

6 Dinners Menu (Week 16)

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Sheet Pan BBQ Chicken Thighs with Corn and Zucchini

(Makes extra chicken for Recipe 3)

Ingredients:

8 bone-in, skin-on chicken thighs (4 for dinner, 4 for Recipe 3)

4 ears fresh corn, husked and cut into rounds

2 medium zucchini, sliced thick

1 red onion, cut into wedges

3 tablespoons olive oil

1/3 cup BBQ sauce

1 tablespoon brown sugar

1 tablespoon paprika

1 teaspoon garlic powder

1 teaspoon onion powder

Salt and pepper to taste

Directions:

Preheat oven to 425°F. Line a sheet pan with parchment paper.

Mix brown sugar, paprika, garlic powder, onion powder, salt, and pepper for dry rub.

Rub spice mixture all over all 8 chicken thighs. Place on sheet pan.

Toss vegetables with olive oil, salt, and pepper. Add to pan around chicken.

Bake for 30 minutes. Brush all chicken thighs with BBQ sauce and bake 10 more minutes until internal temperature reaches 165°F.

Reserve 4 chicken thighs for Recipe 3 (shred when cool).

Nutrition per serving: Calories: 450 Protein: 32g Carbs: 25g Fat: 26g

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Garlic Butter Shrimp with Lemon Rice Pilaf

(Makes extra shrimp and rice for Recipe 5)

Ingredients:

2 lbs medium shrimp, peeled and deveined (1 lb for dinner, 1 lb for Recipe 5)

3 cups white rice (1.5 cups for dinner, 1.5 cups reserved for Recipe 5)

6 cups chicken broth

1 lb green beans, trimmed

4 tablespoons butter, divided

3 tablespoons olive oil, divided

6 cloves garlic, minced, divided

2 lemons (1 juiced, 1 sliced)

1/4 cup fresh parsley, chopped

1 teaspoon dried oregano

Salt and pepper to taste

Directions:

Heat 1 tablespoon olive oil and 1 tablespoon butter in large saucepan. Add all 3 cups rice, stir 2 minutes.

Add broth and bring to boil. Reduce heat, cover, simmer 18 minutes.

Reserve 1.5 cups cooked rice for Recipe 5.

Steam green beans until tender-crisp, about 5 minutes.

Heat 2 tablespoons olive oil in large skillet over medium-high heat.

Season all 2 lbs shrimp with salt, pepper, and oregano. Cook 1 lb for dinner (2-3 minutes per side until pink). Set aside remaining 1 lb for Recipe 5.

In same pan, melt remaining butter with half the garlic and lemon juice.

Fluff rice with fork, stir in parsley and lemon juice.

Serve 1 lb shrimp over rice with green beans, drizzled with garlic butter.

Nutrition per serving:

Calories: 420

Protein: 35g

Carbs: 45g

Fat: 14g

Pulled Chicken and White Bean Salad

(Uses pre-cooked chicken from Recipe 1)

Ingredients:

4 cooked chicken thighs from Recipe 1, shredded
2 (15 oz) cans cannellini beans, drained and rinsed
1 cucumber, diced
1 pint cherry tomatoes, halved
1/2 red onion, thinly sliced
1/2 cup kalamata olives, pitted
4 oz feta cheese, crumbled
1/4 cup fresh basil, torn
2 tablespoons fresh parsley, chopped

Dressing:

1/3 cup olive oil
3 tablespoons red wine vinegar
1 tablespoon Dijon mustard
2 cloves garlic, minced
1 teaspoon dried oregano
Salt and pepper to taste

Directions:

Remove skin and bones from cooked chicken thighs and shred meat into bite-sized pieces.

In a large bowl, combine shredded chicken, beans, cucumber, tomatoes, red onion, and olives.

Add feta cheese and fresh herbs.

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In small bowl, whisk together all dressing ingredients.

Pour dressing over salad and toss gently.

Let marinate 15 minutes before serving.

Nutrition per serving:

Calories: 440

Protein: 35g

Carbs: 32g

Fat: 22g

Ground Beef Stroganoff

Ingredients:

1.5 lbs ground beef (80/20)
12 oz egg noodles
8 oz mushrooms, sliced
1 large onion, diced
3 cloves garlic, minced
3 tablespoons flour
2 cups beef broth
1 cup sour cream
2 tablespoons Worcestershire sauce
2 tablespoons vegetable oil
1 tablespoon butter
1/4 cup fresh parsley, chopped
Salt and pepper to taste

Directions:

Cook egg noodles according to package directions.

Heat oil in large skillet over medium-high heat. Brown ground beef, breaking up with spoon. Remove and set aside.

Add butter to same pan. Sauté onions and mushrooms until softened, about 5 minutes.

Add garlic, cook 1 minute. Sprinkle with flour, cook 1 minute.

Gradually whisk in broth and Worcestershire sauce. Simmer 5 minutes.

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Return beef to pan, simmer 3 minutes.

Remove from heat, stir in sour cream.

Serve over noodles, garnished with parsley.

Nutrition per serving:

Calories: 580

Protein: 38g

Carbs: 48g

Fat: 26g

Cajun Shrimp Tacos with Cilantro-Lime Rice

(Uses pre-cooked shrimp and rice from Recipe 2)

Ingredients:

1 lb cooked shrimp from Recipe 2

1.5 cups cooked rice from Recipe 2

8 corn tortillas

2 cups shredded cabbage

1 red bell pepper, diced

1 avocado, sliced

1/4 cup cilantro, chopped

2 limes (1 juiced, 1 cut into wedges)

1/4 cup Mexican crema or sour cream

2 tablespoons Cajun seasoning

1/2 teaspoon garlic powder

Salt and pepper to taste

Slaw:

2 tablespoons lime juice

1 tablespoon olive oil

1 teaspoon honey

Salt and pepper

Directions:

Toss cooked shrimp with Cajun seasoning and garlic powder. Heat in skillet for 2 minutes to warm and coat with spices.

Reheat reserved rice in microwave. Stir in half the cilantro and lime juice.

For slaw: mix cabbage and bell pepper with lime juice, olive oil, honey, salt, and pepper.

Warm tortillas in dry skillet or microwave.

Assemble tacos: rice, seasoned shrimp, slaw, avocado, crema.

Serve with remaining cilantro and lime wedges.

Nutrition per serving (2 tacos):

Calories: 460 Protein: 32g Carbs: 52g Fat: 16g

Vegetarian Black Bean and Sweet Potato Enchiladas

Ingredients:

2 (15 oz) cans black beans, drained and rinsed

2 large sweet potatoes, cubed

8 flour tortillas

2 (10 oz) cans red enchilada sauce

2 cups Mexican blend cheese, shredded

1 red onion, diced

1 red bell pepper, diced

3 cloves garlic, minced

2 tablespoons olive oil

1 teaspoon cumin

1 teaspoon chili powder

1/2 teaspoon smoked paprika

1/4 cup cilantro, chopped

1 avocado, sliced (for serving)

Salt and pepper to taste

Directions:

Preheat oven to 400°F. Toss sweet potatoes with 1 tablespoon oil, salt, and pepper. Roast 25 minutes until tender.

Reduce oven to 375°F. Grease a 9x13 baking dish.

Heat remaining oil in large skillet. Sauté onion and bell pepper until soft, about 5 minutes.

Add garlic, cumin, chili powder, and paprika. Cook 1 minute.

Add black beans and roasted sweet potatoes. Mash slightly and season with salt and pepper.

Pour 1/2 cup enchilada sauce in bottom of baking dish.

Fill each tortilla with bean mixture and 1/4 cup cheese. Roll and place seam-side down.

Pour remaining sauce over enchiladas, top with remaining cheese.

Bake 20 minutes until bubbly. Garnish with cilantro and serve with avocado.

Nutrition per serving (2 enchiladas):

Calories: 520

Protein: 20g

Carbs: 68g

Fat: 20g