Garlic Butter Shrimp Pasta

Linguine, juicy shrimp, lemon and parsley in a light garlic-butter sauce.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
20 min

Ingredients

- 12 oz linguine
- 1 lb large raw shrimp, peeled and deveined
- 3 tbsp butter
- 1 tbsp olive oil
- 4 garlic cloves, minced
- 1 lemon, zested and juiced
- 1/4 tsp red pepper flakes, optional
- 1/3 cup chopped parsley
- Salt and black pepper, to taste
- 1 cup reserved pasta water

Garlic Butter Shrimp Pasta

How to Make It

1. Cook linguine in salted boiling water according to package directions. Reserve 1 cup pasta water, then drain.

2. Pat shrimp dry and season. Heat oil and 1 tbsp butter over medium-high heat. Cook shrimp 1-2 minutes per side until opaque and 145 F. Transfer out.

3. Lower heat. Melt remaining butter; stir garlic and optional pepper flakes 30 seconds. Add lemon zest, 2 tbsp juice and 1/2 cup pasta water.

4. Add pasta and toss until glossy. Return shrimp just to warm, adding water as needed. Finish with parsley and more lemon to taste.

Jane's Note

Have the pasta nearly ready before cooking the shrimp so they stay tender.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

One-Pan Lemon Chicken

Chicken, green beans and tomatoes in a gentle lemon cream sauce.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
25 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), pounded to even 3/4-inch thickness

1 tsp Italian seasoning

1/2 tsp kosher salt

1/4 tsp black pepper

1 tbsp olive oil

1 tbsp butter

3 garlic cloves, minced

3/4 cup low-sodium chicken broth

1/2 cup heavy cream

1 lemon, half juiced and half sliced

10 oz trimmed green beans

1 cup cherry tomatoes

One-Pan Lemon Chicken

How to Make It

1. Season chicken with Italian seasoning, salt and pepper. Heat oil over medium-high heat and brown chicken 3-4 minutes per side. Transfer to a plate; it will finish in the sauce.

2. Reduce heat to medium. Melt butter, stir garlic 30 seconds, then add broth and scrape the pan. Stir in cream and 1 tbsp lemon juice.

3. Return chicken and juices. Add green beans, tomatoes and lemon slices. Cover and simmer gently 8-12 minutes, until chicken reaches 165 F and beans are tender.

4. Uncover and simmer a few minutes if needed to thicken the sauce. Season and serve.

Jane's Note

Keep the sauce at a gentle simmer, and check each chicken breast with a thermometer.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Beef & Broccoli Stir-Fry

Thin beef strips and crisp-tender broccoli in a glossy sauce.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
15 min

Ingredients

- 1 lb flank steak, sliced thinly across the grain
- 1 tbsp cornstarch, for beef
- 1 tbsp neutral oil, plus 1 tbsp for frying
- 5 cups broccoli florets
- 1/3 cup low-sodium soy sauce
- 1/3 cup water
- 2 tbsp brown sugar
- 1 tbsp rice vinegar
- 3 garlic cloves, minced
- 2 tsp grated ginger
- 2 tsp cornstarch, for sauce
- 1 tsp toasted sesame oil
- 3 cups cooked rice, to serve
- Sesame seeds, optional

Beef & Broccoli Stir-Fry

How to Make It

1. Toss beef with 1 tbsp cornstarch and 1 tbsp oil. Whisk soy sauce, water, sugar, vinegar, garlic, ginger and 2 tsp cornstarch in a bowl.

2. Steam broccoli with 3 tbsp water in a covered hot skillet for 3 minutes; transfer out and dry the pan.

3. Heat remaining oil over high heat. Sear beef in batches in a single layer until browned and cooked through, about 2-3 minutes per batch.

4. Return broccoli. Whisk sauce again and add; toss 1-2 minutes until thickened and bubbling. Stir in sesame oil.

5. Serve over rice with optional sesame seeds.

Jane's Note

Cut the beef across the grain; a crowded skillet steams it instead of browning.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Caprese Chicken

Tomato, mozzarella, basil and a little balsamic glaze.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
25 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), pounded evenly

1 tsp Italian seasoning

1/2 tsp kosher salt

1/4 tsp black pepper

1 tbsp olive oil

2 ripe tomatoes, sliced

8 oz fresh mozzarella, sliced

1/4 cup basil leaves

2 tbsp balsamic glaze

Caprese Chicken

How to Make It

1. Heat oven to 400 F. Season chicken with Italian seasoning, salt and pepper.

2. Heat oil in an oven-safe skillet over medium-high heat. Sear chicken 3 minutes per side.

3. Top with tomato and mozzarella. Transfer the skillet to the oven and bake 10-15 minutes, until chicken reaches 165 F and cheese melts.

4. Rest 5 minutes. Finish with basil and a light drizzle of balsamic glaze.

Jane's Note

Choose chicken breasts of similar size and check the thickest part before serving.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Honey Garlic Glazed Salmon Bowls

I keep coming back to this one because it's light, built around salmon fillets and honey, and ready in well under an hour.



SERVES

4

PREP

15 minutes

COOK / ASSEMBLY

18 minutes

Ingredients

- 4 salmon fillets
- 2 tbsp honey
- 2 tbsp low-sodium soy sauce
- 2 cloves garlic, minced
- 1 tsp grated ginger
- 1 tbsp sesame oil
- 3 cups cooked jasmine rice
- 1 cup broccoli florets
- 1 avocado, sliced
- Sesame seeds
- Green onions
- Salt
- Black pepper

Honey Garlic Glazed Salmon Bowls

How to Make It

1. Whisk honey, soy sauce, garlic, ginger, and sesame oil.
2. Brush salmon with glaze.
3. Bake at 400 F for about 15-18 minutes, until salmon reaches 145 F in the thickest part.
4. Steam broccoli until tender-crisp.
5. Divide rice into bowls.
6. Add broccoli and avocado.
7. Top with glazed salmon.
8. Garnish with sesame seeds and green onions.

Jane's Note

Want to switch it up? Substitute shrimp. Can I make this ahead? Prepare rice up to 3 days ahead. Can I keep leftovers? Refrigerate up to 3 days.

Serving & Storage

Refrigerate up to 3 days.

Turkey Tacos

Seasoned turkey and fresh toppings for an easy taco night.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
15 min

Ingredients

- 1 lb lean ground turkey
- 1 tbsp olive oil
- 1 small onion, finely diced
- 2 garlic cloves, minced
- 2 tsp chili powder
- 1 tsp ground cumin
- 1/2 tsp smoked paprika
- 1/2 tsp dried oregano
- 1/2 tsp kosher salt
- 1/3 cup tomato sauce
- 1/4 cup water
- 8 small tortillas
- 2 cups shredded lettuce
- 1 avocado, sliced
- 1 cup diced tomatoes
- 1/2 cup sour cream
- Lime wedges
- 2 tbsp chopped cilantro, optional

Turkey Tacos

How to Make It

1. Heat oil over medium heat. Soften onion 4 minutes. Add turkey and cook, breaking it apart, until no longer pink.

2. Stir garlic and seasonings into the turkey for 30 seconds. Add tomato sauce and water.

3. Simmer 5 minutes until juicy and turkey reaches 165 F; add a splash of water if dry.

4. Warm tortillas and fill with turkey, lettuce, avocado, tomatoes and sour cream. Serve with lime.

Jane's Note

Set out the toppings in small bowls and let everyone build their own tacos.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Creamy Parmesan Chicken

Chicken with spinach, sun-dried tomatoes and Parmesan cream.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
25 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), pounded evenly

1/2 tsp kosher salt

1/4 tsp black pepper

1 tsp Italian seasoning

1 tbsp olive oil

1 tbsp butter

3 garlic cloves, minced

1/2 cup low-sodium chicken broth

3/4 cup heavy cream

1/2 cup finely grated Parmesan

1/3 cup oil-packed sun-dried tomatoes, drained and chopped

3 cups baby spinach

Creamy Parmesan Chicken

How to Make It

1. Season chicken with salt, pepper and Italian seasoning. Heat oil in a large skillet over medium-high heat; sear chicken 3-4 minutes per side. Transfer out.

2. Reduce to medium. Add butter and garlic, stir 30 seconds, then add broth and scrape the pan.

3. Stir in cream, Parmesan and sun-dried tomatoes. Return chicken and juices.

4. Simmer gently 8-12 minutes until chicken reaches 165 F. Stir in spinach to wilt and adjust seasoning.

Jane's Note

Freshly grated Parmesan makes a smoother sauce. Add a splash of broth when reheating.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Sausage & Peppers Skillet

A quick skillet of fully cooked sausage, colorful peppers and tomatoes.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
20 min

Ingredients

12 oz fully cooked Italian-style chicken sausage, sliced

1 tbsp olive oil

3 bell peppers, mixed colors, sliced

1 small onion, sliced

3 garlic cloves, minced

1 pint cherry tomatoes, halved

1/2 tsp Italian seasoning

1/4 cup low-sodium chicken broth

2 tbsp chopped parsley

Salt and black pepper, to taste

Sausage & Peppers Skillet

How to Make It

1. Heat oil in a large skillet over medium-high heat. Brown sausage 4-5 minutes, then transfer out.
2. Add peppers and onion. Cook 7-8 minutes until softened with browned edges.
3. Stir in garlic, tomatoes, Italian seasoning and broth. Simmer 5 minutes.
4. Return sausage and cook until heated to 165 F. Season and finish with parsley.

Jane's Note

Use fully cooked sausage for this quick skillet. Serve with bread, rice or pasta.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.

Creamy Tomato Basil Pasta

Penne tossed in a silky tomato sauce with basil and Parmesan.



SERVES
4

PREP
10 min

COOK / ASSEMBLY
20 min

Ingredients

12 oz penne

1 tbsp olive oil

1 small onion, finely diced

3 garlic cloves, minced

2 tbsp tomato paste

1 can (14.5 oz) crushed tomatoes

1/2 cup heavy cream

1/3 cup finely grated Parmesan, plus more to serve

1/4 cup sliced fresh basil

Salt and black pepper, to taste

1/2 cup reserved pasta water

Creamy Tomato Basil Pasta

How to Make It

1. Cook penne in salted water according to package directions. Reserve 1/2 cup pasta water before draining.

2. Meanwhile, soften onion in oil over medium heat 5 minutes. Add garlic and tomato paste; cook 1 minute.

3. Stir in crushed tomatoes and simmer 8 minutes. Reduce heat and stir in cream and Parmesan.

4. Toss in pasta and basil. Add pasta water a splash at a time until silky; season and serve with Parmesan.

Jane's Note

Add basil at the end to keep its fresh flavor.

Serving & Storage

Refrigerate leftovers promptly in shallow, covered containers for up to 3-4 days. Reheat cooked leftovers to 165 F. Keep fresh toppings separate.