

6 Dinners Menu (Week 17)

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Herb-Crusted Chicken Thighs with Roasted Vegetables

Makes extra chicken for Recipes 3 & 5

Ingredients:

- 12 bone-in, skin-on chicken thighs (4 for this meal, 8 reserved for Recipes 3 & 5)
- 2 lbs baby potatoes, halved
- 1 lb carrots, cut into chunks
- 3 tablespoons olive oil, divided
- 4 cloves garlic, minced
- 2 tablespoons fresh rosemary, chopped
- 1 tablespoon fresh thyme leaves
- 1 lemon, juiced
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Season all 12 chicken thighs with salt and pepper.
2. Mix 1 tablespoon olive oil, garlic, herbs, and lemon juice. Rub on 4 thighs for tonight.
3. Toss potatoes and carrots with remaining oil, salt, and pepper.
4. Roast seasoned chicken with vegetables for 35-40 minutes until chicken reaches 165°F.
5. Store remaining 8 plain chicken thighs for later recipes.

Nutrition per serving: Calories: 480 | Protein: 32g | Carbs: 35g | Fat: 24g

Honey-Soy Glazed Salmon with Coconut Rice

Ingredients:

- 1.5 lbs salmon fillet, cut into 6 portions
- 1.5 cups jasmine rice
- 1 (14 oz) can coconut milk
- 1.5 cups water
- 3 tablespoons honey
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 2 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 2 tablespoons vegetable oil
- 2 green onions, sliced
- 1 tablespoon sesame seeds

Directions:

1. Combine rice, coconut milk, and water in pot. Bring to boil, reduce heat, cover, simmer 18 minutes.
2. Whisk honey, soy sauce, vinegar, garlic, and ginger for glaze.
3. Heat oil in large skillet over medium-high heat.
4. Cook salmon 4-5 minutes per side, brushing with glaze in last 2 minutes.
5. Serve over coconut rice, garnish with green onions and sesame seeds.

Nutrition per serving: Calories: 520 | Protein: 28g | Carbs: 58g | Fat: 22g

One-Pot Chicken and Rice with Vegetables

Uses pre-cooked chicken from Recipe 1

Ingredients:

- 4 pre-cooked chicken thighs from Recipe 1, meat removed and shredded
- 1.5 cups long-grain white rice
- 3 cups chicken broth
- 1 large onion, diced
- 2 celery stalks, diced
- Remaining carrots from Recipe 1, diced
- 3 cloves garlic, minced
- 2 tablespoons butter
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste

Directions:

1. Heat butter in large Dutch oven over medium heat.
2. Sauté onion, celery, and diced carrots until softened, 5 minutes.
3. Add garlic, cook 1 minute.
4. Add rice, broth, thyme, and bay leaf. Bring to boil.
5. Add shredded chicken, reduce heat, cover, simmer 18-20 minutes.
6. Remove bay leaf, fluff with fork, garnish with parsley.

Nutrition per serving: Calories: 450 | Protein: 28g | Carbs: 52g | Fat: 16g

Ground Beef and Bean Chili with Cornbread

Ingredients:

- 2 lbs ground beef (1.5 lbs for this recipe, 0.5 lb reserved for Recipe 6)
- 2 (15 oz) cans kidney beans, drained
- 1 (15 oz) can black beans, drained
- 1 (28 oz) can crushed tomatoes
- 1 large onion, diced (save half for Recipe 6)
- 1 bell pepper, diced (save remaining for Recipe 6)
- 4 cloves garlic, minced
- 2 tablespoons chili powder
- 1 tablespoon cumin
- 1 teaspoon smoked paprika
- 2 tablespoons tomato paste
- 2 cups beef broth
- 1 box cornbread mix
- Salt and pepper to taste

Directions:

1. Brown all 2 lbs ground beef in large pot. Remove 0.5 lb and refrigerate for Recipe 6.
2. Add half the onion and bell pepper to remaining beef, cook 5 minutes.
3. Add garlic, spices, and tomato paste, cook 1 minute.
4. Add tomatoes, beans, and broth. Simmer 30 minutes.
5. Prepare cornbread according to package directions.
6. Serve chili with cornbread.

Nutrition per serving: Calories: 520 | Protein: 35g | Carbs: 45g | Fat: 22g

Mediterranean Chicken and Orzo Salad

Uses pre-cooked chicken from Recipe 1

Ingredients:

- 4 pre-cooked chicken thighs from Recipe 1, meat removed and diced
- 1.5 cups orzo pasta
- 1 English cucumber, diced
- 1 pint cherry tomatoes, halved
- Remaining half onion from Recipe 4, thinly sliced
- 8 oz feta cheese, crumbled
- 1/2 cup kalamata olives
- 1/4 cup fresh parsley, chopped

Dressing:

- 1/3 cup olive oil
- 3 tablespoons red wine vinegar
- 2 teaspoons dried oregano
- 2 cloves garlic, minced
- 1 tablespoon lemon juice
- Salt and pepper to taste

Directions:

1. Cook orzo according to package directions. Drain and cool.
2. Remove skin and dice chicken meat.
3. Combine orzo, chicken, cucumber, tomatoes, onion, feta, and olives.
4. Whisk dressing ingredients together.
5. Toss salad with dressing, garnish with parsley.
6. Chill 30 minutes before serving.

Nutrition per serving: Calories: 480 | Protein: 30g | Carbs: 42g | Fat: 24g

Beef and Mushroom Stroganoff

Ingredients:

- 0.5 lb reserved ground beef from Recipe 4
- 12 oz egg noodles
- 8 oz mushrooms, sliced
- Remaining bell pepper from Recipe 4, sliced
- 1 small onion, sliced
- 3 cloves garlic, minced
- 2 tablespoons flour
- 2 cups beef broth
- 1 cup sour cream
- 2 tablespoons Worcestershire sauce
- 2 tablespoons butter
- 2 tablespoons vegetable oil
- 2 tablespoons fresh dill, chopped
- Salt and pepper to taste

Directions:

1. Cook egg noodles according to package directions.
2. Heat oil and butter in large skillet over medium-high heat.
3. Sauté mushrooms until golden, remove and set aside.
4. Add reserved ground beef, onion, and bell pepper, cook until beef is heated through.
5. Add garlic and flour, cook 1 minute.
6. Gradually add broth and Worcestershire, simmer until thickened.
7. Stir in sour cream and mushrooms, heat through.
8. Serve over noodles, garnish with dill.

Nutrition per serving: Calories: 490 | Protein: 24g | Carbs: 58g | Fat: 20g