These three simple, great-tasting recipes can go from “What’s for dinner?” to “Dig in!” in 30 minutes or less. So what are you waiting for?

Got a question or suggestion? Write to healthycook@cspinet.org.

Spring Vegetable Pesto Pasta

You can toast the garlic and pine nuts in a toaster oven. Just watch them closely. They can easily burn.

8 cloves garlic
⅛ cup pine nuts
¾ lb. whole wheat fusilli or penne pasta
1 lb. thin asparagus spears, trimmed and cut into 2” pieces
2 cups peas, fresh or thawed from frozen, divided
6 oz. basil, stems discarded (about 5 cups loosely packed)
8 sprigs mint, stems discarded (about 1 cup loosely packed)
1 oz. freshly grated Parmesan (½ - ¾ cup, depending on the grater), divided
¼ cup extra-virgin olive oil
Freshly ground black pepper
1 tsp. kosher salt, divided

Preheat the oven to 300° F. Lightly brush or spray the garlic with oil. Roast the garlic with the pine nuts on a baking sheet until the nuts are golden brown and the garlic has softened, about 12 minutes.

Boil the pasta in a large pot of water. Add the asparagus 2 minutes before the pasta is finished cooking. Add 1½ cups of the peas when the pasta is done. Turn off the burner, drain the pasta and vegetables, and return them to the pot.

While the pasta is cooking, make the pesto. In a food processor, pulse the roasted garlic and pine nuts with the basil, mint, ½ cup of peas, half the Parmesan, and the oil for 4 minutes on the flesh side. Flip and sauté on the skin side for 3-5 minutes more.

Make a sauce by puréeing the mayonnaise, mustard, apple, celery heart, lemon juice, and ¾ tsp. of salt in a food processor. Top the salmon with the sauce. Serve with the roasted vegetables. Serves 4.

PER SERVING (2½ cups)
Calories: 480 Sodium: 500 mg
Total Fat: 19 g Cholesterol: 10 mg
Sat Fat: 3.5 g Carbohydrates: 65 g
Protein: 20 g Fiber: 12 g

Chicken with Artichokes & Peas

Place the chicken in a plastic bag and pound to an even ½” thickness. Pat the chicken dry.

In a large non-stick pan over medium heat, sear the chicken in 1 Tbs. olive oil until golden brown, about 3 minutes per side. Remove to a plate. Add the remaining 2 Tbs. of oil to the pan and sauté the shallots for 2 minutes. Sprinkle with the flour and cook for 1 minute. Stir in the broth, salt, and pepper and bring to a boil. Add the artichokes and heat through. Reduce the heat to low and stir in the sour cream. Return the chicken to the pan and heat through.

Toss the rice and peas together and heat in a microwave-safe container until hot. Serve with the chicken and sauce. Serves 4.

PER SERVING (3 cups)
Calories: 520 Sodium: 490 mg
Total Fat: 20 g Cholesterol: 70 mg
Sat Fat: 3 g Carbohydrates: 54 g
Protein: 34 g Fiber: 8 g

Salmon & Roasted Veggies

Preheat the oven to 425° F. Toss the potatoes, asparagus, and pepper with the oil in a baking dish and roast until golden brown and tender, about 20 minutes, stirring once.

Season with pepper and ¼ tsp. of salt and set aside. Heat a large non-stick pan on medium until moderately hot. Sauté the salmon for 4 minutes on the flesh side. Flip and sauté on the skin side for 3-5 minutes more.

Make a sauce by puréeing the mayonnaise, mustard, apple, celery heart, lemon juice, and ¼ tsp. of salt in a food processor. Top the salmon with the sauce. Serve with the roasted vegetables. Serves 4.

PER SERVING (3 cups)
Calories: 470 Sodium: 520 mg
Total Fat: 21 g Cholesterol: 90 mg
Sat Fat: 3.5 g Carbohydrates: 27 g
Protein: 39 g Fiber: 6 g

Connect with Kate Sherwood

To watch Kate prepare the Spring Vegetable Pesto Pasta, go to youtube.com/cspitv or nutritionaction.org/healthycook.