Honey Garlic Chicken Bowl

Glazed sliced chicken, brown rice, broccoli and peppers.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
20 min

Ingredients

1 1/2 lb boneless skinless chicken breasts
1/2 tsp kosher salt
1/4 tsp black pepper
1 tbsp neutral oil
1/4 cup honey
1/4 cup low-sodium soy sauce
3 garlic cloves, minced
1 tbsp rice vinegar
1 tsp grated ginger
1 tsp cornstarch mixed with 1 tbsp cold water
4 cups broccoli florets
1 red bell pepper, sliced
3 cups cooked brown rice
Sesame seeds and sliced green onion, optional

Honey Garlic Chicken Bowl

How to Make It

1. Pound chicken to an even 3/4-inch thickness and season. Heat half the oil over medium-high heat; cook chicken 5-7 minutes per side until 165 F. Transfer out to rest.

2. Add remaining oil, broccoli and pepper. Stir-fry 4-5 minutes, adding a splash of water if needed, until tender-crisp.

3. In a small saucepan simmer honey, soy, garlic, vinegar and ginger 2 minutes. Stir in slurry and simmer until glossy.

4. Slice chicken and toss lightly with sauce. Divide rice and vegetables among bowls; add chicken and remaining sauce. Finish with optional seeds and green onion.

Jane's Note

Keep the vegetables a little crisp and slice the rested chicken just 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.

Creamy Garlic Chicken Pasta

Fettuccine with creamy Parmesan sauce and sliced golden chicken.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
25 min

Ingredients

12 oz fettuccine

1 1/2 lb boneless skinless chicken breasts, pounded evenly

1/2 tsp kosher salt

1/4 tsp black pepper

1 tbsp olive oil

2 tbsp butter

4 garlic cloves, minced

1/2 cup low-sodium chicken broth

1 cup heavy cream

3/4 cup finely grated Parmesan

2 tbsp chopped parsley

1/2 cup reserved pasta water

Creamy Garlic Chicken Pasta

How to Make It

1. Cook pasta in salted water according to package directions, reserving 1/2 cup cooking water.

2. Season chicken. Heat oil over medium-high heat and cook 5-7 minutes per side until 165 F. Rest on a board.

3. Reduce heat to medium-low. Melt butter, add garlic and stir 30 seconds. Add broth and simmer 2 minutes, then cream; simmer gently 3 minutes.

4. Remove from heat and stir in Parmesan. Toss pasta with sauce, loosening with reserved water as needed.

5. Slice chicken and arrange over the pasta. Finish with parsley and pepper.

Jane's Note

Keep the cream sauce below a hard boil, and use finely grated Parmesan.

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.

Lemon Herb Chicken & Veggies

A sheet pan of lemon chicken, green beans and tomatoes.



SERVES
4

PREP
15 min

COOK / ASSEMBLY
30 min

Ingredients

4 small boneless skinless chicken breasts (about 1 1/2 lb), evenly 3/4-inch thick

12 oz green beans, trimmed

1 pint cherry tomatoes

1 lemon, half sliced and half juiced

3 tbsp olive oil

3 garlic cloves, minced

1 tsp dried oregano

1/2 tsp dried thyme

3/4 tsp kosher salt

1/4 tsp black pepper

Lemon Herb Chicken & Veggies

How to Make It

1. Heat oven to 425 F. Line a large rimmed sheet pan with parchment.

2. Whisk oil, garlic, oregano, thyme, salt, pepper and 1 tbsp lemon juice. Toss chicken with half; toss vegetables with the rest.

3. Spread beans and tomatoes on the tray. Nestle chicken among them without crowding and add lemon slices.

4. Roast 20-28 minutes until chicken reaches 165 F and vegetables are tender. Remove any smaller chicken pieces as they finish.

5. Rest chicken 5 minutes and serve with pan juices.

Jane's Note

A large tray helps the vegetables roast. Use two pans if everything is crowded.

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.

Teriyaki Chicken Stir-Fry

Chicken strips and colorful vegetables in a homemade teriyaki sauce.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
15 min

Ingredients

1 1/2 lb boneless skinless chicken breasts, thinly sliced

2 tbsp neutral oil, divided

3 cups broccoli florets

1 red bell pepper, sliced

1 cup sliced carrots

1/3 cup low-sodium soy sauce

3 tbsp brown sugar

2 tbsp rice vinegar

2 garlic cloves, minced

2 tsp grated ginger

1/4 cup water

2 tsp cornstarch

3 cups cooked rice

Sesame seeds, optional

Teriyaki Chicken Stir-Fry

How to Make It

1. Whisk soy sauce, sugar, vinegar, garlic, ginger, water and cornstarch.

2. Heat 1 tbsp oil in a large skillet over high heat. Stir-fry chicken in batches 4-5 minutes until cooked through and 165 F; transfer out.

3. Add remaining oil and vegetables. Stir-fry 4-5 minutes, adding a splash of water if needed.

4. Return chicken, whisk sauce again and pour in. Cook 1-2 minutes until bubbling and glossy.

5. Serve over rice with optional sesame seeds.

Jane's Note

Cook the chicken in batches so it browns before the sauce goes in.

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.

Southwest Chicken Bowl

Rice, beans, corn, fresh toppings and seasoned chicken.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
20 min

Ingredients

1 1/2 lb boneless skinless chicken breasts, pounded evenly

1 tbsp olive oil

1 tsp chili powder

1 tsp ground cumin

1/2 tsp smoked paprika

1/2 tsp kosher salt

1/4 tsp black pepper

3 cups cooked rice

1 can (15 oz) black beans, drained and rinsed

1 cup corn

4 cups chopped romaine

1 avocado, sliced

1 cup pico de gallo

1 lime, cut in wedges

2 tbsp chopped cilantro

Southwest Chicken Bowl

How to Make It

1. Coat chicken with oil and seasonings. Cook in a grill pan over medium-high heat 5-7 minutes per side until 165 F. Rest 5 minutes, then slice.

2. Warm beans and corn in a small saucepan with a splash of water.

3. Divide rice and romaine among bowls. Add beans, corn, avocado and pico de gallo.

4. Top with chicken and cilantro. Serve with lime wedges.

Jane's Note

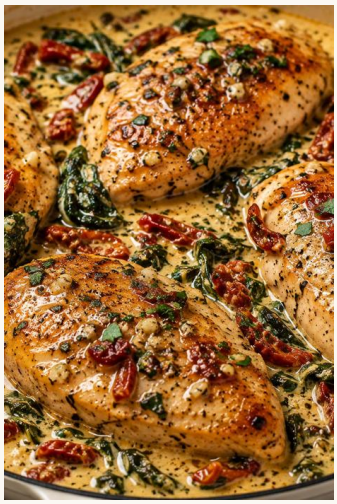
Keep the fresh toppings separate from the warm ingredients until assembling.

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.

Garlic Butter Tuscan Chicken

This is the kind of chicken dinner I make when I want something warm on the table without a fuss - built around boneless skinless chicken breasts and garlic, and it comes together in one pan.



SERVES

4

PREP

15 minutes

COOK / ASSEMBLY

25 minutes

Ingredients

- 4 boneless skinless chicken breasts
- 2 tbsp olive oil
- 3 tbsp butter
- 4 cloves garlic, minced
- 1 cup heavy cream
- 3/4 cup grated Parmesan cheese
- 1/2 cup chopped sun-dried tomatoes
- 2 cups baby spinach
- 1/2 cup chicken broth
- 1 tsp Italian seasoning
- Salt
- Black pepper
- Fresh basil
- Fresh parsley
- Lemon wedges

Garlic Butter Tuscan Chicken

How to Make It

1. Season chicken with Italian seasoning, salt, and pepper.
2. Sear chicken in olive oil until golden; remove.
3. Melt butter and sauté garlic.
4. Add chicken broth and simmer for 2 minutes.
5. Stir in heavy cream and Parmesan.
6. Fold in spinach and sun-dried tomatoes.
7. Return chicken to skillet.
8. Simmer gently until chicken reaches 165 F in the thickest part; timing varies with thickness.
9. Garnish with basil, parsley, and lemon wedges.

Jane's Note

Want to switch it up? Add mushrooms. Can I make this ahead? Prepare sauce ingredients one day ahead. Can I keep leftovers? Refrigerate up to 4 days.

Serving & Storage

Refrigerate up to 4 days.

Korean BBQ Chicken Bowl

A gochujang glaze with rice, cucumber, cabbage and carrots.



SERVES

4

PREP

20 min + 20 min marinating

COOK / ASSEMBLY

20 min

Ingredients

- 1 1/2 lb boneless skinless chicken thighs
- 3 tbsp low-sodium soy sauce
- 2 tbsp brown sugar
- 1 tbsp gochujang
- 1 tbsp rice vinegar
- 1 tsp toasted sesame oil
- 3 garlic cloves, minced
- 2 tsp grated ginger
- 1 tbsp neutral oil
- 3 cups cooked rice
- 1 English cucumber, sliced
- 2 cups shredded red cabbage
- 1 cup shredded carrots
- Sesame seeds and sliced green onion, optional

Korean BBQ Chicken Bowl

How to Make It

1. Whisk soy sauce, sugar, gochujang, vinegar, sesame oil, garlic and ginger. Reserve 2 tbsp in a clean bowl before adding raw chicken.

2. Coat chicken in the remaining marinade. Refrigerate 20-30 minutes. Discard this used marinade.

3. Heat neutral oil in a skillet over medium heat. Cook chicken 6-8 minutes per side, lowering heat if the glaze darkens, until 165 F. Rest 5 minutes and slice.

4. Divide rice, cucumber, cabbage and carrots among bowls. Add chicken, drizzle with reserved clean sauce, and finish with optional sesame and green onion.

Jane's Note

Gochujang brings heat as well as sweetness. Keep the reserved serving sauce separate from the raw chicken.

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.

Greek Chicken Salad Bowl

Grilled chicken, crisp vegetables, olives and feta.



SERVES

4

PREP

20 min + 20 min marinating

COOK / ASSEMBLY

15 min

Ingredients

1 1/2 lb boneless skinless chicken breasts, pounded evenly

3 tbsp olive oil, divided

3 tbsp lemon juice, divided

2 garlic cloves, minced

1 tsp dried oregano

1/2 tsp kosher salt

1/4 tsp black pepper

6 cups chopped romaine

1 English cucumber, diced

1 pint cherry tomatoes, halved

1/4 red onion, thinly sliced

1/2 cup pitted Kalamata olives

1/2 cup crumbled feta

Greek Chicken Salad Bowl

How to Make It

1. Mix 1 tbsp oil, 1 tbsp lemon juice, garlic, oregano, salt and pepper. Coat chicken and refrigerate 20 minutes.

2. Cook chicken in a grill pan over medium-high heat 5-7 minutes per side until 165 F. Rest 5 minutes and slice.

3. Divide romaine, cucumber, tomatoes, onion and olives among bowls.

4. Whisk remaining oil and lemon juice with a pinch of salt and pepper. Add chicken and feta; drizzle with dressing.

Jane's Note

Keep dressing separate if packing this for lunch.

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 Garlic Chicken & Potatoes

Golden chicken, baby potatoes and green beans on one tray.



SERVES
4

PREP
20 min

COOK / ASSEMBLY
40 min

Ingredients

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

1 1/2 lb baby potatoes, halved

12 oz green beans, trimmed

3 tbsp olive oil, divided

4 garlic cloves, minced

1 tsp Italian seasoning

1 tsp kosher salt, divided

1/2 tsp black pepper, divided

2 tbsp lemon juice

2 tbsp chopped parsley

One-Pan Garlic Chicken & Potatoes

How to Make It

1. Heat oven to 425 F. Toss potatoes with 1 tbsp oil, 1/2 tsp salt and 1/4 tsp pepper on a large rimmed sheet pan. Roast cut-side down 15 minutes.

2. Mix remaining oil, garlic, Italian seasoning, remaining salt and pepper, and lemon juice. Coat chicken and beans with it.

3. Turn potatoes and add chicken and beans in a single layer, using a second pan if crowded.

4. Roast 20-25 minutes more, until chicken reaches 165 F and potatoes are tender. Remove chicken as it finishes; return potatoes if needed.

5. Rest chicken 5 minutes. Sprinkle parsley over everything and spoon over pan juices.

Jane's Note

Start the potatoes first so they finish tender without overcooking the chicken.

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.