

6 Dinners Menu (Week 15)

Grilled Honey-Garlic Chicken Thighs with Grilled Vegetables

Grilled Fish Tacos with Cilantro-Lime Slaw

Grilled Italian Sausage and Pepper Pasta

Grilled Chicken and Vegetable Salad with Balsamic Vinaigrette

Grilled Beef Burger Bowls with Sweet Potato Fries

Grilled Sausage and Chicken Skewers with Rice Pilaf

Recipe 1: Grilled Honey-Garlic Chicken Thighs with Grilled Vegetables

Makes extra chicken for Recipe 4

Ingredients:

- 8 bone-in, skin-on chicken thighs (4 for this meal, 4 for Recipe 4)
- 2 zucchini, sliced lengthwise
- 2 red bell peppers, quartered
- 1 red onion, cut into thick slices
- 4 tablespoons olive oil, divided
- 4 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon dried thyme
- Salt and pepper to taste

Directions:

1. Preheat grill to medium-high heat.
2. In a bowl, whisk together 2 tablespoons olive oil, garlic, honey, soy sauce, vinegar, and thyme.
3. Season all 8 chicken thighs with salt and pepper. Brush 4 thighs with honey-garlic mixture (reserve 4 plain for Recipe 4).
4. Toss vegetables with remaining olive oil, salt, and pepper.
5. Grill chicken thighs 6-7 minutes per side until internal temperature reaches 165°F.
6. Grill vegetables 4-5 minutes per side until tender and lightly charred.
7. Reserve 4 plain grilled chicken thighs for Recipe 4.

Nutrition per serving: Calories: 420 | Protein: 32g | Carbs: 18g | Fat: 26g

Recipe 2: Grilled Fish Tacos with Cilantro-Lime Slaw

Ingredients:

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- 1.5 lbs white fish fillets (mahi-mahi, cod, or tilapia)
- 8 corn tortillas
- 4 cups shredded cabbage (green and purple mix)
- 1 carrot, julienned
- 1/4 cup fresh cilantro, chopped (save some for Recipe 5)
- 3 tablespoons olive oil
- 2 limes (1 juiced, 1 cut into wedges)
- 2 tablespoons mayonnaise
- 1 tablespoon honey
- 1 teaspoon cumin
- 1 teaspoon chili powder
- 1 avocado, sliced
- Salt and pepper to taste

Directions:

1. Preheat grill to medium-high heat.
2. Mix cumin, chili powder, salt, and pepper. Rub fish with 1 tablespoon olive oil and spice mixture.
3. For slaw: combine cabbage, carrot, cilantro, lime juice, mayonnaise, honey, salt, and pepper.
4. Grill fish 4-5 minutes per side until it flakes easily.
5. Warm tortillas on grill for 30 seconds per side.
6. Flake fish and serve in tortillas with slaw, avocado, and lime wedges.

Nutrition per serving: Calories: 380 | Protein: 28g | Carbs: 32g | Fat: 18g

Recipe 3: Grilled Italian Sausage and Pepper Pasta

Makes extra sausage for Recipe 6

Ingredients:

- 6 Italian sausage links (4 for this meal, 2 for Recipe 6)
- 12 oz penne pasta
- 2 red bell peppers, sliced (use remaining from Recipe 1)
- 1 red onion, sliced (use remaining from Recipe 1)
- 1 zucchini, sliced (use remaining from Recipe 1)
- 3 tablespoons olive oil
- 3 cloves garlic, minced
- 1/2 cup white wine (or chicken broth)
- 1 (14 oz) can diced tomatoes
- 1/2 cup grated Parmesan cheese
- 2 tablespoons fresh basil, chopped
- Red pepper flakes to taste
- Salt and pepper to taste

Directions:

1. Preheat grill to medium heat.
2. Cook pasta according to package directions until al dente.
3. Grill all 6 sausages 12-15 minutes, turning occasionally, until cooked through.
4. Grill vegetables 4-5 minutes per side until tender.
5. Slice 4 sausages (reserve 2 whole for Recipe 6). Chop grilled vegetables.
6. In a large skillet, heat olive oil and sauté garlic for 30 seconds.
7. Add wine, tomatoes, and red pepper flakes. Simmer 5 minutes.
8. Add pasta, sliced sausage, and grilled vegetables. Toss with Parmesan and basil.

Nutrition per serving: Calories: 520 | Protein: 24g | Carbs: 58g | Fat: 22g

Recipe 4: Grilled Chicken and Vegetable Salad with Balsamic Vinaigrette

Uses pre-grilled chicken from Recipe 1

Ingredients:

- 4 pre-grilled plain chicken thighs from Recipe 1, meat removed and sliced
- 8 cups mixed salad greens
- 1 cucumber, diced
- 1 pint cherry tomatoes, halved
- 1/2 red onion, thinly sliced (use remaining from previous recipes)
- 1/2 cup feta cheese, crumbled
- 1/4 cup toasted pine nuts or walnuts

Balsamic Vinaigrette:

- 1/4 cup balsamic vinegar
- 1/3 cup olive oil
- 1 tablespoon Dijon mustard
- 1 tablespoon honey
- 2 cloves garlic, minced
- Salt and pepper to taste

Directions:

1. Remove skin and bones from grilled chicken thighs and slice the meat.
2. In a small bowl, whisk together all vinaigrette ingredients.
3. In a large bowl, combine salad greens, cucumber, tomatoes, and red onion.
4. Top with sliced chicken, feta cheese, and nuts.
5. Drizzle with vinaigrette just before serving.

Nutrition per serving: Calories: 390 | Protein: 28g | Carbs: 12g | Fat: 28g

Recipe 5: Grilled Beef Burger Bowls with Sweet Potato Fries

Ingredients:

- 1.5 lbs ground beef (80/20)
- 2 large sweet potatoes, cut into fries

- 4 cups mixed greens
- 1 red onion, sliced into rings
- 2 tomatoes, sliced
- 1 avocado, sliced
- 4 slices cheese (cheddar or American)
- 3 tablespoons olive oil
- 1 tablespoon garlic powder
- 1 teaspoon paprika
- 1/4 cup ketchup
- 2 tablespoons mayonnaise
- 1 tablespoon Dijon mustard
- Remaining cilantro from Recipe 2
- Salt and pepper to taste

Directions:

1. Preheat grill to medium-high heat and oven to 425°F.
2. Toss sweet potato fries with 2 tablespoons olive oil, garlic powder, paprika, salt, and pepper. Bake 25-30 minutes.
3. Form ground beef into 4 patties, season with salt and pepper.
4. Brush onion rings with remaining olive oil.
5. Grill burgers 4-5 minutes per side for medium doneness. Add cheese in last minute.
6. Grill onion rings 3-4 minutes per side.
7. In bowls, layer greens, burger patty, grilled onions, tomato, avocado.
8. Mix ketchup, mayo, and mustard for sauce. Serve with sweet potato fries.

Nutrition per serving: Calories: 580 | Protein: 32g | Carbs: 35g | Fat: 36g

Recipe 6: Grilled Sausage and Chicken Skewers with Rice Pilaf

Ingredients:

- 2 pre-grilled Italian sausages from Recipe 3, sliced
- 1 lb boneless chicken thighs, cut into chunks
- 1 zucchini, sliced into rounds

- 1 red bell pepper, cut into chunks
- 1.5 cups white rice
- 3 cups chicken broth
- 1/4 cup slivered almonds
- 2 tablespoons butter
- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 teaspoons dried oregano
- 1 teaspoon garlic powder
- Salt and pepper to taste

Directions:

1. Preheat grill to medium-high heat.
2. For rice pilaf: In a saucepan, melt butter and toast almonds until golden. Add rice and stir 2 minutes. Add broth, bring to boil, reduce heat, cover and simmer 18 minutes.
3. Marinate chicken chunks in 2 tablespoons olive oil, lemon juice, oregano, garlic powder, salt, and pepper for 15 minutes.
4. Thread chicken, sliced sausage, zucchini, and bell pepper onto skewers.
5. Brush vegetables with remaining olive oil.
6. Grill skewers 10-12 minutes, turning occasionally, until chicken reaches 165°F.
7. Serve over rice pilaf.

Nutrition per serving: Calories: 490 | Protein: 35g | Carbs: 42g | Fat: 24g