

6 Dinners Menu (Week of 3/10/25)

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Spicy Honey Garlic Salmon with Bok Choy and Sesame Broccoli

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

Ingredients:

- 4 salmon fillets (about 6 oz each)
- 2 heads baby bok choy, halved lengthwise
- 1 large crown broccoli, cut into florets
- 1 red bell pepper, sliced
- 3 tbsp olive oil, divided
- 3 tbsp honey
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 4 cloves garlic, minced, divided
- 1 tbsp fresh ginger, grated
- 1/2 tsp red pepper flakes (adjust to taste)
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 2 green onions, thinly sliced
- Salt and pepper to taste
- Optional: 1 cup jasmine rice or brown rice

Directions:

1. If serving with rice, start cooking according to package directions.
2. Preheat oven to 400°F. Line a sheet pan with parchment paper.
3. In a small bowl, whisk together 1 tbsp olive oil, honey, soy sauce, rice vinegar, half the garlic, ginger, and red pepper flakes.
4. Pat salmon fillets dry and place on one side of the sheet pan.
5. Brush salmon with half of the honey-soy mixture.
6. In a large bowl, toss broccoli with remaining olive oil, remaining garlic, salt, and pepper.
7. Arrange broccoli on the other side of the sheet pan.
8. Roast for 10 minutes.
9. Meanwhile, in the same bowl, toss bok choy and red bell pepper with sesame oil and a pinch of salt.
10. Remove pan from oven, add bok choy and bell pepper to the pan.
11. Brush salmon with remaining honey-soy mixture.
12. Return to the oven and roast for 8-10 minutes more, until salmon is cooked through and vegetables are tender-crisp.
13. Garnish salmon and vegetables with sesame seeds and green onions.
14. Serve over rice if desired.

Sheet Pan Lemon Pepper Chicken Thighs with Roasted Vegetables

(Makes extra chicken for Recipe 4)

Prep Time: 15 minutes **Cook Time:** 35-40 minutes **Total Time:** 50-55 minutes

Ingredients:

- 8 bone-in, skin-on chicken thighs (4 for this meal, 4 for Recipe 4)
- 2 zucchini, sliced
- 2 red bell peppers, sliced
- 1 red onion, cut into wedges
- 4 tbsp olive oil
- 4 cloves garlic, minced
- 2 lemons (1 juiced, 1 sliced)
- 2 tsp dried oregano
- 1 tsp black pepper
- Salt to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. In a small bowl, mix 2 tbsp olive oil, lemon juice, garlic, oregano, black pepper, and salt.
3. Place all chicken thighs on the pan. Brush with the lemon-herb mixture.
4. Top with lemon slices.
5. Bake for 20 minutes.
6. Meanwhile, toss vegetables with remaining olive oil, salt, and pepper.
7. After 20 minutes, add vegetables to the pan around the chicken.
8. Continue baking for 15-20 minutes more until chicken is cooked through (165°F), skin is crispy, and vegetables are tender but not overcooked. You can broil the last 5 minutes to make chicken crispier, if desired
9. Reserve 4 chicken thighs for Recipe 4.

Nutrition per serving:

- Calories: 420
- Protein: 32g
- Carbs: 10g
- Fat: 28g

Tuscan White Bean and Sausage Soup with Kale

(Makes extra sausage for Recipe 6)

Ingredients:

- 1.5 lbs Italian sausage, casings removed (1 lb for this recipe, ½ lb for Recipe 6)
- 2 tbsp olive oil
- 1 onion, diced
- 3 carrots, diced
- 2 celery stalks, diced
- 4 cloves garlic, minced
- 1 tsp dried rosemary
- 1 tsp dried thyme
- ½ tsp red pepper flakes (optional)
- 2 (15 oz) cans white beans (cannellini), drained and rinsed
- 4 cups chicken broth
- 1 (14.5 oz) can diced tomatoes
- 1 bunch kale, stems removed and chopped
- Juice of ½ lemon
- Grated Parmesan cheese for serving
- Crusty bread for serving (optional)
- Salt and pepper to taste

Directions:

1. In a large Dutch oven or pot, heat 1 tbsp olive oil over medium heat.
2. Add all the sausage (1.5 lbs), breaking it apart with a spoon, and cook until browned, about 5-7 minutes.
3. Remove 1/3 of the cooked sausage and refrigerate for Recipe 6.
4. Add remaining olive oil to the pot. Add onion, carrots, and celery, and cook until softened, about 5 minutes.
5. Add garlic, rosemary, thyme, and red pepper flakes, and cook for another minute.
6. Add beans, broth, diced tomatoes.
7. Bring to a boil, then reduce heat and simmer for 15 minutes.
8. Add kale and simmer for another 10 minutes until kale is tender.
9. Stir in lemon juice, and season with salt and pepper to taste.
10. Serve with grated Parmesan and crusty bread if desired.

Nutrition per serving:

- Calories: 380
- Protein: 22g
- Carbs: 38g
- Fat: 17g

Chicken and Broccoli Alfredo Bake

(Uses pre-cooked chicken from Recipe 2)

Serves: 4-6 (good for leftovers)

Prep Time: 15 minutes **Cook Time:** 35 minutes **Total Time:** 50 minutes

Ingredients:

- 4 pre-cooked chicken thighs from Recipe 2, meat removed from bones and chopped (about 2 cups chicken - you can also use shredded rotisserie chicken or any pre-cooked chicken if you didn't double up in recipe 2)
- 12 oz pasta (penne, rotini, or farfalle)
- 4 cups broccoli florets (about 2 small heads)
- 2 cups alfredo sauce (store-bought or homemade)
- 1 cup mozzarella cheese, shredded
- 1/2 cup parmesan cheese, grated
- 1/4 cup sun-dried tomatoes, chopped
- 3 cloves garlic, minced
- 1 tsp Italian seasoning
- Red pepper flakes (optional)
- Salt and pepper to taste

Directions:

1. Preheat oven to 375°F. Grease a 9x13 baking dish.
2. Cook pasta according to package directions until al dente (about 9-11 minutes), adding broccoli for the last 3 minutes. Drain.
3. In a large bowl, combine alfredo sauce, garlic, Italian seasoning, salt, and pepper.
4. Add chopped chicken, pasta, broccoli, and sun-dried tomatoes to the sauce. Toss to combine.
5. Transfer to the prepared baking dish.
6. Top with mozzarella and parmesan cheese.
7. Bake, uncovered, for 20-25 minutes until bubbly and cheese is golden.
8. If desired, sprinkle with red pepper flakes before serving.

Nutrition per serving (for 6 servings):

- Calories: 520
- Protein: 32g
- Carbs: 48g
- Fat: 24g

Ground Beef and Fresh Sweet Potato Tex-Mex Skillet

Prep Time: 15 minutes **Cook Time:** 30 minutes **Total Time:** 45 minutes

Ingredients:

- 1.5 lbs ground beef (80-85% lean)
- 2 large sweet potatoes (about 1.5 lbs total), peeled and cubed into ½-inch pieces
- 1 yellow onion, diced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 2 cloves garlic, minced
- 1 (15 oz) can black beans, drained and rinsed
- 1 (15 oz) can corn, drained
- 1 (10 oz) can diced tomatoes with green chilies (like Ro-Tel)
- 2 tbsp olive oil
- 2 tsp chili powder
- 1 tsp cumin, paprika
- ½ tsp oregano
- ¼ cup water or broth
- 1 avocado, sliced
- ¼ cup fresh cilantro, chopped
- ½ cup shredded cheddar cheese
- Sour cream for serving (optional)
- Lime wedges for serving
- Salt and pepper to taste

Directions:

1. In a large skillet with a lid, heat 1 tbsp olive oil over medium-high heat.
2. Add sweet potatoes and cook for 3-4 minutes, stirring occasionally.
3. Add ¼ cup water or broth, cover, and reduce heat to medium. Steam sweet potatoes until almost tender, about 5-7 minutes.
4. Remove sweet potatoes to a plate and set aside.
5. In the same skillet, heat remaining olive oil over medium-high heat.
6. Add ground beef, breaking up with a spoon, and cook until browned, about 5-7 minutes. Drain excess fat if necessary.
7. Add onion, bell peppers, and garlic. Cook until vegetables begin to soften, about 3-4 minutes.
8. Add chili powder, cumin, paprika, oregano, salt, and pepper. Stir to combine.
9. Return sweet potatoes to the skillet along with black beans, corn, and diced tomatoes with green chilies.
10. Simmer uncovered for 5-7 minutes to blend flavors.
11. Top with shredded cheese and cover until melted, about 2 minutes.
12. Garnish with avocado slices, fresh cilantro, and a dollop of sour cream if desired.

Creamy Pesto Pasta with Sausage and Roasted Tomatoes

(Uses pre-cooked sausage from Recipe 3)

Serves: 4-6 (good for leftovers)

Prep Time: 10 minutes **Cook Time:** 30 minutes **Total Time:** 40 minutes

Ingredients:

- ½ lb pre-cooked Italian sausage from Recipe 3
- 1 lb pasta (penne or fusilli)
- 1 pint cherry tomatoes
- 4 cloves garlic, minced
- ¼ cup basil pesto (store-bought or homemade)
- ½ cup heavy cream
- ¼ cup pasta water (reserved)
- 2 tbsp olive oil, divided
- ¼ cup Parmesan cheese, grated, plus more for serving
- Fresh basil leaves, torn
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Line a baking sheet with parchment paper.
2. Toss cherry tomatoes with 1 tbsp olive oil, half the garlic, salt, and pepper.
3. Spread on the baking sheet and roast for 20 minutes until burst and slightly caramelized.
4. Meanwhile, bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente (about 9-11 minutes), reserving ¼ cup pasta water before draining.
5. In a large skillet, heat remaining olive oil over medium heat.
6. Add pre-cooked sausage and remaining garlic, warm through, about 2-3 minutes.
7. Lower heat, add heavy cream and pesto, stirring to combine.
8. Add roasted tomatoes, drained pasta, and pasta water as needed to reach desired consistency.
9. Toss everything together and heat through.
10. Stir in Parmesan cheese and top with fresh basil.
11. Serve with additional Parmesan if desired.

Nutrition per serving (for 6 servings):

- Calories: 520
- Protein: 18g
- Carbs: 60g
- Fat: 25g