



15 Easy Dinners  
for Weeknights

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# The Sheet Pan Meal

4 chicken breasts  
2 sweet potatoes, or russet, cubed  
1 red onion, chopped  
1-2 crowns of broccoli, cut  
~1T EVOO  
Salt / pepper  
garlic powder

\*Substitute beef, porkchops, cubed turkey kielbasa or chicken thighs for the chicken  
\*Substitute any veggies you have, or even frozen

\*Pro tip. Do not put salmon or fish with veggies, they tend to release water when you cook them.

\*Flavor Option: You can also substitute the EVOO for the following. Toss with either chicken or the turkey kielbasa. Use russet potatoes with this sauce vs sweet.

4 t olive oil  
1 T balsamic vinegar  
2 tsp Dijon mustard  
3/4 t. kosher salt  
1/4 tsp black pepper  
1/4 t. red pepper flakes

- Pre-heat oven to 400.
- Cut veggies while oven heats up. Cut everything and put in a large bowl. Add EVOO and toss the veggies.
- Cover the sheet pan with parchment paper to save time on clean up.
- Add veggies to pan and raw meat.
- Season with salt, pepper and garlic powder
- Bake for 20-25 minutes and check for doneness

\*Chicken is cooked at 165 degrees



## 3 Sheet Pan Salmon Recipe Options

### Dijon Balsamic Salmon

4 Salmon filets  
~1-2 t. Minced garlic  
~1t Dijon mustard per filet  
Balsamic vinegar  
Salt / Pepper

Spread Dijon mustard over the filets. Sprinkle with minced garlic and cover generously with balsamic vinegar. Season with salt/pepper.

### Lemon Chili Powder

4 Salmon filets  
Lemon juice to cover each filet  
~1/2 t. Chili powder per filet  
Salt / Pepper

Drizzle lemon juice over filets. Sprinkle with chili powder (this does NOT make them hot & spicy). Season with salt/pepper.

### Asian Salmon

4 Salmon filets  
Ginger paste ~1" per filet  
Soy Sauce

Spread ginger paste over filets. ~ a 1" strip on each. Generously splash soy sauce over each.

- Pre-heat oven to 400.
- Cover sheet pan with foil and parchment for easy clean up. Add salmon and toppings
- On a second sheet pan add veggies, or serve a salad and a rice bag
- Bake for 12-15 minutes depending on how done you like your salmon.



## BBQ Pulled Pork in the Crockpot

2 Pork Tenderloins  
2 T Minced garlic  
1 diced onion  
1 bottle of Stubbs Original BBQ Sauce  
Salt / Pepper



- Place pork on bottom of crockpot.
- Add onion and garlic
- Use entire bottle of BBQ sauce
- Cook on high for 7+ hours
- Shred pork and put back into the crockpot.
- Serve with buns, a salad or a side of your choice

# Santa Fe Chicken

1 1/2 lbs chicken breast  
1 can diced tomatoes with mild green chilies  
15 oz can black beans  
8 oz frozen corn or 1 can, drained  
1/4 cup chopped fresh cilantro  
14.4 oz can fat free chicken broth  
1 onion, chopped  
1 tsp garlic powder  
1 tsp onion powder  
1 tsp cumin  
1 tsp cayenne pepper (to taste)  
salt to taste



- Everything in the crockpot
- Cook on low for 8-10 hours or on high for 6 hours
- Remove chicken, shred it and return to crockpot.
- Serve over rice, on tortillas or on its own.
- Garnish with sour cream or plain Greek yogurt, green onions or with salsa verde or avocado salsa.

## White Chicken Chili

2lbs chicken breast  
1 onion, diced  
½-1 jalapeño, seeded and minced. Optional  
2 t. minced garlic  
1 t. cumin  
½ t. oregano  
½ t. garlic powder  
2 cans green chilis  
1 c. salsa verde  
2 cans cannelloni beans, drained/rinsed



- Everything in the crockpot
- Cook on low for 8-10 hours or on high for 6 hours
- Shred chicken and return to crockpot
- Garnish with toppings of your choice: lime juice, sour cream or plain Greek yogurt, green onions, shredded cheese or tortilla strips

# Potato Soup

(2) 20 oz. bags\* Simply Potatoes  
~30 oz. organic chicken broth (1 box)  
(2) 10-3/4 oz. cans 98% fat free cream of  
chicken soup or cream of mushroom soup  
1 chopped onion  
1/2 tsp. pepper  
(1) 8 oz. package 1/3 less fat cream cheese  
1/4 c. bacon bits



- Put potatoes through pepper in the crockpot
- Cook on high for 4-5 hours
- Add cream cheese. Whisk in.
- Cook additional 30 minutes to heat through.
- Serve with bacon bits or green onions.

# Crockpot Chicken Paprikash

4 c. sliced mushrooms (purchase sliced)  
1 onion, chopped  
2 t. minced garlic  
1 red pepper, diced  
1-2 T paprika  
salt/pepper  
1 c. chicken broth  
2 lbs boneless chicken breasts  
½ c. flour  
1 c. sour cream or plain Greek yogurt



- Mushrooms through chicken in crockpot on high for 5-6 hours.
- Mix the flour with the sour cream /yogurt (so it doesn't curdle).
- Stir into crockpot and heat for ~10 minutes
- Serve alone, over rice or egg noodles



# Roasted Lemon Rosemary Chicken

Whole Chicken  
1 lemon  
1 package rosemary sprigs  
Minced garlic  
EVOO  
Salt/pepper  
~1t.Sage



- Pre-heat oven to 400
- Remove giblets and rinse out cavity of bird.
- Rub chicken with EVOO, salt and sage
- Stuff chicken with minced garlic, whole rosemary sprigs and lemon halves
- Cook for 15 minutes, then without opening oven, turn heat down to 350.
- Cook 20 minutes per pound, or until internal temperature of 165.
- Cover with foil and let juices redistribute for 10 minutes. Don't skip this part!

\*You can add quartered potatoes and baby carrots to this for a complete meal.

## Crockpot Beef Tenderloin

~2lbs beef tenderloin  
Tall can mushrooms, drained  
~2 t. minced Garlic  
1 Chopped onion  
1 Pkg Lipton Onion soup mix  
~1 c. Red wine optional  
~1 c Water if no wine is used  
2 cubed potatoes  
½ bag baby carrots



- Everything but veggies in crockpot.
- Cook on low 8-10 hours, or on high for 6 hours

## Crockpot Italian Beef Sandwiches

2 chuck roasts, trimmed well  
2 pkgs Lipton French onion soup mix  
2 t. minced garlic  
~2c beef broth  
Giardiniera



- Put everything in the crockpot on low for 8+ hours.
- Shred the beef and return to crockpot.
- Serve with French bread or buns and giardiniera.
- Add a fresh or bag salad kit.

# Crockpot Chicken Corn Chowder

~1T EVOO  
2 lbs chicken breast  
1 onion, chopped  
2 celery, chopped  
2 t. minced garlic  
1 box chicken broth  
2 potatoes, chopped  
1 can corn, drained  
1 t. dried thyme  
salt/pepper



- Put everything in the crockpot on low for 7-8 hours.
- I also love this thicker, so I put 3 c. in a blender until smooth, and then return to crockpot and stir in.

# Turkey Slaw

1 onion, diced  
EVOO  
1 lb ground turkey  
2 t. minced garlic  
1 bag coleslaw  
1 bag broccoli slaw

1/2 t ginger paste  
1T olive oil  
1/4 c soy sauce  
1 t sesame oil optional, but delish  
1t apple cider vinegar, can substitute red wine vinegar  
1 t Siracha, optional  
Salt/pepper to taste



- Sauté onion in EVOO
- Brown 1 lb of ground turkey in onion and add minced garlic.
- Add coleslaw and broccoli slaw and sauté
- While that is cooking, mix sauce
- Toss both together.
- Serve with few chopped peanuts, optional

## Greek Burger

1 lb ground turkey or hamburger

1 egg white

3T feta cheese is a nice touch

1 t minced garlic

~1/2 c fresh spinach chopped (or frozen)

Package of tzatziki

Tomato slices

Red onion slices



- Mix burger through spinach in a bowl and form burgers.
- Sauté or grill
- Serve with tzatziki, tomato slices and onion

## No-Cook Chicken Bowls

Rotisserie or cooked chicken, chopped  
1-2 avocados, diced or guacamole  
Cherry tomatoes, halved  
Green onions, chopped  
1 package goat cheese  
1 rice bag  
Salt /pepper



- Chop veggies and chicken
- Cook rice bag in microwave
- Combine all but rice in a bowl
- Place rice at bottom of individual bowls
- Top with chicken, veggies and goat cheese
- Optional, serve with sour cream / plain Greek yogurt

# Quiche

1 pkg deep dish pie crusts  
6 eggs  
½ diced onion  
1 crown broccoli  
Deli ham, chopped  
2 c. 2% milk (can use almond milk, but  
add a splash ½ & ½)  
½ pkg shredded cheese  
Paprika



- Preheat the oven to 425
- Chop onion, broccoli and ham and put in the pie crust
- Beat eggs in a bowl and add milk (I use almond with the ½ and ½ because we are not milk lovers here and I never have it in the kitchen)
- Sprinkle with cheese
- Sprinkle with paprika
- Bake at 425 for 15 minutes
- Lower oven temperature to 350 and bake for 30 more minutes

\*You can add any kind of veggies, remove the crust, cheese or the meat. Quiche is very easy to make. I always make two because the pie crust pkg. comes with two and they freeze well.