

Quick and Easy Dinner Ideas

Sheet Pan Chicken and Rainbow Vegetables

Ingredients:

- 1 medium sweet potato - scrubbed and diced into 1/2-inch-wide pieces
- 3 tablespoons extra-virgin olive oil - divided
- 1 1/4 teaspoons kosher salt - divided
- 3/4 teaspoon black pepper
- 1 1/4 pounds boneless, skinless chicken breasts - cut into bite-size pieces (about 2 medium breasts)
- 1 small head broccoli - cut into florets (about 2 cups florets)
- 1 red bell pepper - cored and cut into 1/2-inch pieces
- 1 zucchini - halved lengthwise, then cut into 1/2-inch-thick half moons
- 1 yellow squash - halved lengthwise, then cut into 1/2-inch-thick half moons
- Zest and juice of 1 medium lemon
- 2 1/2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/4 cup freshly grated Parmesan cheese



Directions

1. Place a rack in the center of the oven and preheat the oven to 400 degrees F. For easy cleanup, line a large, rimmed baking sheet with foil. Lightly coat the foil with nonstick spray.
2. Place the sweet potatoes in a large bowl. Drizzle with 1 tablespoon olive oil and sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to coat and then spread into a single layer on the baking sheet. Keep the bowl handy. Bake for 10 minutes, or until the sweet potatoes are just beginning to soften on the outsides but are still too firm to eat.
3. Meanwhile, in the bowl that you used previously for the sweet potatoes, place the chicken, broccoli, bell pepper, zucchini, and yellow squash. Drizzle with the remaining 2 tablespoons olive oil. Add the lemon zest and

juice, Italian seasoning, garlic powder, onion powder, and remaining 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat.

4. Transfer the chicken and vegetable mixture to the sheet pan with the sweet potatoes.
5. Return to the sheet pan to the oven and bake for 15-20 additional minutes, stirring once halfway through, until the chicken is cooked through and no longer pink in the middle and the vegetables are tender but not mushy. Sprinkle with Parmesan. Serve hot.

Tandoori Chicken and Vegetables

Mix Together in Instant Pot/Slow Cooker:

- 2 lbs. boneless skinless chicken thighs or breasts
- 2 tablespoons garam masala
- 1 tablespoons chili powder
- 1 tablespoon garlic powder
- 1 tablespoon ground cumin
- 1/2 teaspoons salt
- 2 teaspoons turmeric
- 1/2 teaspoon ground ginger
- 1/2 teaspoon cayenne pepper
- 1 14-ounce can coconut milk (light or full fat can be used)

Instant pot: From frozen, 15 minutes on high pressure + 20 minutes natural release.

Slow cooker: From thawed, 4 hours on high.

Final step: Serve in rice bowls, with roasted vegetables or frozen broccoli, with cauliflower rice, or in fusion-style tacos, burritos, or pita pockets with lettuce and tomato.



Sheet Pan Cashew Chicken

Ingredients:

SAUCE

- 1/2 cup lite soy sauce
- 1/4 cup hoisin sauce
- 2 tablespoons rice wine vinegar
- 3 tablespoons brown sugar (packed)
- 1 tablespoon toasted sesame oil
- 1 teaspoon fresh minced ginger
- 3 cloves garlic (minced)
- 2 tablespoons cornstarch
- 1/2 cup water

CHICKEN AND VEGETABLES

- 2 pounds boneless (skinless chicken breast, cut into 1-inch cubes)
- 1 head broccoli (cut into florets and stems)
- 1 red bell pepper (cut into chunks)
- 2 green bell pepper (cut into chunks)
- 1 cup unsalted roasted cashews (plus extra for serving)



Directions:

1. In a medium saucepan, whisk together sauce ingredients until combined.
2. Bring to a simmer over medium heat, stirring regularly, until sauce thickens.
3. Remove from heat, and set aside.
4. Preheat oven to 400F. Line a large rimmed sheet pan* with parchment paper or a silicone baking mat. Set aside.
5. Place chicken on prepared sheet pan, and drizzle 1/3 sauce over chicken.
6. Toss chicken to coat in sauce.
7. Cook for 8 minutes.
8. Remove pan from oven, and place broccoli, bell peppers, and cashews in a single layer around the chicken.
9. Pour remaining sauce over chicken and veggies; toss to coat.
10. Return pan to the oven, and continue cooking for an additional 8-12 minutes, or until the chicken is cooked through.
11. Serve by itself or over white rice, brown rice, or quinoa.
12. Sprinkle with extra cashews, if desired.

Sheet Pan Chicken Fajitas

Ingredients:

- 2 pounds boneless, skinless chicken breasts, thinly sliced
- 3 bell peppers, thinly sliced
- 1 red onion, thinly spiced
- 3 Tablespoons olive oil
- 1 Tablespoon chili powder
- 1 ½ teaspoons ground cumin
- 1 ½ teaspoons paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- ½ teaspoon kosher salt
- ½ teaspoon black pepper
- ⅛ teaspoon cayenne pepper or more to taste
- Lettuce or tortillas, for wrapping
- Avocados, salsa, sour cream, limes, cilantro, etc, for topping



Directions:

1. Heat your oven to 425F.
2. Add the chicken, peppers, and onion to a sheet pan.
3. Drizzle with oil and sprinkle with seasonings; mix well to combine. Spread into an even layer.
4. Bake for 25-30 minutes or until chicken is cooked through and the vegetables are tender
5. Top with your favorite toppings

Slow Cooker 3-Bean Chili

INGREDIENTS

- 1.3 lb 99% lean ground turkey breast
- 1 small onion, chopped
- 1 28 oz can diced tomatoes, drained
- 1 16 oz can tomato sauce
- 1 4.5 oz can chopped chilies
- 1 15 oz can chickpeas, drained
- 1 15.5 oz can black beans, drained
- 1 15.5 oz can small red beans, drained
- 2 tbsp chili powder
- 1 tsp cumin

For the Topping:

- 1/2 cup chopped red onion
- 1/2 cup chopped fresh cilantro for topping
- optional toppings, shredded cheddar, avocado, sour cream, etc

Slow Cooker Directions:

1. Brown turkey and onion in a medium skillet over medium-high heat until cooked through. Transfer to the slow cooker with the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high 6 to 8 hours or low 10 to 12.
3. Garnish with onions, cilantro and your favorite toppings.

Instant Pot Directions:

1. Press sauté, spray with oil and brown the turkey and onion, breaking the meat up with a spoon until cooked through. Add the beans, chilies, chickpeas, tomatoes, tomato sauce, chili powder and cumin, mixing well.
2. Cook on high pressure 25 minutes. Natural release.
3. Garnish with onions, cilantro and your favorite toppings.

Chicken and Butternut Squash Sheet Pan

Ingredients:

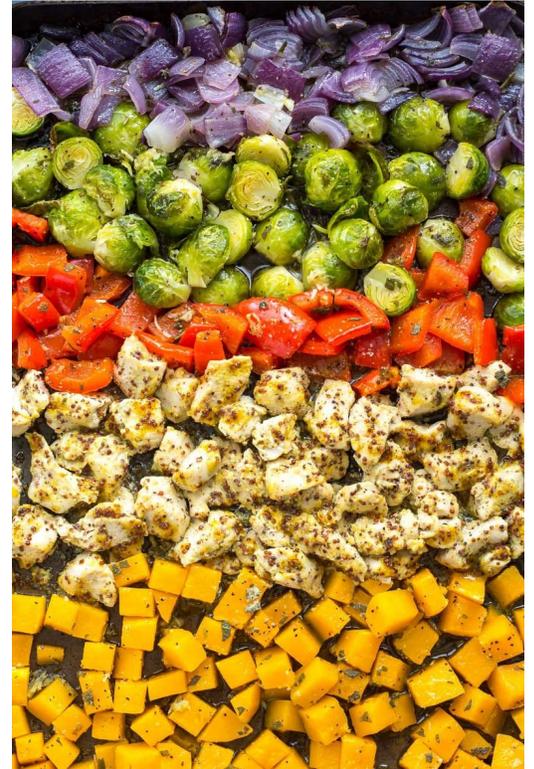
- 1 tablespoon olive oil
- 1-pound chicken breasts diced
- 1/4 cup honey mustard
- 1 cup butternut squash, diced
- 1 cup brussels sprouts, sliced in half
- 1 red pepper, chopped
- 1 small red onion, chopped
- 4 cloves garlic minced
- 12 fresh sage leaves, finely chopped (alternative: 1 tsp dried)
- 1 tsp salt
- 1/2 tsp pepper

Wild rice

- 1 cup wild rice
- 1 3/4 cups water

Directions:

1. Preheat oven to 450 F. Cook wild rice according to package directions on stove top or in a rice cooker (highly recommend a rice cooker so you can set it and forget it!)
2. Toss chicken with honey mustard. Add all veggies to baking sheet, tossing with olive oil, garlic, sage and salt & pepper. Add chicken and cook in oven for 20-25 minutes until chicken is cooked through.
3. Can also be used to meal prep lunches. Simply divide into four meal prep containers. Can safely be stored in fridge for up to 5 days.



Sheet Pan Honey Garlic Shrimp

Ingredients:

- 2 pounds thawed or fresh raw shrimp (cleaned/peeled/deveined)
- 12 ounces broccoli
- drizzle of olive or avocado oil
- salt and pepper to taste

HONEY GARLIC SAUCE

- 4 cloves garlic 1/4 cup raw honey
- 1/4 cup low sodium soy sauce
- 2 Tablespoons sweet chili sauce
- 1 Tablespoon lemon juice
- 1/2 teaspoon ginger paste or minced fresh ginger
- 2 teaspoon sesame seeds

OPTIONAL SIDES

- basmati or jasmine rice
- brown rice
- quinoa
- extra veggies

Directions:

1. Pre-heat oven to 400 degrees F
2. Whisk together your sauce ingredients and set aside.
3. Roughly chop broccoli into florets, leaving a bit of a stem on each.
4. Place broccoli on a baking sheet, drizzle with olive or avocado oil, and massage oil into florets. Add salt and pepper to taste.
5. Roast at 400 F for 15 minutes.
6. Prep shrimp as needed; tail can be left on or off based on preference.
7. In a bowl, combine 1/2 of your sauce with the shrimp and toss to coat. Allow to marinate until the 15-minute mark has passed for the broccoli, then move the broccoli to one side of the sheet pan and add your shrimp to the other side.
8. Return sheet pan to oven and bake an additional 8-10 minutes until shrimp turn pinkish, opaque, and curled.
9. The remaining sauce may be heated in a saucepan until simmering and reduced into a thick sauce (2-3 tsp of corn starch diluted in water can help thicken it even further if desired or you can add extra honey) or drizzled over your shrimp as is.

