

# Weeknight Meals in a Pinch

Making quick and easy meals after work is not impossible, but it does take some planning and organization.

Here are some tips to make meal planning and prepping easier:

## Grocery shop AFTER you make a menu

- Deciding what to make with what you have in the fridge and pantry can be a fun experiment, but not when you have 30 minutes to get dinner on the table.
- Plan out your weekly dinners, and shop once a week accordingly.
- Plan to use your fresh produce on the first few days, and rely on frozen produce towards the end of the week.

## Protein Preparation can be a time saver!

- Prep at least 2 or 3 meals on Sunday at the same time using different cooking methods:
  - Bake in the oven on a lined sheet pan
  - Put a roast or loin in the slow cooker
  - Sauté on the stovetop
- Store your meats in Tupperware for up to 4 days.

## Cook once, eat two or three times!

- Spend some time cleaning and prepping food in larger quantities early in the week. You'll thank yourself with simple, quick and delicious meals throughout the week. Get creative with your leftovers!
  - Steamed or roasted broccoli can easily be used as part of a casserole or quiche the next night.
  - BBQ chicken can be diced to make a simple quesadilla.

## Quick cooking methods

- Cooking quickly and limiting clean up is key to week night meals. Utilize recipes that call for these types of cooking:
  - One-pot meals
  - Sheet pan cooking (whole dinner on one pan)
  - Foil pack recipes (no clean up!)
  - InstantPot or air fryer

## Cook ahead meals

- If you have a free time once a month, make a few freezer friendly meals that are easy to pull out in a jam.
  - Slow cooker: stews, soups, & chilis
  - Pasta and casserole: lasagna or baked ziti
  - Individual portions: frittatas or stews

## Be realistic!

- Plan ahead and be mindful of schedules. If Mondays are long days and Thursdays are exhausting, build in "leftover" nights and simple dinners, like pasta and a mixed green salad or a homemade freezer meal.
- Set eating out /takeout rules that are realistic for your family. If you are eating out 4 times a week now, aim for 2. If you are eating out 7 now, aim for 4.
- Small sustainable changes create lasting new habits!

## Slow Cooker Mushroom & Barley Risotto

### ingredients

1/4 cup	Olive canola oil blend
3 cups	Crimini mushrooms, sliced
1 1/2 cup	Onions, chopped
1 1/2 tsp.	Thyme, fresh, chopped
1 1/2 cup	Barley, dry
3/4 tsp.	Kosher salt

### method

1. Heat oil in a sauté pan. Add mushrooms and sear until golden brown. Add onions and thyme. Sweat until onions are translucent.
2. Stir in barley and toast until golden brown. Remove vegetables from heat.
3. Combine barley-vegetable mixture with salt, pepper, carrots, and broth in a slow cooker set to med/high heat. Allow to cook for 3-4 hours or until liquid has been absorbed, and barley is just tender (careful not to overcook).
4. Stir in parmesan, and sherry vinegar. Garnish risotto with parsley.

### nutrition

Serving Size: 1 1/2 cups Yields: 5

Calories: 385 Total Fat: 13g Sat. Fat: 2g Sodium: 555mg

Carbohydrate: 61g Protein: 10g Sugar: 86g Fiber: 12g (per serving)

## Sheet Pan Ginger, Honey Shrimp & Vegetables

### ingredients

1 1/4 pound	Shrimp, peel and tail removed
11 oz.	Yellow bell pepper, julienned
11 oz.	Red onions, julienned
14 oz.	Broccoli, florets
2 tbsp.	Ginger root, minced
2 1/2 tsp.	Garlic, minced
1 tbsp.	Low sodium soy sauce
2 tbsp.	Honey
1 1/4 tsp.	Sesame seeds
as needed	Cooking spray

### method

1. Toss shrimp, peppers, onions, and broccoli with remaining marinade ingredients and allow to marinate for 1 hour or overnight.
2. Prepare a sheet tray with pan spray. Place shrimp and vegetables on prepared sheet tray.
3. Drizzle remaining marinade over shrimp and vegetables.
4. Roast in a 400°F oven until shrimp is cooked through and vegetables are tender and caramelized, about 12 minutes.

*Dietitian Note: serve with a half cup of steamed brown rice per portion*

### nutrition

Serving Size: 2 cups Yields: 5

Calories: 160 Total Fat: 2g Sat. Fat: 1g Sodium: 490mg

Carbohydrate: 19g Protein: 18g Sugar: 8g Fiber: 13g (per serving)

# Honey Mustard Salmon One Pan Meal

## ingredients

14 oz.	Sweet potatoes, peeled, diced	2 1/2 tbsp.	Mustard, whole grain
1/4 tsp.	Thyme, fresh, minced	2 tbsp.	Honey
2 tsp.	Carnada oil	1 tsp.	Lemon juice, fresh
1/8 tsp.	Kosher Salt	1/4 tsp.	Kosher Salt
1/4 tsp.	Black pepper, ground	4 each	Salmon fillet, 5 oz
14 oz.	Green beans	as needed	Cooking spray
3 oz.	Shallots, peeled, sliced		
pinch	Kosher salt		
pinch	Black pepper		
1 tbsp.	Carnada oil		

## method

1. Toss sweet potatoes with thyme, oil, salt and pepper.
2. In a bowl, toss together green beans, shallots, salt, pepper, and oil.
3. In a bowl, whisk together whole grain mustard, honey, lemon juice, and kosher salt. Glaze each salmon fillet with honey mustard (about 1 tbsp per fillet).
4. Preheat oven to 350°F. Prepare a sheet tray with pan spray. Add prepared sweet potatoes. Cook for 10 minutes. Add prepared green beans and prepared salmon. Cook for an additional 10 minutes or until potatoes are tender and salmon is cooked through.

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