



PASTA WITH GREEK CINNAMON-TOMATO SAUCE

🕒 prep time: 5 MINUTES 🕒 cook time: 20 MINUTES

🕒 total time: 25 MINUTES

🍴 yield: 0 ABOUT 4 SERVINGS 1X

DESCRIPTION

A slight seasonal twist to one of your traditional Italian favorites. You'll love this Pasta With Greek Cinnamon-Tomato Sauce recipe! Try it today!

INGREDIENTS

- 1 Tbsp. olive oil
- 1 medium onion, chopped
- 1/2 cup (tight-packed) fresh flat-leaf parsley leaves, coarsely chopped
- 1 heaping Tbsp. tomato paste
- 6 cloves garlic, minced
- 1 1/4 tsp. dried oregano
- 2 tsp. ground cinnamon
- 1 tsp. sugar
- 1 tsp. ground Aleppo pepper or other medium-hot chile; or 1/2 tsp. red pepper flakes
- 1/2 cup dry white or red wine
- 2 lbs. ripe summer tomatoes; or 1 can (28 oz.) whole tomatoes with their juice
- 1 lb. hollow dried pasta (rigatoni, penne, ziti, perciatelle, etc.) *We used einkorn fusilli*
- 1 1/2 cups fresh goat cheese, crumbled
- salt 'n' pepper to taste

INSTRUCTIONS

- 1 Bring a large pot of generously-salted water to boil.

- 2 Heat olive oil in the bottom of a large saute pan (or skillet with tall edges) over medium-high heat. Stir in the onions, parsley, and generous sprinklings of salt and pepper. Saute the onions until translucent. Then stir in the tomato paste, garlic, oregano, cinnamon, sugar, and Aleppo pepper. Turn the heat down to medium and saute for 1 minute. Add the wine and cook for 1 minute.
- 3 If using fresh tomatoes, grate them on a grater over a bowl, and add the pulp with its juices to the pan. For canned tomatoes, crush them as they go into the pan. Raise the heat to medium high and cook the sauce for 8 minutes, or until thick. Taste for seasoning and remove the pan from the heat. Cover the pan.
- 4 Meanwhile, once the water in the cooking pot has reached a rolling boil, add the pasta. Cook according to package instructions, until it is tender but still has a little bite. Once the pasta is done, drain it in a colander and then add it to the sauce. Toss over the heat for a minute or more to help the sauce permeate the noodles. Serve sprinkled with goat cheese.

NOTES

- i Recipe adapted from "The Splendid Table's 'How To Eat Supper': (Recipes, Stories and Opinions from Public Radio's Award-Winning Food Show)

Find it online: <https://www.gimmesomeoven.com/pasta-with-greek-cinnamon-tomato-sauce/>



easy
CAULIFLOWER
BUFFALO WINGS



BUFFALO CAULIFLOWER WINGS

4.9 from 35 reviews

This easy buffalo cauliflower wings recipe is the perfect crowd pleasing appetizer to serve up for game day! These baked cauliflower buffalo wings are made with under 10 ingredients and are a great healthy snack!

- *PREP TIME:* 10 MINUTES
- *COOK TIME:* 40 MINUTES
- *TOTAL TIME:* 50 MINUTES
- *YIELD:* 6 SMALL SERVINGS
- *AUTHOR:* SOFI | BROMA BAKERY

INGREDIENTS

- 1 head of cauliflower, cut into florets
- 3/4 cup flour
- 1 teaspoon ground paprika
- 1 teaspoon onion powder
- 1 teaspoon garlic powder

- 1 teaspoon salt
- 3/4 cup buttermilk
- 2 tablespoons butter, melted
- 1/3 cup Buffalo Sauce (we used Frank's!)

INSTRUCTIONS

- Preheat the oven to 375°F and line two baking sheets with parchment paper. Set aside.
- In a large bowl, combine the spices, salt, and the flour. Add the buttermilk and stir until combined. The mixture should be pretty thick!
- Add the cauliflower florets to the batter, coating each piece evenly in the buttermilk mixture. Place the coated cauliflower on the prepared baking pans, leaving room between each piece so the air can circulate around them.
- Bake for 20 minutes and then flip the cauliflower over to its other side to get an even bake. Bake for another 20 minutes on the other side!
- While the cauliflower bakes, make the buffalo sauce. Combine the buffalo sauce with the melted butter and whisk to combine.
- When the cauliflower is done, add the florets into the bowl the hot sauce mixture is in. Toss to combine and enjoy!

NOTES

Tips for the best baked cauliflower buffalo wings:

- If you don't have buttermilk on hand, make your own with whatever milk you like (plant based or regular milk) by adding 1 tablespoon of apple cider vinegar or lemon juice to 3/4 cup milk! Let stand for 5 minutes to thicken and then use as directed! You can find a full tutorial on this here!
- If you'd like to make these vegan buffalo cauliflower bites, simply swap the buttermilk for plant based buttermilk and the butter for coconut oil or vegan butter!
- If you'd like to make these gluten free, swap out the all purpose flour for gluten free flour!
- Make sure to space out the cauliflower pieces on the parchment paper to make sure they can crisp on all sides!

Find it online: <https://bromabakery.com/buffalo-cauliflower-wings/>

Garden Chicken Casserole

2 cups chicken broth
2/3 cup sherry or white wine, divided
1 package (6 oz.) long grain and wild rice mix
1 small onion, chopped
2 carrots, chopped
1 red pepper, chopped,
½ cup chopped fresh mushrooms
¼ cup olive oil
3 cups cooked diced chicken
1 package (8 oz.) cream cheese
1 cup evaporated milk
8 oz. Velveeta, cut in pieces
1/3 cup parmesan cheese
½ cup sliced almonds, toasted

Cook contents of rice in chicken broth and 1/3 cup sherry or white wine. Saute onions, carrots and pepper in olive oil about 5 minutes. Add mushrooms until tender. Stir in rice and chicken. Melt cream cheese, Velveeta and evaporated milk. Add remaining 1/3 cup sherry or wine. Combine melted cheese with chicken, vegetables and rice. Pour into a greased 9" x 13" pan. Top with parmesan cheese and almonds. Cover and bake at 350 for 35 minutes. Uncover and bake 15 minutes.

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Peggy

Multipurpose Cheese Pie

1 cup plain Greek Yoghurt
1 cup Vanilla Greek Yoghurt
5 eggs
3 Tbsp. flour (wheat, spelt, buckwheat, chestnut)
½ tsp. vanilla
2 Tbsp. coconut sugar
½ cups blueberries

Mix yoghurt and eggs with a mixer.
Add sugar, flour and vanilla.
Pour mixture into a buttered pie pan.
Add berries.
Bake 160 degrees for 45 minutes.