

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

[Herb-Crusted Cod with Roasted Potatoes and Green Beans](#)

[Honey-Garlic Chicken Thighs with Sweet Potatoes and Brussels Sprouts](#)

[Mediterranean Orzo Pasta with Roasted Vegetables and Feta](#)

[Southwest Chicken Salad with Black Beans and Avocado](#)

[One-Pot Lemon Herb Chicken with Rice and Vegetables](#)

[Spinach and Mushroom Stuffed Shells](#)

1. Sheet Pan Herb-Crusted Cod with Roasted Potatoes and Green Beans

Ingredients:

- 4 (6 oz) cod fillets (or other white fish like tilapia or haddock)
- 1.5 lbs baby potatoes, halved
- 1 lb green beans, trimmed
- 4 tablespoons olive oil, divided
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 2 cloves garlic, minced
- 1 lemon (half juiced, half sliced)
- 1 teaspoon dried dill (or 1 tablespoon fresh)
- 2 tablespoons panko breadcrumbs
- Salt and pepper to taste

Directions:

1. Preheat oven to 400°F. Line a sheet pan with parchment paper.
2. In a small bowl, mix Dijon mustard, honey, lemon juice, dill, and 1 tablespoon olive oil.
3. Toss potatoes with 2 tablespoon olive oil, salt, and pepper. Arrange on one side of sheet pan.
4. Roast potatoes for 15 minutes.
5. Meanwhile, toss green beans with remaining oil, salt, and pepper.
6. Remove pan from oven, add green beans to the other side of the pan.
7. Place cod fillets in the center of the pan and brush with the Dijon mixture.
8. Sprinkle with panko breadcrumbs for a crispy crust.
9. Top with lemon slices.
10. Return to oven and bake for 10-12 minutes until fish flakes easily with a fork and potatoes are tender.

Nutrition per serving:

- Calories: 380
- Protein: 32g
- Carbs: 30g
- Fat: 16g

2. Sheet Pan Honey-Garlic Chicken Thighs with Sweet Potatoes and Brussels Sprouts

Ingredients:

- "8 skin-on chicken thighs (about 2 lbs) - 4 for this meal, 4 reserved for One-Pot Lemon Herb Chicken
- 3-4 large sweet potatoes, cubed
- 1 lb Brussels sprouts, halved
- 6 tablespoons olive oil
- 4 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon dried thyme
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. In a small bowl, whisk together 2 tablespoons olive oil, garlic, honey, soy sauce, and thyme.
3. Toss sweet potatoes in 2 tbsp oil, salt, and pepper. Arrange on the sheet pan.
4. Place chicken thighs on top and brush 4 with honey-garlic mixture.
5. Roast for 35-40 minutes until chicken is cooked through (165°F) and vegetables are tender.
6. While chicken is cooking, halve and toss brussel sprouts in 2 tbsp oil, salt and pepper.
7. Place brussel sprouts on a small sheet pan, and place in oven once there is 20 minutes left on the chicken
8. Reserve the 4 chicken thighs without the honey glaze for the One-Pot Lemon Herb Chicken recipe.

Nutrition per serving:

- Calories: 480
- Protein: 32g
- Carbs: 38g
- Fat: 25g

3. Mediterranean Orzo Pasta with Roasted Vegetables and Feta

Ingredients:

- 1 lb orzo pasta
- 2 zucchini, diced
- 1 red onion, sliced
- 1 red bell pepper, diced
- 1 pint cherry tomatoes, halved
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 cup feta cheese, crumbled
- 1/4 cup kalamata olives, sliced (optional)
- 2 tablespoons lemon juice
- 1/4 cup fresh basil, chopped
- Salt and pepper to taste

Directions:

1. Preheat oven to 425°F. Line a sheet pan with parchment paper.
2. Toss zucchini, red onion, bell pepper, and cherry tomatoes with 2 tablespoons olive oil, garlic, oregano, salt, and pepper.
3. Spread on the sheet pan and roast for 20-25 minutes until vegetables are tender and slightly caramelized.
4. Meanwhile, cook orzo according to package directions. Drain and transfer to a large bowl.
5. Add roasted vegetables to the orzo, along with remaining olive oil and lemon juice.
6. Gently fold in feta cheese, olives (if using), and fresh basil.
7. Season with additional salt and pepper to taste.
8. Serve warm or at room temperature.

Nutrition per serving:

- Calories: 390
- Protein: 12g
- Carbs: 60g
- Fat: 14g

4. Southwest Chicken Salad with Black Beans and Avocado

Ingredients:

- 1 lb boneless, skinless chicken breasts
- 2 romaine hearts, chopped
- ½-1 can black beans, rinsed and drained
- 1 cup frozen corn, thawed
- 1 red bell pepper, diced
- 1 avocado, sliced
- 1/2 red onion, thinly sliced
- 1/2 cup cilantro, chopped
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- Salt and pepper to taste
- Optional: tortilla strips for garnish

Dressing:

- 1/3 cup lime juice
- 1/2 cup olive oil
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1/2 teaspoon garlic powder
- 1 tablespoon honey (optional, to balance acidity)
- Salt and pepper to taste

Directions:

1. Season chicken breasts with salt, pepper, cumin, and chili powder.
2. Grill or cook chicken in a pan over medium heat until cooked through (165°F), about 6-8 minutes per side.
3. Let chicken rest for 5 minutes, then slice.
4. In a bowl, whisk together lime juice, olive oil, garlic powder, honey, cumin and chili powder.
5. Add chopped romaine, black beans, corn, bell pepper, red onion, and cilantro.
6. Toss to coat with dressing.
7. Top with sliced chicken and avocado.

Nutrition per serving:

- Calories: 420
- Protein: 35g
- Carbs: 30g

5. One-Pot Lemon Herb Chicken with Rice and Vegetables

Ingredients:

- 4 pre-cooked chicken thighs from Sheet Pan Chicken recipe (or 4 fresh chicken thighs)
- 1.5 cups white rice
- 3 cups chicken broth
- 2 carrots, diced
- 2 celery stalks, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tablespoons olive oil
- 1 lemon, juiced and zested
- 1 teaspoon dried thyme
- 1 bay leaf
- 2 tablespoons fresh parsley, chopped
- Salt and pepper to taste

Directions:

1. If using pre-cooked chicken thighs, shred or chop the meat and set aside. If using fresh chicken, season with salt and pepper.
2. Heat olive oil in a large pot or Dutch oven over medium heat.
3. If using fresh chicken, brown on both sides (about 3-4 minutes per side) then remove and set aside.
4. Add onion, carrots, and celery to the pot and sauté until softened, about 5 minutes.
5. Add garlic and cook for another minute.
6. Stir in rice, lemon zest, thyme, and bay leaf.
7. Pour in chicken broth and lemon juice, then bring to a boil.
8. If using fresh chicken, return it to the pot.
9. Reduce heat to low, cover, and simmer for 25-30 minutes until rice is tender and liquid is absorbed, and chicken is cooked through.
10. If using pre-cooked chicken, add it to the pot in the last 5 minutes of cooking to warm through.
11. Remove bay leaf, fluff rice with a fork, and garnish with fresh parsley.

Nutrition per serving:

- Calories: 450
- Protein: 28g
- Carbs: 48g
- Fat: 18g

6. Spinach and Mushroom Stuffed Shells

Ingredients:

- 20 jumbo pasta shells
- 2 cups ricotta cheese
- 1 egg
- 8 oz mushrooms, finely chopped
- 10 oz frozen spinach, thawed and squeezed dry
- 1/2 red onion, diced
- 3 cloves garlic, minced
- 1/2 cup grated Parmesan cheese, divided
- 1/4 cup fresh basil, chopped (or 1 tbsp dried)
- 2 cups marinara sauce
- 1 cup shredded mozzarella cheese
- Salt and pepper to taste
- Red pepper flakes to taste (optional)

Directions:

1. Preheat oven to 375°F. Grease a 9x13 baking dish.
2. Cook pasta shells according to package directions until al dente. Drain and set aside.
3. In a large skillet, sauté onion until soft, about 3 minutes. Add mushrooms and cook until they release their moisture, about 5 minutes.
4. Add garlic and cook for another minute. Remove from heat.
5. In a large bowl, combine ricotta, egg, spinach, mushroom mixture, 1/4 cup Parmesan, basil, salt, pepper, and red pepper flakes if using.
6. Spread 1/2 cup of marinara sauce on the bottom of the baking dish.
7. Fill each pasta shell with about 2 tablespoons of the filling and place in the baking dish.
8. Pour remaining marinara sauce over the shells. Sprinkle with mozzarella and remaining Parmesan.
9. Cover with foil and bake for 25 minutes.
10. Remove foil and bake for an additional 10 minutes until cheese is bubbly and golden.

Nutrition per serving (5 shells):

- Calories: 490
- Protein: 25g
- Carbs: 45g
- Fat: 25g