Amount Per Serving		Cholesterol 108.5mg	36%
		Sugars 2.5 g	
Calories 433.6		Sodium 878.2mg	36%
Calories from Fat 241		Total Carbohydrate 21.6g	7%
		Dietary Fiber 1.6g	6%
		Sugars 2.5 g	10%
		Protein 24.9g	49%

Variations:

- Substitute the Italian sausage with hot breakfast sausage and cook it with the pepperoni.
- Serve with pizza sauce and add up more cheese.

Roast Beef Dinner Enchiladas

Prep Time: 10 mins

Total Time: 30 mins

Serves: 4



Ingredients

- 1 tablespoon olive oil
- 1/2 onion, chopped
- 2 garlic cloves, minced
- 1 (12 ounce) jars beef gravy
- 1 (14 1/2 ounce) cans diced tomatoes
- 1 tablespoon Italian seasoning
- 8 slices roast beef, cooked
- 2 cups mashed potatoes
- 1 cup broccoli, cut up and cooked
- 1 cup diced carrot, cooked
- 2 tablespoons chopped parsley
- 2 tablespoons parmesan cheese

Directions

1. Heat up oven at 350 degrees F.
2. Pour the oil in an average sized saucepan and heat at moderate-extreme heat. Once the oil is hot, sauté onions and garlic for 1-2 minutes. Add up gravy, Italian seasoning

and tomatoes. Allow mixture to boil, and set aside.

3. For the meantime in a separate saucepan, heat up potatoes and slowly fold in the carrots and broccoli.
4. Place ½ cup of potato mixture to individual slice of roast beef and spread evenly. Roll roast beef slice and place edge side down in a lightly greased baking tray
5. Pour gravy into the beef rolls and cover. Bake in the preheated oven for about 20-25 minutes.
6. Top with cheese and parsley before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (427 g)		Total Fat 11.8g	18%
Servings Per Recipe: 4		Saturated Fat 4.0g	20%
Amount Per Serving	% Daily Value	Cholesterol 51.0mg	17%
Calories 323.7		Sugars 7.0 g	
Calories from Fat 106	32%	Sodium 899.4mg	37%
		Total Carbohydrate 33.1g	11%
		Dietary Fiber 4.9g	19%
		Sugars 7.0 g	28%
		Protein 23.4g	46%

Variations:

- Use chicken roast slices instead of beef. Add up some cheese to the potato mixture for more flavors.

Steak Dinner

Prep Time: 10 mins

Total Time: 30 mins

Servings: 4



Ingredients

- 1 lb. lean ground beef
- 1/2 cup onion, finely chopped
- 1/4 cup dried breadcrumbs
- 1/2 teaspoon Italian seasoning
- 1/4 cup chili sauce
- 1 egg, beaten
- 1 (14 1/2 ounce) cans chopped tomatoes, undrained
- 1 (12 ounce) jar ready-made beef gravy
- 2 cups potatoes, cubed and peeled

Directions

1. Incorporate the onion, beef, seasoning, bread crumbs, egg and chili sauce in a large mixing bowl.
2. Knead to form dough and then shape the dough into four patties 1/2 inch in thickness.
3. Lightly grease a skillet with non-stick cooking spray and heat over moderate heat. Once hot, fry patties for about 4-6 minutes for both sides. Remove extra fat if necessary.

4. Add in potatoes, tomatoes, and gravy. Allow mixture to boil. Turn down heat and simmer covered for 10-15 minutes until potatoes and beef are thoroughly cooked.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (432 g)		Total Fat 15.8g	24%
Servings Per Recipe: 4		Saturated Fat 6.3g	31%
Amount Per Serving	% Daily Value	Cholesterol 130.2mg	43%
Calories 391.6		Sugars 5.1 g	
Calories from Fat 142	36%	Sodium 728.0mg	30%
		Total Carbohydrate 30.5g	10%
		Dietary Fiber 4.2g	16%
		Sugars 5.1 g	20%
		Protein 31.6g	63%

Variations:

- Use chicken or pork instead of beef, omit chili if desired.

French Onion Rolls

Prep Time: 18 mins

Total Time: 30 mins

Yield: 8 rolls



Ingredients

- 1 cup French-fried onions, crushed
- 2 tablespoons butter, melted
- 1 tablespoon grated parmesan cheese
- 1/2 teaspoon poppy seed
- 1/4 teaspoon chili powder
- 1/4 teaspoon garlic powder
- 1/8 teaspoon pepper
- 1 (8 ounce) cans refrigerated crescent dinner rolls
- 1/4 cup Italian seasoned breadcrumbs
- 1/4 teaspoon chili powder
- 1 egg, beaten

Directions

1. Preheat oven at 375 degrees.
2. Incorporate butter, onion crumbles, poppy seed, parmesan cheese, garlic powder, 1/4 tsp. chili powder and pepper. Blend well. Set aside
3. Meanwhile, split up crescent dough into 4 rectangles and even out perforations.

4. Divide each rectangular crescent into 2 longitudinally to make the crescents 8 pieces.
5. Place at least 2 tsp. of the onion mixture into each crescent. Roll up crescent's long ends and pinch to seal, and then curl each to form a ring.
6. In a separate small bowl, mix bread crumbs with $\frac{1}{4}$ tsp. chili powder and set aside.
7. Glaze the rings with beaten egg and dust with bread crumb mixture.
8. Arrange in the cookie sheets and then bake in the preheated oven for 10-15 minutes or until done.
9. Serve hot and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (344 g)		Total Fat 5.8g	8%
Servings Per Recipe: 1		Saturated Fat 2.6g	13%
Amount Per Serving	% Daily Value	Cholesterol 48.8mg	16%
Calories 140.5		Sugars 1.5 g	
Calories from Fat 52	37%	Sodium 260.9mg	10%
		Total Carbohydrate 17.6g	5%
		Dietary Fiber 1.3g	5%
		Sugars 1.5 g	6%
		Protein 4.3g	8%

Variations:

- Add up some Italian seasoning for more flavors. Omit chili if desired.

Herbed Chicken-N-Veggie Packet Dinner

Prep Time: 10 mins

Total Time: 40 mins

Servings: 1



Ingredients

1 boneless and skinless chicken
2 tablespoons prepared Italian dressing
1/4 teaspoon dried thyme
1/4 teaspoon dried rosemary
1/4 teaspoon dried basil
1 -2 cup frozen vegetables
Salt and pepper
Hot cooked rice

Directions

1. Place chicken in a Ziploc. Add in the Italian dressing and marinate chicken for at least 1 hour or more.
2. Heat up oven at 350 degrees F.
3. Slice marinated chicken into chunks.
4. In a medium bowl, combine chicken and herbs. Season with salt and pepper. Mix well.
5. Using a heavy duty foil: place the chicken and vegetables in the middle of the foil and fold the ends together to close, make few burrows in the foil for the steam to break out while baking them.
6. Place foil containing the chicken and vegetables in the cookie sheet and bake in the

preheated oven for 30-45 minutes or until done.

7. Serve immediately with the hot rice.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (147 g)		Total Fat 9.8g	15%
Servings Per Recipe: 1		Saturated Fat 1.7g	8%
Amount Per Serving	% Daily Value	Cholesterol 68.4mg	22%
Calories 217.6		Sugars 2.4 g	
Calories from Fat 88	40%	Sodium 563.3mg	23%
		Total Carbohydrate 3.5g	1%
		Dietary Fiber 0.3g	1%
		Sugars 2.4 g	9%
		Protein 27.4g	54%

Variations:

- Use pounded chicken breast tenderloins, 12 ounce bag of frozen broccoli, carrots and cauliflower.

Chicken Parmesan Pizza

Prep Time: 10 mins

Total Time: 40 mins

Servings: 4



Ingredients

1 (8 count) cans refrigerated crescent dinner rolls

Pizza sauce

2 cups shredded parmesan cheese

2 cups cubed cooked chicken

Garlic powder

Italian seasoning

Directions

1. Preheat oven at 350 degrees F.
2. Flatten crescent rolls and press into square pizza pan.
3. Ladle enough amount of pizza sauce over the dough and spread out evenly.
4. Dust with Italian seasoning and garlic powder then place and spread cubed chicken equally into the crust.
5. Top with grated cheese and then bake in the preheated oven until golden brown.
6. Slice and serve while hot.
7. Enjoy!

Nutrition Facts

Serving Size: 1 (205 g)

Servings Per Recipe: 4

Amount Per Serving	% Daily Value
--------------------	---------------

Calories 547.3

Calories from Fat 210	38%
-----------------------	-----

Amount Per Serving	% Daily Value
--------------------	---------------

Total Fat 23.4g	36%
------------------------	------------

Saturated Fat 11.0g	55%
---------------------	-----

Cholesterol 131.5mg	43%
----------------------------	------------

Sugars 3.4 g	
--------------	--

Sodium 1138.3mg	47%
------------------------	------------

Total Carbohydrate 38.4g	12%
---------------------------------	------------

Dietary Fiber 2.5g	10%
--------------------	-----

Sugars 3.4 g	13%
--------------	-----

Protein 43.3g	86%
----------------------	------------

Variations:

- Use browned ground beef in place of the chicken and add up some pepper slices and onion slices.

Sweet Onion Pinwheels

Prep Time: 20 mins

Total Time: 35 mins

Servings: 16



Ingredients

- 1/2 cup sweet onion, chopped
- 1/4 cup Italian cheese blend, shredded
- 2 tablespoons cream cheese, softened
- 1 tablespoon mayonnaise
- 8 ounces refrigerated crescent dinner rolls
- 2 teaspoons fresh chives, chopped

Directions

1. Preheat oven at 375 degrees F, and spray cookie sheets with the cooking spray
2. Combine the mayonnaise, cheeses and onions in a blender and process until smooth.
3. Flatten dough and even out the hollow portions. Place cheese mixture over the dough and spread it evenly.
4. Roll up dough starting from the shorter side and to form a jelly roll like dough. Press seams to seal.
5. Slice dough roll into 16 portions about $\frac{3}{4}$ inches in width.
6. Arrange into the cookie sheet with the sliced side down. Top with chopped chives and bake in the preheated oven for 12-15 minutes or until done.
7. Remove from cookie sheets and let cool slightly for 3 minutes before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (21 g)		Total Fat 1.8g	2%
Servings Per Recipe: 16		Saturated Fat 0.6g	3%
Amount Per Serving	% Daily Value	Cholesterol 9.3mg	3%
Calories 55.4		Sugars 0.9 g	
Calories from Fat 16	29%	Sodium 77.7mg	3%
		Total Carbohydrate 8.1g	2%
		Dietary Fiber 0.6g	2%
		Sugars 0.9 g	3%
		Protein 1.5g	3%

Variations:

- Use Vidalia onions and asiago cheese.
- Use salad dressing in place of mayonnaise, sprinkle with cheese and chives before baking.

Spicy Italian Hero Crescent Ring

Prep Time: 20 mins

Total Time: 40 mins

Serves: 8, Yield: 8 portions



Ingredients

2 (8 ounce) cans refrigerated crescent dinner rolls

1/2 cup well drained roasted red pepper

8 slices provolone cheese, halved

1/3 lb. deli sliced hot salami

1/4 lb. deli ham

1/4 lb. deli sliced capicola

1/2 cup well drained hot pepper rings

Directions

1. Preheat oven at 375 degrees F.
2. Unfold and flatten the dough. Separate them into 8 pieces. Place dough in a round pan, the short side not the longer side. So half of the crescents will be overlapping outside the pan. Place all dough crescents to form a sun resemblance.
3. Spread out roasted bell peppers in the dough. Top with half of the cheese and spread evenly. Layer with the salami, capocollo and ham slices. Place pepper rings over the meat layer and top with the remaining cheese.

4. Using the overlapping dough outside the pan, cover the fillings and fold the dough to seal and secure the crescent ring.
5. Dust the crescent with ground black pepper and bake in the preheated oven for 18-22 minutes or until done.
6. Let cool for 5-10 minutes before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (132 g)		Total Fat 16.5g	25%
Servings Per Recipe: 8		Saturated Fat 7.9g	39%
Amount Per Serving		Cholesterol 69.2mg	23%
		Sugars 3.0 g	
Calories 347.7		Sodium 1026.2mg	42%
Calories from Fat 148		Total Carbohydrate 31.6g	10%
		Dietary Fiber 2.4g	9%
		Sugars 3.0 g	12%
		Protein 17.4g	34%

Variations:

- Add some onion slices and layer just before the meat. Sprinkle some grated cheese to the crescent together with the ground pepper before baking.
- Use pepperoni slices and hams for the meat layer.

250 Calorie Dinner

Prep Time: 30 mins

Total Time: 1 hr 5 mins

Servings: 4



Ingredients

- 1 lb. chicken breast cut in strips
- 1 (2 1/2 ounce) jars sliced mushrooms, drained
- 1/2 cup fat-free Italian salad dressing
- 1/4 cup chopped onion
- 2 tablespoons low-fat margarine
- 1 medium zucchini, sliced
- 1 large tomato cut in wedges
- 6 slices low-fat cheese, cut in small pieces

Directions

1. Marinate chicken: place the chicken and mushrooms in a shallow dish and pour the dressing over to coat. Let stand for 30 minutes.
2. Transfer the chicken and mushrooms in a separate bowl and save the dressing.
3. Place margarine in a skillet and heat to melt the margarine over medium heat. Sauté onion over the margarine until translucent and then add up the chicken and mushrooms.
4. Cover and cook until the chicken softens, stir in the zucchini and tomatoes then pour the saved marinade.

5. Cook further until the zucchini is soft. Turn off heat and place the cheese. Place cover and let the heat melt the cheese.
6. Serve and enjoy!

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (306 g)		Total Fat 11.0g	16%
Servings Per Recipe: 4		Saturated Fat 3.1g	15%
Amount Per Serving	% Daily Value	Cholesterol 73.2mg	24%
Calories 232.9		Sugars 5.3 g	
Calories from Fat 99	42%	Sodium 405.8mg	16%
		Total Carbohydrate 7.5g	2%
		Dietary Fiber 1.5g	6%
		Sugars 5.3 g	21%
		Protein 25.5g	51%

Variations:

- Use yellow squash instead of zucchini, and use olive oil in place of margarine. Also use fresh tomatoes and fat free cheese. Add up some salt and ground pepper.

Cheddar Macaroni Beef Casserole

Prep Time: 20 mins

Total Time: 30 mins

Servings: 4



Ingredients

7 1/2 ounces Kraft macaroni & cheese dinner mix

1 lb. lean ground beef

14 1/2 ounces Italian-style stewed tomatoes, undrained

1/2 teaspoon dried oregano

1/2 cup shredded cheddar cheese

Directions

1. Heat up oven at 400 degrees f.
2. Cook macaroni and cheese according to package directions.
3. For the meantime, cook meat in a non-stick skillet until brownish in color.
4. Remove excess oil and then add in the oregano and tomatoes. Allow mixture to boil.
5. Stir in macaroni and cheese to meat mixture and transfer in a 9 inch square pan. Top with grated cheese and bake in the preheated oven for 10 minutes or until done.
6. Serve and enjoy!

Nutrition Facts

Serving Size: 1 (296 g)

Servings Per Recipe: 4

Amount Per Serving

% Daily Value

Calories 483.6

Calories from Fat 163

33%

Amount Per Serving

% Daily Value

Total Fat 18.2g

28%

Saturated Fat 8.5g

42%

Cholesterol 95.9mg

31%

Sugars 10.4 g

Sodium 844.2mg

35%

Total Carbohydrate 43.5g

14%

Dietary Fiber 2.3g

9%

Sugars 10.4 g

41%

Protein 35.8g

71%

Variations:

- Sauté beef with garlic and onions for more flavors.
- Add up some Italian seasoning and chili pepper for extra spice.