

6 Dinners Menu (Week of 2/24/25)

[Sheet Pan Honey-Soy Salmon with Broccoli](#)

[Double-Batch Sheet Pan Lemon Herb Chicken](#)

[Sheet Pan Italian Sausage with Roasted Sweet Potatoes](#)

[Roasted Winter Vegetable Salad with Maple-Dijon Vinaigrette](#)

[Asian Chicken Noodle Bowl](#)

[Black Bean and Sweet Potato Tacos](#)

1. Sheet Pan Honey-Soy Salmon with Broccoli

Ingredients:

- 4 (6 oz) salmon fillets
- 4 cups broccoli florets (~2 heads) (save remaining head for Recipe 5)
- 2 zucchini, sliced
- 3 tablespoons olive oil
- 4 garlic cloves, minced
- 2 tablespoons honey
- 2 tablespoons soy sauce
- 1 lemon, juiced
- Salt and pepper to taste
- Optional: 1.5-2 cups white rice

Directions:

1. Preheat oven to 400°F. Line sheet pan with parchment paper.
2. If preparing rice, prepare according to package instructions**
3. Whisk together 2 tablespoons olive oil, garlic, honey, soy sauce, and lemon juice.
4. Place salmon on pan, brush with sauce.
5. Toss vegetables with remaining oil, S & P and arrange around salmon.
6. Bake 20-25 minutes until salmon is cooked through.

*Serve with rice if desired. If making rice, make double batch for Tuesday dinner

Nutrition per serving: Calories: 390 | Protein: 34g | Carbs: 18g | Fat: 24g

2. Double-Batch Sheet Pan Lemon Herb Chicken

(Makes extra chicken for Recipe 5)

Ingredients:

- 6 chicken breasts (4 for now, 2 for Recipe 5)
- 2 medium zucchini, sliced
- 2 cups cherry tomatoes
- 2 red onions, cut into wedges
- 4 tablespoons olive oil
- 2 lemons (1 sliced, 1 juiced)
- 6 garlic cloves, minced
- 2 teaspoons dried oregano
- Fresh basil leaves (save some for Recipe 3)
- Salt and pepper to taste
- Optional: 1.5-2 cups white rice

Directions:

1. Preheat oven to 400°F. Line two small sheet pans or one large pan with parchment paper.
2. If preparing rice, prepare according to package instructions, or reheat leftover rice from Monday
3. In a bowl, whisk together 2 tablespoons olive oil, lemon juice, garlic, and oregano.
4. Place all chicken breasts on one pan (if using smaller pans you can do chicken on one and veg on another). Brush with herb mixture.
5. Toss vegetables with remaining oil, salt, and pepper. Arrange around chicken on pan (or separate pan).
6. Top with lemon slices and torn basil.
7. Bake for 25-30 minutes until chicken is cooked through.
8. Reserve 2 chicken breasts for Recipe 5.

Nutrition per serving (with vegetables): Calories: 380 | Protein: 35g | Carbs: 12g | Fat: 22g

3. Sheet Pan Italian Sausage with Roasted Sweet Potatoes

(Uses sweet potatoes also needed for Recipe 6)

Ingredients:

- 4 Italian sausage links
- 5 large sweet potatoes, cut into chunks (use half for Recipe 6)
- 2 red onions, sliced
- 4 tablespoons olive oil
- 4 garlic cloves, minced
- 2 teaspoons Italian seasoning
- Fresh basil leaves (leftover from Recipe 2)
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Line a sheet pan with parchment paper.
2. Toss sweet potatoes with 2 tablespoons olive oil, half the garlic, and seasonings.
3. Arrange on pan and bake for 15 minutes.
4. Meanwhile, toss onions with remaining oil, garlic, and seasonings.
5. Add sausages and onions to the pan.
6. Bake additional 20-25 minutes until sausages are cooked through.
7. Serve with fresh torn basil
8. Reserve half the roasted sweet potatoes for Recipe 6.

Nutrition per serving: Calories: 460 | Protein: 19g | Carbs: 35g | Fat: 29g

4. Roasted Winter Vegetable Salad with Maple-Dijon Vinaigrette

Ingredients:

- 2 cups butternut squash, cubed
- 1 red onion, cut into wedges
- 2 pears, sliced
- 6 cups mixed salad greens
- 1/2 cup feta cheese, crumbled
- 1/2 cup pecans, toasted
- 2 tablespoons olive oil (for squash)
- 1/3 cup olive oil (for dressing)
- 3 tablespoons apple cider vinegar
- 3 tablespoons maple syrup
- 1.5 tablespoons Dijon mustard
- Fresh thyme
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Toss squash and onion with 2 tablespoons olive oil, thyme, salt, and pepper and place on a parchment lined sheet pan.
2. Roast vegetables for 25-30 minutes until tender and caramelized.
3. Toast pecans in a dry pan on stove top until fragrant, about 5 minutes.
4. Whisk together remaining olive oil, apple cider vinegar, maple syrup, Dijon mustard, salt, and pepper.
5. Arrange greens on plates, top with roasted vegetables, pear slices, feta, and pecans.
6. Drizzle with vinaigrette just before serving.

Nutrition per serving: Calories: 350 | Protein: 8g | Carbs: 32g | Fat: 24g

5. Asian Chicken Noodle Bowl

(Uses pre-cooked chicken from Recipe 2, or can be cooked fresh)

Ingredients:

- 2 pre-cooked chicken breasts from Recipe 2, sliced
- 12-16 oz rice noodles
- Remaining broccoli florets from Recipe 1
- 3 carrots, julienned
- 1 1/2 red bell peppers, sliced
- 4 1/2 tablespoons soy sauce
- 3 tablespoons honey
- 3 tablespoons sesame oil
- 3 tablespoons rice vinegar
- 4 garlic cloves, minced
- 1-inch ginger, grated
- Sesame seeds for garnish

Directions:

1. Cook rice noodles according to package instructions.
2. Steam broccoli and carrots until tender-crisp.
3. Reheat Chicken
4. Whisk together soy sauce, honey, sesame oil, vinegar, garlic, and ginger.
5. Toss noodles with sauce, vegetables, and sliced chicken.
6. Garnish with sesame seeds.

Nutrition per serving: Calories: 440 | Protein: 32g | Carbs: 52g | Fat: 16g

6. Black Bean and Sweet Potato Tacos

(Uses pre-roasted sweet potatoes from Recipe 3)

Ingredients:

- 2 (15 oz) cans black beans, drained and rinsed (this will give roughly ½ cup of beans per taco, you can use 1 can for ¼ cup of beans per taco. If using one can just halve seasonings)
- Pre-roasted sweet potatoes from Recipe 3
- 1 red bell pepper, diced
- 1 red onion, diced
- 3 garlic cloves, minced
- 2 tablespoons olive oil
- 2 teaspoons cumin
- 1 teaspoon chili powder
- 8 corn tortillas
- 1 avocado, sliced
- ½ cup feta cheese
- Lime wedges for serving
- Salt and pepper to taste

Directions:

1. Heat oil in large pan. Sauté onion, bell pepper, and garlic until soft.
2. Add beans, cumin, and chili powder. Cook 5 minutes.
3. Warm pre-roasted sweet potatoes in the pan.
4. Heat tortillas.
5. Serve with avocado, feta, and lime wedges.

Nutrition per serving: Calories: 440 | Protein: 16g | Carbs: 65g | Fat: 17g