It’s possible to have theme nights on a budget!
Tonight, let’s take things to Italy.

Try one of these Italian inspired dishes that are budget and pantry friendly:

Pasta with Oil & Garlic
Pasta with Tomatoes & Chickpeas
Vegetable Soup
Garlic Bread

This week’s recipes are inspired by thefamilydinnerproject.org and the foodnetwork.com
PASTA WITH OIL & GARLIC
Serves 5-6

INGREDIENTS:
1 pound of linguine
½ cup of olive oil
5 cloves of garlic, minced
½ cup fresh parsley, chopped
(if you don’t have any on hand, throw in ¼ teaspoon crushed red pepper)
1 teaspoon salt

INSTRUCTIONS:
Cook pasta according to package directions. Gently heat oil in a large pan, sauté garlic and crushed pepper (if using) for 2-3 minutes. Remove from heat, stir in parsley (if using), salt and pepper. Serve with grated cheese and salad.

PASTA WITH TOMATOES & CHICKPEAS
Serves 8

INGREDIENTS:
1 pound fresh ripe tomatoes finely chopped
(or 1 can of diced tomatoes)
1 garlic clove, minced
Salt and pepper (to taste)
1 teaspoon balsamic vinegar (optional)
1 tablespoon chopped fresh basil
(or 1 teaspoon dried basil)
2 tablespoons olive oil
1 (15-ounce) can of chickpeas, drained and rinsed
1 pound whole wheat pasta (any shape) uncooked
¼ cup shredded cheese
(try cheddar, monterey jack, parmesan, or feta)

INSTRUCTIONS:
Combine tomatoes, garlic, salt, pepper, balsamic vinegar, basil, and olive oil in a medium bowl. Let sit for 15 minutes. Stir in the chickpeas. Meanwhile, bring a large pot of water to a rolling boil. Add a generous amount of salt and the pasta. Cook al dente, until the pasta is firm to the bite. Drain. Toss with pasta with chickpea sauce, sprinkle on cheese, and serve.
VEGETABLE SOUP
Serves 2

INGREDIENTS:
3-4 stalks of celery
1 onion
3 carrots
2 quarts water, broth, bouillon, or nutritional yeast
4-6 ounces tomato, diced or sauce
Any veggies you like
Optional: beans
Optional: pasta

INSTRUCTIONS:
Chop and sauté celery, onion and carrots with oil until slightly cooked. Add water, broth, bouillon, or nutritional yeast depending on what you have/prefer. Add tomatoes or sauce. Then add any of the following veggies you prefer and have on hand: green beans, cauliflower, summer squash, potatoes, peas, cabbage, corn, kale.
Optional: Add a can of white, navy or cannellini beans. Optional: Add pasta. Add parsley and basil/thyme salt to taste.

GARLIC BREAD
Serves 6

INGREDIENTS:
4 tablespoons butter, melted
1 (12-ounce) loaf French bread, cut into 1-inch slices (or use any bread you have!)
2 teaspoons dried parsley
½ teaspoon garlic powder

INSTRUCTIONS:
Preheat a grill pan over medium-high heat. Spread the butter on both sides of the bread and season with the parsley and garlic powder. Place on the grill pan and cook on one side until golden brown. Flip, and continue cooking until the other side is golden brown. Remove and serve.