

6 Dinners Menu (Week of 3/24/25)

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Sheet Pan Dijon-Maple Glazed Salmon with Roasted Brussels Sprouts and Butternut Squash

Ingredients:

- 4 (6 oz) salmon fillets
- 1 lb Brussels sprouts, halved (about 3 cups)
- 1.5 lbs butternut squash, peeled and cubed* (about 3 cups)
- 3 tablespoons olive oil, divided
- 3 tablespoons maple syrup
- 2 tablespoons Dijon mustard
- 2 cloves garlic, minced
- 1 tablespoon whole grain mustard (optional)
- 2 teaspoons apple cider vinegar
- 1 teaspoon dried thyme
- Salt and pepper to taste

**Get pre-cubed, it's worth it*

Directions:

1. Preheat oven to 400°F. Line a sheet pan with parchment paper.
2. In a small bowl, whisk together 1 tablespoon olive oil, maple syrup, Dijon mustard, whole grain mustard (if using), garlic, and apple cider vinegar and set aside.
3. Toss Brussels sprouts and butternut squash with remaining 2 tablespoons olive oil, thyme, salt, and pepper.
4. Arrange vegetables on the sheet pan, place in oven and roast for 15 minutes.
5. Remove pan from oven. Push vegetables to the sides and place salmon fillets in the center.
6. Brush salmon with the maple-Dijon glaze.
7. Return to oven and roast for an additional 12-15 minutes until salmon is cooked through and vegetables are tender.

Nutrition per serving:

- Calories: 410
- Protein: 35g
- Carbs: 25g
- Fat: 22g

Sheet Pan BBQ Chicken Drumsticks with Roasted Potatoes and Broccoli

(Makes extra chicken for Recipe 5)

Ingredients:

- Roughly 16 chicken drumsticks (8 for this meal, 8 reserved for Recipe 5)
- 1.5 lbs baby potatoes, halved
- 4 cups broccoli florets (about 2 heads)
- 4 tablespoons olive oil, divided
- 1 cup BBQ sauce
- 2 teaspoons garlic powder
- 1 teaspoon paprika
- 1 teaspoon dried oregano
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line two sheet pans with parchment paper.
2. In a large bowl, toss all chicken drumsticks with 2 tablespoons olive oil, garlic powder, paprika, oregano, salt, and pepper.
3. Arrange all 16 chicken drumsticks on the first sheet pan, spacing them evenly.
4. Toss potatoes with 1 tablespoon olive oil, salt, and pepper. Arrange on the second sheet pan.
5. Place both pans in the oven and roast for 20 minutes.
6. Meanwhile, toss broccoli with remaining 1 tablespoon olive oil, salt, and pepper.
7. After 20 minutes, remove both pans from oven. Identify 8 drumsticks for this meal (2 per serving) and 8 to reserve for Recipe 5.
8. Brush only the 8 drumsticks for this meal with half of the BBQ sauce (do not brush the 8 drumsticks that will be used for Recipe 5).
9. Add broccoli to the second sheet pan with the potatoes, mixing them together.
10. Return both pans to oven and roast for an additional 15-20 minutes until chicken reaches 165°F and vegetables are tender.
11. Brush the 8 BBQ drumsticks with remaining BBQ sauce before serving (**don't use the same brush as before, or clean the brush in between to ensure no cross-contamination**).
12. Reserve the 8 plain drumsticks (without BBQ sauce) for Recipe 5.

Nutrition per serving:

- Calories: 520, Protein: 38g, Carbs: 35g, Fat: 26g

Stuffed Bell Peppers

Ingredients:

- 4 large bell peppers (any color), tops removed and cored
- 1 lb ground beef (85% lean)
- 1 cup white rice
- 1 yellow onion, finely chopped
- 3 cloves garlic, minced
- 1 (14.5 oz) can diced tomatoes, drained (reserve 1/4 cup liquid)
- 1 (8 oz) can tomato sauce
- 2 tablespoons tomato paste
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried Italian seasoning
- 1 cup shredded mozzarella cheese, divided
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste

Directions:

1. Preheat oven to 375°F.
2. Cook rice according to package directions.
3. Bring a large pot of water to a boil. Blanch the bell peppers for 3-5 minutes until slightly softened. Drain and set aside.
4. In a large skillet, cook ground beef and onion over medium heat until beef is browned and onion is translucent, about 5-7 minutes. Drain excess fat.
5. Add garlic and cook for 1 minute until fragrant.
6. Stir in drained diced tomatoes, tomato paste, tomato sauce, Worcestershire sauce, and Italian seasoning. Simmer for 5 minutes.
7. Remove from heat and stir in cooked rice (use your judgement on how much rice to add) and half of the mozzarella cheese. Season with salt and pepper.
8. Stand peppers upright in a 9x13 baking dish. Spoon beef and rice mixture into each pepper.
9. Pour reserved tomato liquid around the peppers in the dish.
10. Cover with foil and bake for 25 minutes.
11. Uncover, sprinkle with remaining mozzarella cheese, and bake for an additional 10 minutes until peppers are tender and cheese is melted and bubbly. Garnish with parsley

Nutrition per serving:

- Calories: 420
- Protein: 30g
- Carbs: 26g
- Fat: 23g

Spring Vegetable Pasta Primavera

Ingredients:

- 1 lb penne pasta
- 1 bunch asparagus, cut into 1-inch pieces
- 1 cup frozen peas
- 2 carrots, julienned
- 1 zucchini, diced
- 1 yellow squash, diced
- 1 red bell pepper, diced
- 1/2 red onion, thinly sliced
- 4 cloves garlic, minced
- 3 tablespoons olive oil
- 1/4 cup white wine (or vegetable broth)
- 1/2 cup heavy cream
- 1/2 cup grated Parmesan cheese
- 2 tablespoons fresh basil, chopped
- 1 lemon, zested and juiced
- Red pepper flakes to taste (optional)
- Salt and pepper to taste

Directions:

1. Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. In the last 2 minutes of cooking, add asparagus and peas. Drain, **reserving 1/2 cup pasta water.**
2. While pasta is cooking, heat olive oil in a large skillet over medium heat.
3. Add onion, carrots, and bell pepper. Sauté for 3-4 minutes until starting to soften.
4. Add zucchini, yellow squash, and garlic. Cook for another 3-4 minutes.
5. Pour in white wine (or broth) and simmer for 2 minutes.
6. Stir in heavy cream, lemon zest, and lemon juice. Simmer for 2-3 minutes.
7. Add drained pasta, asparagus, and peas to the skillet. Toss to combine, adding reserved pasta water as needed to reach desired consistency.
8. Remove from heat and stir in Parmesan cheese and basil.
9. Season with salt, pepper, and red pepper flakes if desired.

Nutrition per serving:

- Calories: 480
- Protein: 16g
- Carbs: 65g
- Fat: 19g

Thai Coconut Curry Chicken with Vegetables

(Uses pre-cooked chicken from Recipe 2)

Ingredients:

- 8 pre-cooked plain chicken drumsticks from Recipe 2 (the ones without BBQ sauce), skin removed, meat removed from bones and shredded
- 1 (14 oz) can coconut milk
- 2 tablespoons red curry paste
- 1 tablespoon fish sauce
- 1 tablespoon brown sugar
- 2 tablespoons vegetable oil
- 1 red bell pepper, sliced
- 1 zucchini, sliced
- 1 cup carrots, thinly sliced
- 1/2 red onion, sliced
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 1 lime, juiced
- 2 cups white rice
- 1/4 cup fresh cilantro, chopped
- 2 green onions, sliced
- Optional: 1 red chili, thinly sliced

Directions:

1. Cook rice according to package directions.
2. In a large skillet or wok, heat oil over medium-high heat.
3. Add onion, garlic, and ginger. Sauté for 2 minutes.
4. Add bell pepper and carrots. Cook for 3-4 minutes until starting to soften.
5. Add zucchini and cook for another 2 minutes.
6. Stir in curry paste and cook for 1 minute until fragrant.
7. Pour in coconut milk, fish sauce, and brown sugar. Stir to combine.
8. Bring to a simmer and cook for 5 minutes until vegetables are tender but still crisp.
9. While the sauce simmers, remove the skin from the pre-cooked drumsticks (if not already done), then remove the meat from the bones and shred it.
10. Add shredded chicken to the curry and simmer for another 3-4 minutes to heat through.
11. Stir in lime juice.
12. Serve over rice, garnished with cilantro, green onions, and red chili if desired.

Nutrition per serving:

- Calories: 550, Protein: 38g, Carbs: 58g, Fat: 24g

Skillet Pork Chops with Apple and Sweet Potato Hash

Ingredients:

- 4 bone-in pork chops (about 1-inch thick)
- 2 large sweet potatoes, cubed
- 2 apples, diced
- 1 red onion, diced
- 2 tablespoons olive oil
- 2 tablespoons butter
- 4 cloves garlic, minced
- 2 teaspoons fresh thyme leaves (or 1 teaspoon dried)
- 1 teaspoon ground cinnamon
- 1/4 cup apple cider (or chicken broth)
- 2 tablespoons maple syrup
- Salt and pepper to taste

Directions:

1. Season pork chops generously with salt and pepper on both sides.
2. Heat 1 tablespoon olive oil in a large skillet over medium-high heat.
3. Sear pork chops for 3-4 minutes per side until golden brown but not fully cooked. Remove from skillet and set aside.
4. In the same skillet, add the remaining olive oil and butter.
5. Add sweet potatoes and onion. Cook for 10-12 minutes, stirring occasionally, until potatoes are nearly tender. (Sweet potatoes take longer to cook than regular potatoes.)
6. Add apples, garlic, thyme, and cinnamon. Cook for another 3-4 minutes until apples begin to soften.
7. Stir in apple cider and maple syrup, scraping up any browned bits from the bottom of the pan.
8. Return pork chops to the skillet, nestling them into the hash.
9. Cover and reduce heat to medium-low. Cook for 5-7 minutes until pork reaches an internal temperature of 145°F and sweet potatoes are completely tender.
10. Let rest for 5 minutes before serving.

Nutrition per serving:

- Calories: 460
- Protein: 32g
- Carbs: 38g
- Fat: 22g