

Dinner

Small Kitchen Cooking

Useful meals from one burner, a microwave, or a kettle



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A small kitchen asks for a little choreography: one clear board, one useful pan, and a place to set the food while you finish the sauce. These recipes are mostly for two people, with quantities that fit a 10-inch skillet or a 2-quart saucepan. A few use a microwave or electric kettle, giving you options when a burner is occupied or unavailable. Read the appliance named in the recipe before shopping; the collection does not assume every kitchen owns all three. Place ingredients in the order they enter the pan, keep a clean plate available for cooked meat, and wash the board as soon as raw protein is prepared. Measuring liquid matters even in a small batch. Microwave wattage varies, so use short additional intervals and a thermometer rather than extending the entire cycle blindly. The dishes bring vegetables, protein, and starch together where practical, leaving less work and fewer vessels at the end of the meal. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



One Burner Lemon Chicken and Spinach - AI-generated realistic food artwork, not a photograph or tested result.

One Burner Lemon Chicken and Spinach

2 servings | Prep: 15 minutes | Cook: 20 minutes

Ingredients

- 10 ounces boneless skinless chicken breasts, cut into ½-inch strips
- 1 tablespoon olive oil
- 1 small onion, sliced
- ⅓ cup low-sodium chicken broth
- 4 ounces baby spinach
- 2 tablespoons plain cream cheese
- 1 tablespoon lemon juice
- ½ teaspoon kosher salt
- ¼ teaspoon black pepper
- 2 whole-wheat pita breads

Method

1. Heat oil in a 10-inch skillet over medium-high heat. Season chicken with half the salt and pepper; cook 6–8 minutes, turning, until chicken reaches 165°F.

2. Transfer chicken to a clean plate. Add onion and broth to the skillet, cover, and cook over medium heat 5 minutes until onion softens.
3. Add spinach, cream cheese, and remaining salt; stir over low heat until spinach wilts and sauce becomes smooth. Return chicken and its cooked juices, warming for 2 minutes.
4. Finish with lemon juice and divide between two plates. Tear pita at the table for scooping, using the same skillet only after the chicken is fully cooked.

Cook's tip

Cut chicken on a washable board, then clean the board before using the small workspace for bread.

Substitution

Use 10 ounces boneless chicken thighs and cook to 165°F.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

milk, wheat

Microwave Sweet Potatoes with Black Beans

2 servings | Prep: 10 minutes | Cook: 12 minutes

Ingredients

- 2 sweet potatoes, 10 ounces each
- 1 can black beans, 15 ounces, drained and rinsed
- ½ cup mild salsa
- ½ cup shredded cheddar
- 2 tablespoons plain yogurt
- 2 scallions, sliced
- ¼ teaspoon kosher salt
- ¼ teaspoon black pepper

Method

1. Scrub potatoes, pierce each several times, and place on a microwave-safe plate. Microwave on high for 8-12 minutes, turning halfway, until soft through the center.
2. Meanwhile, combine beans, salsa, salt, and pepper in a microwave-safe bowl. Cover loosely with a microwave-safe lid, leaving a vent for steam.
3. When potatoes are ready, stand them 2 minutes. Microwave beans 2-3 minutes, stirring halfway, until steaming throughout; use mitts when moving both dishes.
4. Split potatoes lengthwise and loosen the flesh with a fork. Spoon beans inside, scatter cheddar over the hot filling, and add yogurt and scallions just before serving.

Cook's tip

The stated microwave timing assumes about 1,000 watts; lower-power machines will need more time.

Substitution

Use large baking potatoes instead of sweet potatoes and cook until a knife enters easily.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3-4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

milk

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Dinner that fits your counter.

A compact kitchen can still support a varied dinner rotation. Small Kitchen Cooking offers twelve modest meals, mostly for two people, with the appliance and pan choice made clear. One Burner Lemon Chicken and Spinach uses a ten-inch skillet; Peas and Paneer Skillet brings a different sauce to the same kind of tool; Shrimp Corn Polenta Skillet builds the meal in stages. Other recipes use a microwave, kettle, or small saucepan. Learn how to arrange one clear work area and coordinate the parts of a meal without crowding the pan. Includes two menus and a first-menu shopping list. Original recipe development edition; not kitchen-tested.

- Mostly two-person meals suited to a ten-inch skillet or two-quart saucepan.
- Clear burner, microwave, or electric-kettle choices stated in individual recipes.
- Work-area and staged-cooking techniques, two menus, and a first-menu shopping list.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Shrimp Corn Polenta Skillet

AI-generated realistic food artwork