

6 Dinners Menu (Week of 4/14/25)

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1. Sheet Pan Loaded Beef Nachos

Prep Time: 15 minutes | Cook Time: 20 minutes | Total Time: 35 minutes

Ingredients:

- 1.5 lbs ground beef (cook all, use 3/4 lb for this recipe, reserve 3/4 lb for Recipe 5: Bulgogi Bowls)
- 1 red onion (to share with Recipe 2):
 - 1/2 diced for this recipe
 - 1/2 thinly sliced for Recipe 2 (Pizza)
- 3 cloves garlic, minced
- 1 packet (1.25 oz) taco seasoning
- 1 (15 oz) can black beans, drained and rinsed
- 1 large bag tortilla chips (13-16 oz)
- 2 cups Mexican blend shredded cheese
- 1/4 cup fresh cilantro, chopped (save some for Recipe 4: Mango Salsa)
- Optional toppings (if budget allows): diced tomato, sour cream, lime wedges, hot sauce

Directions:

1. Preheat oven to 400°F. Line a large sheet pan with parchment paper.
2. In a large skillet over medium-high heat, cook the entire 1.5 pounds of ground beef and the diced half red onion until beef is browned and onion is softened, about 5-7 minutes.
3. Remove half of the cooked beef mixture (about 3/4 lb) and refrigerate for Recipe 5 (Bulgogi Bowls).
4. Add garlic to the remaining beef in the skillet and cook for 1 minute until fragrant.
5. Stir in taco seasoning and 1/4 cup water. Simmer for 2-3 minutes until slightly thickened.
6. Stir in black beans and cook for an additional 2 minutes to heat through.
7. Spread tortilla chips in an even layer on the prepared sheet pan.
8. Spoon the beef mixture evenly over the chips.
9. Sprinkle shredded cheese over the top.
10. Bake for 10-12 minutes until cheese is melted and bubbly.
11. Top with any optional toppings if using.

Nutrition per serving:

- Calories: 510, Protein: 29g, Carbs: 42g, Fat: 26g

2. Mediterranean Sheet Pan Pizza with Rotisserie Chicken

Prep Time: 20 minutes | Cook Time: 15 minutes | Total Time: 35 minutes

Ingredients:

- 1 lb store-bought pizza dough, room temperature
- 3 tablespoons olive oil, divided
- 3 cloves garlic, minced
- 1 cup marinara sauce
- 2 cups shredded mozzarella cheese
- 1/2 rotisserie chicken, meat shredded (reserve other half for Recipe 6)
- 1/2 red onion, thinly sliced (reserved from Recipe 1)
- 1 teaspoon Italian seasoning
- 1/2 teaspoon red pepper flakes (optional)

Directions:

1. Preheat oven to 450°F. Line a sheet pan with parchment paper and drizzle with 1 tablespoon olive oil.
2. On a lightly floured surface, stretch or roll the pizza dough into a rectangle to fit the sheet pan. Transfer to the prepared pan.
3. Mix 1 tablespoon olive oil with half of the minced garlic. Brush over the dough.
4. Spread marinara sauce evenly over the dough, leaving a 1/2-inch border.
5. Sprinkle with mozzarella cheese, then top with shredded chicken and thinly sliced red onion.
6. Sprinkle with Italian seasoning and red pepper flakes if desired.
7. Bake for 12-15 minutes until crust is golden and cheese is bubbly.
8. Slice and serve.

Nutrition per serving:

- Calories: 490
- Protein: 30g
- Carbs: 48g
- Fat: 22g

3. Roasted Vegetable and Chickpea Grain Bowls

Prep Time: 15 minutes | Cook Time: 25 minutes | Total Time: 40 minutes

Ingredients:

- 2 (15 oz) cans chickpeas, drained and rinsed
- 3 large sweet potatoes, cubed
- 1 red onion (to share with Recipe 4):
 - 1/2 cut into wedges for this recipe
 - 1/2 to be used in Recipe 4
- 3 tablespoons olive oil, divided
- 4 cloves garlic, minced
- 1 teaspoon Italian seasoning
- 2 tablespoons vinegar (white or apple cider)
- 2 tablespoons honey
- 1.5 cups white rice (dry), cooked according to package directions (you can double up and cook 3 cups dry if you are making recipe 4 or recipe 5 as well this week)
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a large sheet pan with parchment paper.
2. In a small bowl, whisk together 2 tablespoons olive oil, 2 cloves minced garlic, vinegar, and honey to make a simple glaze.
3. Pat chickpeas dry with paper towels. In a large bowl, toss chickpeas, sweet potatoes, and red onion wedges with remaining olive oil, remaining garlic, Italian seasoning, salt, and pepper.
4. Spread vegetables and chickpeas on the sheet pan in a single layer. Drizzle half of the glaze over everything.
5. Roast for 25-30 minutes, stirring halfway through, until vegetables are tender and chickpeas are crispy.
6. Meanwhile, cook rice according to package directions.
7. Serve roasted vegetables and chickpeas over rice, drizzled with the remaining glaze.

Nutrition per serving:

- Calories: 450, Protein: 15g, Carbs: 70g, Fat: 15g

4. Blackened Fish with Mango Salsa and Rice

Prep Time: 20 minutes | Cook Time: 20 minutes | Total Time: 40 minutes

Ingredients:

For the fish:

- 4 (6 oz) white fish fillets (tilapia, cod, or mahi-mahi)
- 2 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon red pepper flakes (optional)
- Salt and pepper to taste

For the mango salsa:

- 2 ripe mangoes, diced
- 1/2 red onion, finely diced (reserved from Recipe 3)
- 2 tablespoons fresh cilantro, chopped (reserved from Recipe 1)
- 1 tablespoon vinegar (white or apple cider)
- Salt to taste

For serving:

- 1.5 cups white rice, cooked according to package directions (or leftover rice)

Directions:

1. Cook rice according to package directions.
2. While rice cooks, prepare the mango salsa: In a medium bowl, combine mango, diced red onion, cilantro, and vinegar. Season with salt to taste. Set aside.
3. Mix all spices for the fish seasoning in a small bowl.
4. Pat fish fillets dry and brush both sides with olive oil.
5. Rub the seasoning mixture generously on both sides of the fish.
6. Heat a large skillet over medium-high heat. Cook fish for 3-4 minutes per side, until fish is opaque and flakes easily with a fork.
7. Serve fish over rice, topped with mango salsa.

Nutrition per serving:

- Calories: 430, Protein: 32g, Carbs: 50g, Fat: 12g

5. Easy Ground Beef Bulgogi Bowls

Prep Time: 20 minutes | Cook Time: 15 minutes | Total Time: 35 minutes

Ingredients:

For the beef:

- Reserved 3/4 lb cooked ground beef from Recipe 1
- 1/4 cup soy sauce
- 2 tablespoons brown sugar (or honey)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated (or 1 tsp ground ginger)
- 1/4 teaspoon black pepper
- 1 tablespoon vegetable oil

For the quick pickled onions:

- 1 red onion (to share with Recipe 6):
 - 1/2 thinly sliced for this recipe
 - 1/2 reserved for Recipe 6
- 1/4 cup vinegar (white or apple cider)
- 1 teaspoon sugar
- 1/2 teaspoon salt

For serving:

- 1.5 cups white rice, cooked according to package directions (or leftover rice)
- Optional: frozen peas or other vegetables you have on hand

Directions:

1. Make the sauce: In a small bowl, combine soy sauce, brown sugar, olive oil, garlic, ginger, and black pepper.
2. Thinly slice half of the red onion for the pickled onions.
3. Make quick pickled onions: Combine vinegar, sugar, and salt in a bowl, stirring until dissolved. Add sliced red onion. Let sit for at least 15 minutes.
4. Cook the rice according to package directions if not using leftover rice.
5. In a large skillet, heat vegetable oil over medium-high heat. Add the reserved ground beef and warm through.
6. Pour the sauce over the beef and simmer for 3-4 minutes until slightly thickened.
7. If using frozen peas or other vegetables, add them in with the beef.
8. Serve beef mixture over rice, topped with pickled onions.

Nutrition per serving:

- Calories: 430, Protein: 22g, Carbs: 48g, Fat: 18g

6. Creamy Pasta with Rotisserie Chicken

Prep Time: 15 minutes | Cook Time: 20 minutes | Total Time: 35 minutes

Ingredients:

- 1/2 rotisserie chicken, meat shredded (reserved from Recipe 2)
- 2 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 red onion, diced (reserved from Recipe 5)
- 1 cup heavy cream (or substitute 1 cup milk + 1 tbsp flour)
- 1/2 cup chicken broth (from bouillon cube if needed)
- 1/2 teaspoon Italian seasoning
- 1/2 teaspoon red pepper flakes (optional)
- Salt and pepper to taste
- 12 oz fettuccine or linguine pasta
- Optional: 1 cup frozen peas or spinach

Directions:

1. Cook pasta according to package directions until al dente. Drain and set aside.
2. Heat olive oil in a large skillet over medium heat. Add diced red onion and cook for 2 minutes until softened.
3. Add garlic and cook for 30 seconds until fragrant.
4. Add Italian seasoning and red pepper flakes (if using). Cook for 30 seconds.
5. Pour in chicken broth, scraping up any browned bits from the bottom of the pan.
6. Reduce heat to medium-low and add heavy cream. Simmer for 3-4 minutes until slightly thickened.
7. Add shredded rotisserie chicken and cook until warmed through, about 2-3 minutes.
8. If using frozen vegetables, add them now and cook until heated through.
9. Add cooked pasta to the skillet and toss to coat with the sauce.
10. Season with salt and pepper to taste.

Nutrition per serving:

- Calories: 490
- Protein: 28g
- Carbs: 40g
- Fat: 24g