

5 SUPER EASY KID-FRIENDLY WEEKNIGHT DINNERS

I call these “no recipe” dinners because they are more ideas than exact recipes to follow; use the ingredients list as a guide and go with the flow! The more you cook intuitively, the better you’ll get in the kitchen overall and the more control you’ll feel over your cooking.

1

EXTRA-VEGGIE SPAGHETTI BOLOGNESE

You’ll need: pasta noodles, large can of crushed tomatoes, small can of tomato paste, yellow onions, carrots, spinach, ground beef or turkey

Make it:

1. Add 1 large onion to a food processor and pulse til roughly chopped.
2. Sweat the onions in butter or olive oil over medium heat til soft, then add crushed tomatoes and tomato paste. Salt to taste. Bring to a simmer.
3. Without washing the food processor out, then add 2 peeled carrots and a handful of spinach and mince to paste. Add this to a pan with ground beef or turkey and cook til everything is browned and turkey is cooked through.
4. Add turkey/beef mixture to spaghetti sauce, serve with noodles and parmesan cheese.

2

COCONUT CRUSTED COD WITH ZUCCHINI “FRIES”

You’ll need: cookie grate (used for cooling cookies out of the oven), cooking spray, 1 fillet of cod, 2 egg, coconut flakes, panko breadcrumbs, 2 zucchini, grated parmesan cheese

Make it: (*preheat oven to 400°F*)

1. Place the cookie grate on a sheet pan and spray evenly with cooking spray
2. Cut the cod along the “seams” in the fish to get thick strips of fish.
3. Whisk 1 egg in a small bowl.
4. Combine the coconut and panko in the other bowl.
5. Dip the cod strips first in the egg, then the coconut-panko, then lay on the oiled cookie grate.
6. Wash your hands, then slice the zucchini into french-fry-sized strips
7. Whisk the other egg in a clean bowl
8. Pour the parmesan onto a plate
9. Dip the zucchini in egg, then coat in parmesan and arrange on the other end of the sheet pan
10. Bake 12-15 minutes til the fish is cooked through.

3

NAAN PIZZAS

You'll need: naan or pita bread, tomato paste, mozzarella cheese, leftover veggies and protein

Make it: (*preheat oven to 450°F*)

1. Mix the tomato paste with a little water to thin, then use as pizza sauce and spread on the naan.
2. Sprinkle with cheese.
3. Top with leftovers
4. Bake 8-10 minutes or until the cheese is browned and melted.

4

CHEESY MUSTARD CHICKEN ROLLUPS SHEET PAN MEAL

You'll need: pre-sliced raw chicken tenders (or pounded thin chicken breast), mustard, stick of string cheese, egg, panko bread crumbs, parmesan cheese, vegetables to roast (broccoli, cauliflower, green beans)

Make it: (*preheat oven to 400°F*)

1. Lay out chicken flat, then spread with mustard. Place the cheese stick at the bottom of the chicken and roll the chicken up around it, securing with a toothpick
2. Whisk an egg in a bowl
3. Combine the panko and parmesan cheese and pour onto a plate or bowl
4. Batter the chicken rolls in egg, then coat in breadcrumbs and place on a sheet pan
5. Toss the vegetables with olive oil and salt and place on the other end of the sheet pan
6. Bake 12-15 minutes or until the chicken is cooked through

5

MASHED POTATO CUPCAKES

You'll need: mashed potatoes, shredded cheese, leftover veggies or protein

Make it: (*preheat oven to 350°F*)

1. Spray a muffin tin with cooking spray
2. Press mashed potatoes in the indents of the muffin tin, using a spoon to create a well in the center of each mashed potato mound
3. Fill the well with leftover chopped vegetables or proteins, then top with cheese
4. Bake 10-12 minutes or until the mashed potatoes have started to brown and the cheese is melted

BONUS EXTRA RECIPES!

I sometimes joke that I couldn't "mom" without my crockpot or my Instant Pot. They make weeknight dinners super easy; you just need a little extra preparation!

6

CROCKPOT VEGGIE-PACKED SLOPPY JOE'S

You'll need: vegetables of your choice, ground beef or turkey, ketchup, worcestershire sauce, mustard, 1 tablespoon brown sugar, garlic powder, onion powder, burger buns

Make it:

1. Chop the veggies super fine, or pulse in a food processor til riced.
2. Add the vegetables and remaining ingredients except burger buns to the crockpot.
3. Cook 4 hours on high, stirring occasionally if possible.

7

INSTANT POT SWEET POTATO MAC AND CHEESE

You'll need: 8 ounces dried elbow macaroni, 2 cup water, mashed sweet potato, 2 tablespoons butter, 1 cup shredded cheddar cheese, 1/2 cup milk

Make it:

1. Add dried macaroni, water, sweet potato, and butter to the instant pot.
2. Secure the lid, pressure cook for 4 minutes with natural release
3. Remove li and add the milk and cheese and stir until creamy.