



hoisin glazed salmon with roasted vegetable fried brown rice

Bake salmon at 400 degrees for 10 minutes

Reheat rice in microwave

Finish with squeezed lemon

turkey & roasted red pepper meatballs with marinara & crispy polenta cake

Reheat meatballs and polenta cake at 400 degrees for 12 minutes

roasted tomatillo skirt steak with chipotle potatoes & corn salsa

Bake skirt steak and potatoes at 400 degrees for 12 minutes

Top with corn salsa

grilled greek pork tenderloin with twice baked sweet potato & tzatziki

Bake pork and potato at 400 degrees for 15 minutes

Top with tzatziki sauce

chicken & shrimp paella

Bake paella at 400 degrees for 15 minutes

Bake shrimp at 400 degrees for 5 minutes

Finish with squeezed lemon