

**Ingredients:**

- 3 ounces bowtie pasta
- ½ tablespoon olive oil
- 1 clove garlic, minced
- ¼ cup prosciutto, diced
- 6-8 peeled and deveined medium shrimp
- ¼ cup white wine or chicken broth
- ¼ cup heavy cream
- ¼ cup shredded Parmesan
- ½ cup cherry tomatoes, chopped
- Chopped basil or parsley

**Instructions:**

1. Cook pasta according to package directions; drain and set aside.
2. Heat the olive oil in a large skillet. Add the shrimp, garlic, and prosciutto and sauté over medium heat for about 3-4 minutes; until shrimp are pink.
3. Add the wine or chicken broth and simmer for 1 minute.
4. Stir in the cream and the cheese and heat stirring until the cheese is melted.
5. Gently fold in the cooked pasta.
6. Garnish with tomatoes.

**TIPS:**

Use a little more or a little less shrimp as desired.

Bags of frozen shrimp allow you to use as much or as little as you'd like and have ingredients on hands for a quick meal.

**Ingredients:**

- ½ cup all-purpose flour
- ½ teaspoon baking powder
- ¼ teaspoon ground cinnamon
- 1/8 teaspoon salt
- 3 tablespoons brown sugar
- 2 tablespoons butter, melted
- 1 egg yolk
- 3 tablespoons milk
- ¼ teaspoon vanilla extract
- ½ cup diced apples
- 2 tablespoons pecans, chopped

**Topping:**

- 2 teaspoons all-purpose flour
- 2 teaspoons brown sugar
- 1/8 teaspoon ground cinnamon
- ½ tablespoon pecans, chopped
- ½ tablespoon salted butter, cold

**Instructions:**

1. Heat oven to 400°F.
2. In a small bowl, combine flour, baking powder, cinnamon, salt, and brown sugar.
3. In a separate bowl, whisk together the butter, egg yolk, milk, and vanilla.
4. Stir the wet ingredients into the dry ingredients.
5. Fold in the diced apples and chopped pecans.
6. Fill a buttered 10-ounce ramekin with the batter. Make the topping.
7. Combine the flour, brown sugar, cinnamon, and pecans; cut in the butter until crumbly. Sprinkle over the muffin batter
8. Bake 25 minutes until a toothpick inserted in the center comes out clean.
9. Cool 5 minutes and enjoy warm.

**TIPS:** Use a baking apple - Granny Smith, Honeycrisp, Golden Delicious are good choices.

**Ingredients:**

- ½ squash or zucchini, sliced into rounds
- ¼ onion, cut into wedges
- ½ cup cherry or grape tomatoes
- ½ bell pepper, sliced
- 1 ½ tablespoons olive oil, divided
- ½-1 teaspoon Cajun seasoning
- 1 4-ounce salmon fillet
- 2 lemon slices

**Instructions:**

1. Preheat oven to 450°F and line a baking sheet with parchment paper or foil.
2. In a large bowl, toss all the veggies with 1 tablespoon of oil and seasoning.
3. Spread veggies in a single layer on the baking sheet.
4. Nestle salmon, skin side down, between the vegetables. Brush with remaining olive oil and 2 thin lemon slices each.
5. Roast for 12-15 minutes, until salmon is flaky and most opaque

**TIPS:**

Frozen salmon fillets are a quick and easy source of healthy protein.

**Ingredients:**

- 1 4-ounce boneless, skinless chicken breast
- ¼ teaspoon Kosher salt
- ¼ teaspoon coarsely ground black pepper
- 1 tablespoon olive oil
- 2 ounces artichoke hearts, quartered
- ¼ small red onion, chopped
- 1 clove garlic, minced
- ¼ teaspoon dried oregano
- ¼ cup low sodium chicken broth
- ¼ cup Kalamata olives, sliced
- ¼ cup crumbled feta cheese

**Instructions:**

1. Place the chicken breast between two pieces of plastic wrap and pound to flatten to about ½ thickness
2. Season both sides of the chicken with salt and pepper.
3. Heat ½ tablespoon of olive oil in a skillet over medium heat.
4. Add the chicken and cook, undisturbed, until golden on the bottom (4-5 minutes); turn and cook until the other side is golden, 2 to 3 minutes more. Transfer to a plate and set aside.
5. Return the skillet to the stove over medium-high heat. Add ½ tablespoon olive oil to the pan, add the artichoke hearts and red onion and cook, stirring occasionally, until the onion has softened, about 2 minutes. Season with salt & pepper and continue cooking, stirring occasionally, until vegetables are tender, about 2 minutes more.
6. Add the garlic and oregano and cook, stirring, 30 seconds.
7. Return the chicken to the skillet and add the broth and olives, Simmer gently, cover and cook until the chicken is cooked through, 4 to 6 minutes.
8. Top with feta and serve.

**TIPS:**

Frozen boneless chicken breast or thighs work well in this recipe.  
Thin chicken breast slices or chicken tenders can be substituted.  
Serve with whole grain pasta for a hearty meal.