

6 Dinners Menu (Week of 2/17/25)

1. [Sheet Pan Ranch Pork Chops with Roasted Brussels Sprouts and Red Potatoes](#)
2. [Sheet Pan Greek Chicken Legs with Lemon Potatoes and Green Beans](#)
3. [Sheet Pan Mexican-Style Steak Fajitas](#)
4. [Sheet Pan Teriyaki Chicken Thighs with Broccoli and Carrots](#)
5. [Southwest Steak Salad with Corn and Black Beans*](#)
6. [One-Pot Chicken and Rice](#)

Sheet Pan Ranch Pork Chops with Roasted Brussels Sprouts and Red Potatoes

- 4 bone-in pork chops (1-inch thick)
- 1 lb Brussels sprouts, halved
- 1.5 lbs red potatoes, quartered
- 2 tbsp ranch seasoning mix
- 3 tbsp olive oil
- 1 tsp garlic powder
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Toss potatoes and Brussels sprouts with 2 tbsp olive oil, garlic powder, salt, and pepper
3. Rub pork chops with remaining oil and ranch seasoning
4. Arrange on sheet pan, potatoes and brussels in a single layer with pork on top.
5. Roast ~30 minutes until pork reaches 145°F
6. Optional: Broil 3-5 minutes to brown pork chops

Sheet Pan Greek Chicken Legs with Lemon Potatoes and Green Beans

- 8 chicken legs
- 1.5 lbs baby potatoes, halved
- 1 lb green beans, trimmed
- 2 lemons (1 sliced, 1 juiced)
- 4 tbsp olive oil
- 2 tbsp Greek seasoning
- 4 garlic cloves, minced
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F
2. Toss chicken with 2 tbsp oil, Greek seasoning, half the garlic
3. Toss potatoes with remaining oil, garlic, lemon juice
4. Arrange on pan with lemon slices
5. Roast 25 minutes, add green beans, cook 15 more minutes

Sheet Pan Mexican-Style Steak Fajitas

- 2 lbs flank steak*, sliced
- 3 bell peppers (mixed colors), sliced
- 2 large onions, sliced
- 2 tbsp olive oil
- 2 tbsp fajita seasoning
- Lime wedges for serving
- 8 flour tortillas

**You can also use sirloin, steak tips, tri-tip, or any fairly tender cut of beef. If you want even more tender beef, after you slice it, mix 2 teaspoons of baking soda with 1 cup of water and let the beef sit in the mixture for 5 minutes. Drain, rinse thoroughly, and then proceed with recipe instructions*

Instructions:

1. Preheat oven to 425°F
2. Toss all ingredients except tortillas with oil and seasoning
3. Spread on sheet pan
4. Roast 15-20 minutes, stirring once
5. Save ¼ of the steak for the [Southwest salad](#)
6. Serve with warmed tortillas

Sheet Pan Teriyaki Chicken Thighs with Broccoli and Carrots

- 8 boneless chicken thighs
- 1 lb broccoli florets
- 4 large carrots, diagonal cut
- 1/2 cup teriyaki sauce
- 2 tbsp sesame oil
- 1 tbsp ginger, minced
- 2 cloves garlic, minced
- Sesame seeds for garnish

Instructions:

1. Preheat oven to 425°F
2. Mix teriyaki, sesame oil, ginger, garlic
3. Toss chicken in half the sauce
4. Toss vegetables in remaining sauce
5. Arrange on pan
6. Roast 25-30 minutes

Southwest Steak Salad with Corn and Black Beans

- Cooked Flank Steak from Fajita recipe ($\frac{1}{2}$ - $\frac{3}{4}$ pound)
- 2 hearts romaine, chopped
- 1 can black beans, drained
- 1 can corn, drained
- 1 pint cherry tomatoes, halved
- 1 avocado, diced
- Ranch dressing
- Tortilla strips/chips

Instructions:

1. Layer lettuce, beans, corn, tomatoes
2. Top with the saved steak (from Fajita night)
3. Add avocado and tortilla strips
4. Serve with ranch dressing

One-Pot Chicken and Rice

- 4 chicken thighs (from package used in sheet pan meal)
- 2 cups long-grain rice
- 4 cups chicken broth
- 1 onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 2 tbsp butter
- 2 garlic cloves, minced
- Salt and pepper to taste

Instructions:

1. Brown chicken in butter in a dutch oven or heavy sauce pot
2. Remove chicken, sauté vegetables
3. Add rice, broth, return chicken, bring to a boil then reduce to a simmer
4. Simmer covered 20-25 minutes
5. Rest 10 minutes