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One Sheet Pan

Lunch

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Sheet Pan Garlic Ginger Chicken

& Broccoli

Pinch of Yum



2 servings



20 minutes

INGREDIENTS

Garlic Ginger Sauce

- 3/4 cup low sodium soy sauce
- 1/2 cup water
- 1/4 cup white vinegar
- 1/4 cup oil
- a 2-inch knob of fresh ginger (peeled)
- 4 cloves garlic
- 4 medjool dates (you can also use 1/4 cup honey or sugar)

Chicken & Broccoli

- 1 pound boneless skinless chicken breasts or thighs, cut into strips
- 1 head broccoli, cut into florets (about 5 cups)
- 1 red pepper, cut into strips
- sesame oil, sesame seeds, and/or green onions for topping



INSTRUCTIONS

1. **Prep Sauce:** Preheat the oven to 425 degrees. Blend all sauce ingredients together until smooth.
2. **Sheet Pan Action:** Place chicken, broccoli, and red pepper on a sheet pan. Pour about 1/2 cup sauce over top of the chicken and just a few tablespoons over the veggies. Bake for 10-15 minutes.
3. **Finish It Fancy:** While the broccoli and chicken are roasting, simmer another 1/2 cup or so of sauce in a small saucepan over medium low heat until it's thickened. Drizzle it over the finished chicken and broccoli. Finish with sesame oil, sesame seeds, or scallions. Voila! Happy bowls and meal prep lunches.

NUTRITIONAL INFORMATION

Calories 409

Fat 17.7g

Protein 34.1g

Sugars 20g

Carbohydrates: 32g

Sheet Pan Loaded Cauliflower

This Mom's Menu



8 servings



40 minutes

INGREDIENTS

2 Heads of Cauliflower Cut into florets

2 tablespoon Olive Oil

1 ½ -2 teaspoon Season Salt

1 ½ cups Cheddar Cheese Shredded

½ lb Bacon Fried and Crumbled

3 Green Onions Sliced

Sour Cream for serving (optional)



INSTRUCTIONS

1. Preheat the oven to 425 ° F and line a baking sheet with aluminum foil and spray with non-stick spray.
2. Cut the cauliflower into medium florets and place in a large bowl. Add the olive oil and season salt. Toss to coat.
3. Transfer the cauliflower florets to the prepared baking sheet and bake in the preheated oven for 20-25 minutes or until the cauliflower is tender and the edges are beginning to brown.
4. Remove from the cauliflower from the oven, but leave the oven on. Sprinkle the shredded cheese and cooked, crumbled bacon over the cauliflower and return the pan to the oven for 5 minutes or until the cheese is melted and beginning to brown.
5. Remove from the oven and top with the sliced green onions.
6. Serve the cauliflower topped with sour cream if desired.

NUTRITIONAL INFORMATION

Calories 272

Fat 22g

Protein 12g

Sugars 3g

Carbohydrates: 8g

Greek Sheet Pan Chicken Dinner

All Nutritious



4 servings



35 minutes

INGREDIENTS

1 lb chicken breasts (diced)

1 red pepper (diced)

1 green pepper (diced)

1 yellow pepper (diced)

1 zucchini (sliced)

1 red onion (sliced)

2 tbsp olive oil

2 tbsp fresh lemon juice

6 cloves garlic (minced)

1 tbsp dried oregano

1 tbsp dried parsley

1/2 tsp salt

1/4 tsp black pepper

1/4 cup feta cheese (crumbled)



INSTRUCTIONS

1. Preheat the oven to 400F.
2. Add the chicken and veggies into a large sheet pan. Top them up with olive oil, lemon juice, garlic, oregano, dried parsley, salt, and black pepper.
3. Toss all the ingredients to combine well and bake in the oven for 20 minutes until the chicken is fully cooked.
4. Remove from the oven and top up with crumbled feta cheese before serving.

NUTRITIONAL INFORMATION

Calories 284

Fat 12g

Protein 29g

Sugars 3.4g

Carbohydrates:15g

Shrimp with Cherry Tomatoes &

Asparagus

Eating Bird Food



4 servings



25 minutes

INGREDIENTS

450 g uncooked extra-large shrimp (26-39) peeled and deveined

3 tablespoons extra virgin olive oil divided

salt and black pepper

4 cups asparagus cut in half

3 cups cherry tomatoes cut in half



INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, place the shrimp with 1 tablespoon of olive oil, salt, and pepper. Toss everything together, and set aside.
3. On a baking sheet lined with aluminum foil or parchment paper, place the asparagus and cherry tomatoes on the sides of the sheet pan, leaving the center open for the shrimp.
4. Drizzle the veggies with the remaining 2 tablespoons of olive oil, and sprinkle with salt and pepper. Spread out in an even layer, and roast for 10 minutes.
5. Remove the sheet pan from the oven, and place the shrimp in the center of the sheet pan in an even layer. Roast for 8 minutes.
6. MEAL PREPPING: Place an even amount of shrimp, asparagus, and cherry tomatoes into 4 different glass containers. Cover with the lid, and place in the fridge for up 4 days. Heat in the microwave for about 1½-2 minutes. The time depends on the power of your microwave.

NUTRITIONAL INFORMATION

Calories 213

Fat 12g

Protein 20g

Sugars 7g

Carbohydrates: 12g

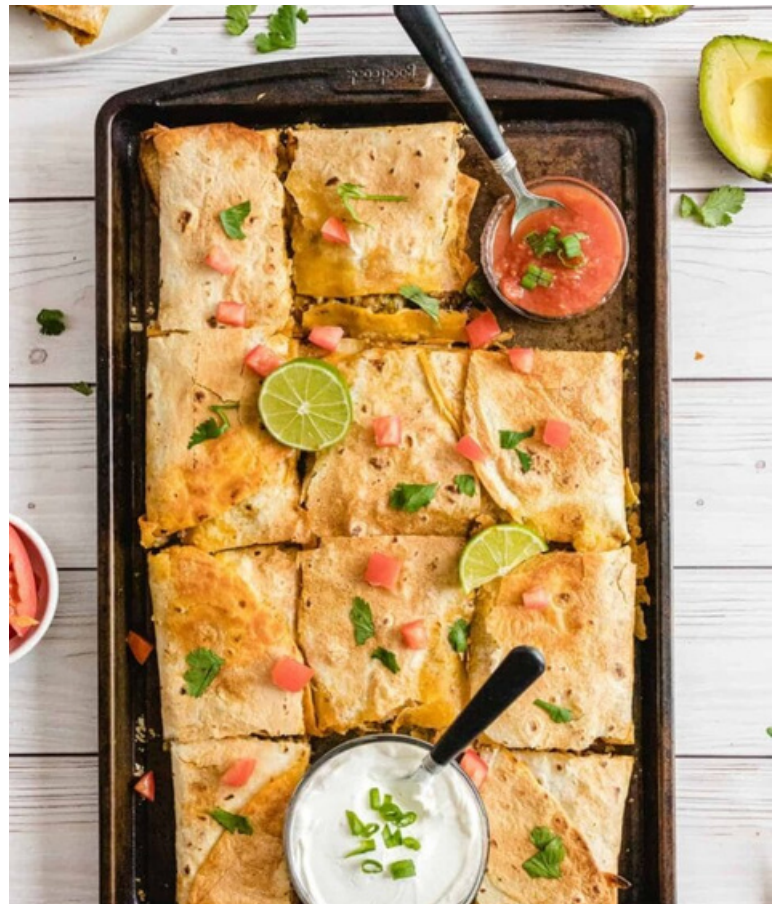
Sheet Pan Quesadillas

Princess Pinky Girl

 12 servings  45 minutes

INGREDIENTS

- 8 flour tortillas large burrito size
- 1 lb ground beef
- 1 15-oz can black beans drained and rinsed
- 1 2.25-oz can sliced black olives drained and rinse
- 3 cups Colby and Monterey Jack cheese fancy shredded
- ½ cup salsa
- 1 bell pepper seeded and diced
- 1 small yellow onion diced
- 2 green onions sliced thin
- 1 ½ tablespoons olive oil
- 1 ½ teaspoons chili powder
- 1 ½ teaspoons cumin
- 1 ½ teaspoons smoked paprika
- 1 teaspoon minced garlic
- 1 teaspoon kosher salt
- 1 teaspoon black pepper
- Sour cream to top quesadillas optional



INSTRUCTIONS

1. Preheat oven to 425*
2. Spray one 18x13 sheet pan with nonstick cooking spray
3. In a large skillet, over medium heat, add olive oil, bell peppers and yellow onion. Cook for 5 minutes. Stirring often to ensure evenly cooked vegetables.
4. Add ground beef and minced garlic to the bell peppers and onions. Cook until completely browned.
5. Remove from the heat and drain the excess fat.
6. Return the meat mixture to the skillet. Add chili powder, cumin, paprika, kosher salt, black pepper, black beans, black olives and salsa. Stir well after adding each ingredient.
7. Place 6 of the flour tortillas around the edges of the lightly sprayed sheet pan. Make sure the tortillas overlap and are hanging halfway over the edge of the pan, leaving a gap in the center.
8. Place 1 tortilla over the bottom center gap of the sheet pan.
9. Evenly spread the meat mixture over the tortillas.
10. Sprinkle cheese on top of meat, then top with sliced green onions.
11. Place the final tortilla over the top center of the mixture.
12. Starting at either side of the sheet pan, carefully but tightly begin folding the tortillas towards the middle.
13. When all sides are folded, place the 2nd sheet pan on top of the folded tortillas. This is to ensure edges do not come apart during baking.
14. Bake for 20 minutes.
15. Remove pans from the oven. Remove the top sheet pan, and cook for an additional 5 minutes.
16. Remove from the oven and allow the quesadilla to slightly cool before cutting into servings.
17. Serve with sour cream, if desired

NUTRITIONAL INFORMATION

Calories 271

Fat 16g

Protein 18g

Sugars 2g

Carbohydrates: 14g