

6 Dinners Menu (Week of 2/3/25)

1. [Sheet Pan Honey-Garlic Chicken with Broccoli and Sweet Potatoes](#)
2. [Sheet Pan Italian Sausage with Bell Peppers and Onions](#)
3. [Sheet Pan Citrus Salmon with Asparagus and Baby Potatoes*](#)
4. [Mediterranean Chickpea and Feta Salad with Grilled Chicken](#)
5. [Creamy Sausage and Kale Pasta](#)
6. [Dutch Oven Braised Chicken Thighs with Mushrooms and Pearl Onions](#)

**Salmon should be purchased no more than the day before making. Consider making this meal 1st or 2nd in the week, or plan to buy salmon the same day.*

Sheet Pan Honey-Garlic Chicken with Broccoli and Sweet Potatoes

Ingredients:

- 4 chicken breasts* (about 2 lbs)
- 3 large sweet potatoes, cubed
- 2 heads broccoli, cut into florets
- 4 tablespoons olive oil
- 4 cloves garlic, minced
- 3 tablespoons honey
- 2 tablespoons soy sauce
- 1 teaspoon paprika
- Salt and pepper to taste

Instructions:

1. Preheat oven to 425°F
2. Mix honey, 2 tablespoons olive oil, garlic, soy sauce, and paprika
3. Toss sweet potatoes with 1 tablespoon olive oil, salt, and pepper; arrange on one end of sheet pan lined with parchment paper
4. Roast for 15 minutes, take out and flip/stir
5. Place chicken on middle section of pan, brush with honey mixture
6. Toss broccoli with remaining oil, season with salt and pepper, add to remaining space on pan
7. Roast additional 20 minutes until chicken and broccoli is cooked through

* thick chicken breasts can be cut in half like a hamburger bun to reduce cooking time

Sheet Pan Italian Sausage with Bell Peppers and Onions

Ingredients:

- 6 Italian sausage links (about 1.5 lbs)
- 3 bell peppers (mixed colors), sliced
- 2 large onions, sliced
- 4 tablespoons olive oil
- 2 teaspoons Italian seasoning
- 3 cloves garlic, minced
- Salt and pepper to taste
- Optional: 1.5 cup white rice

Instructions:

1. Preheat oven to 400°F
2. If serving with rice, prepare according to package instructions
3. Toss vegetables with oil, garlic, and seasonings
4. On sheet pan (lined with parchment) place vegetables and sausages
5. Roast 30 minutes, flipping sausages halfway

Sheet Pan Citrus Salmon with Asparagus and Baby Potatoes

Ingredients:

- 4 salmon fillets (6 oz each)
- 1.5 lb baby potatoes, halved
- 1 lb asparagus, trimmed
- 1 lemon, sliced
- 3 tablespoons olive oil
- 2 tablespoons butter, melted
- 2 cloves garlic, minced
- 1 tablespoon fresh dill, chopped
- Salt and pepper to taste

Instructions:

1. Preheat oven to 400°F
2. Toss potatoes with 2 tablespoons oil, arrange on pan lined with parchment paper
3. Roast 15 minutes
4. Add asparagus tossed with remaining oil, salt and pepper
5. Combine melted butter, minced garlic in small bowl
6. Place salmon on top of potatoes, brush with butter garlic mixture
7. Top with lemon slices and dill
8. Roast additional 12-15 minutes until salmon is cooked

Mediterranean Chickpea and Feta Salad with Grilled Chicken

Salad Ingredients:

- 2 chicken breasts* (about 1 lb)
- 2 cans chickpeas, drained and rinsed
- 1 English cucumber, diced
- 1 pint cherry tomatoes, halved
- 1 red onion, thinly sliced
- 8 oz feta cheese, crumbled
- 1 cup kalamata olives (optional)
- 2 tbsp olive oil

Dressing Ingredients:

- 1/3 cup olive oil
- 2 tablespoons red wine vinegar
- 1 lemon, juiced
- 1 teaspoon dried oregano
- Salt and pepper to taste

Instructions:

1. In a skillet add 2 tbsp olive oil and cook the chicken seasoned with salt and pepper (5 minutes a side or until done)
2. Combine all salad ingredients
3. Whisk dressing ingredients
4. Toss together and serve

* Thick breasts can be sliced in half like a hamburger bun to reduce cooking time

Creamy Sausage and Kale Pasta

Ingredients:

- 1 lb pasta (penne or rigatoni)
- 1 lb sweet Italian sausage, removed from casings and roughly chopped
- 1 bunch kale, chopped
- 1 yellow onion, diced
- 4 cloves garlic, minced
- 1 cup heavy cream
- 1/2 cup parmesan cheese
- 2 tablespoons olive oil
- Red pepper flakes to taste (optional)
- Salt and pepper to taste

Instructions:

1. Cook pasta according to package directions
2. Brown sausage in large pan, remove
3. Sauté onion and garlic in same pan for 30 seconds
4. Add kale, cook until wilted
5. Return sausage, add cream and cheese
6. Toss with pasta and season to taste

Dutch Oven Braised Chicken Thighs with Mushrooms and Pearl Onions

Ingredients:

- 8 chicken thighs, bone-in, skin-on
- 1 lb mushrooms, quartered
- 1 bag frozen pearl onions
- 4 carrots, chopped
- 4 celery stalks, chopped
- 4 garlic cloves, minced
- 1 cup chicken broth
- 1/2 cup white wine
- 2 tablespoons butter
- 2 tablespoons flour
- Fresh thyme
- Salt and pepper to taste
- Optional: Mashed Potatoes (see note)

Instructions:

1. Season chicken with salt and pepper and lightly brown in Dutch oven (or heavy sauce pot) with the butter
2. Remove chicken, sauté all vegetables except onions
3. Add flour, then remaining liquids
4. Return chicken, simmer covered 45 minutes
5. While this simmers, start the potatoes (if making)
6. Add pearl onions last 15 minutes

Mashed Potatoes (optional):

- 3 pounds white or yellow potatoes, peeled and quartered
- 1 stick butter, cubed
- 1 cup heavy cream
- 1/2 cup sour cream
- Salt & Pepper

Instructions:

1. Boil peeled potatoes until easily pierced with a fork
2. Drain, and return to pot
3. Add butter, and mash with hand mixer or masher
4. Add heavy cream and sour cream and whisk, season w/ S & P