

# Supper Is Solved!

We've planned five days of dinner for you. With just a little bit of prep, your weeknights will go much more smoothly.

by **NICKI SIZEMORE** / photographs by **TARA DONNE**

OUR GROCERY LIST ON PAGE 98 WILL SAVE YOU EVEN MORE TIME.

## MONDAY

### Roasted Shrimp Fajitas

Preheat oven to 450°F.

In a shallow baking pan, combine  $\frac{1}{2}$  red sweet pepper, thinly sliced;  $\frac{1}{2}$  yellow sweet pepper, thinly sliced; and 1 red onion, thinly sliced. Toss with 1 Tbs. olive oil, 2 tsp. chili powder,  $\frac{1}{4}$  tsp. salt, and pepper to taste.

In a separate shallow baking pan, combine 1½ lbs. peeled and deveined shrimp, 1 Tbs. olive oil, 1 tsp. chili powder,  $\frac{1}{4}$  tsp. salt, and pepper to taste.

Roast the vegetables and shrimp, stirring once halfway through, until the vegetables are lightly browned and the shrimp are cooked through, about 8 minutes.

In a small bowl, stir together  $\frac{1}{2}$  cup plain low-fat Greek yogurt,  $\frac{1}{4}$  tsp. lime zest,  $\frac{1}{4}$  tsp. lime juice, 1 small grated garlic clove, and 2 tsp. chopped fresh cilantro. Serve the vegetables and shrimp in warm tortillas with the yogurt sauce and cilantro sprigs.

**NUTRITION PER SERVING** (4 servings) 362 calories; 40g protein; 10g fat (2g sat. fat); 29g carbs; 5g fiber; 6g sugar; 2mg iron; 183mg calcium; 572mg sodium

#### WEEKEND PREP

- **For Tuesday:** On a parchment-paper-lined baking sheet combine 2 cups peeled and chopped sweet potato, 1 Tbs. olive oil, and  $\frac{1}{4}$  tsp. salt. Toss to coat. Bake for 20 minutes in a 400°F oven, stirring once. Let cool and refrigerate.
- **For Wednesday and Thursday:** Cook  $1\frac{1}{4}$  cups quinoa according to package directions for the burgers (Wednesday) and the chicken dinner (Thursday). Let cool and refrigerate.



## TUESDAY

## Breakfast-for-Dinner Frittata

Preheat oven to 425°F.

In a large bowl, whisk together **6 eggs**,  $\frac{1}{2}$  tsp. **Italian seasoning**,  $\frac{1}{4}$  tsp. **salt**, and **freshly ground pepper** to taste.

In a 10-in. oven-safe nonstick or cast-iron skillet, melt **2 Tbs. unsalted butter** over medium heat. Add **1 cup chopped yellow onion**,  $\frac{1}{2}$  **red sweet pepper**, chopped, and  $\frac{1}{2}$  **yellow sweet pepper**, chopped. Cook until tender, about 6 minutes. Add the egg mixture and **weekend-prepped roasted sweet potatoes**. Stir until the eggs start to set.

Pat the mixture into an even layer in the skillet. Sprinkle with  $\frac{1}{2}$  cup **shredded cheddar cheese** and  $\frac{1}{4}$  cup **freshly grated Parmesan cheese**. Transfer to the oven and bake until set and golden, about 8 minutes.

Meanwhile, in a large bowl whisk together **3 Tbs. olive oil**, **2 Tbs. balsamic vinegar**, **1 tsp. Dijon mustard**, and a pinch of **salt** and **pepper**. Toss with **5 oz. mixed greens**. Serve with the frittata.

**NUTRITION PER SERVING**  
(4 servings) 453 calories;  
17g protein; 33g fat (11g sat.  
fat); 24g carbs; 4g fiber;  
7g sugar; 2mg iron; 240mg  
calcium; 693mg sodium

## FOOD-EDITOR TIP

Frittatas are good warm, cold, or at room temp, so they're perfect for nights when family members need to eat at different times.





## WEDNESDAY

## White Bean &amp; Quinoa "Pizza" Burgers

Preheat oven to 425°F.

On a large baking sheet, toss **6 cups broccoli florets** with **2 Tbs. olive oil** and **¼ tsp. each salt and pepper**. Roast 20 minutes, stirring once, until browned and crispy around the edges.

Meanwhile, in a large bowl, mash **one 15-oz. can reduced-sodium cannellini beans**, rinsed and drained, until nearly smooth. Stir in **1½ cups weekend-prepped quinoa**, **1 lightly beaten egg**, **1 minced garlic clove**, **1 tsp. Italian seasoning**, and **¼ tsp. each salt and pepper**. Shape the mixture into four patties.

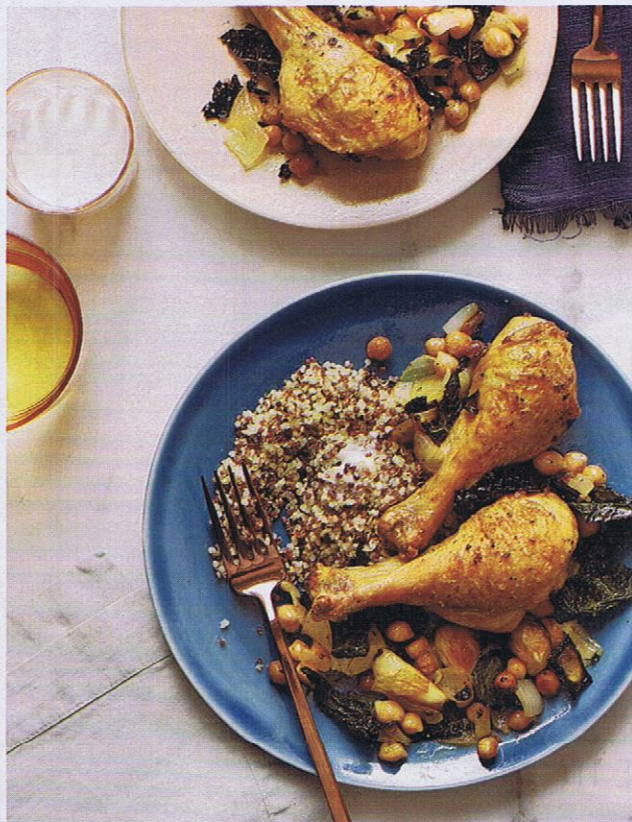
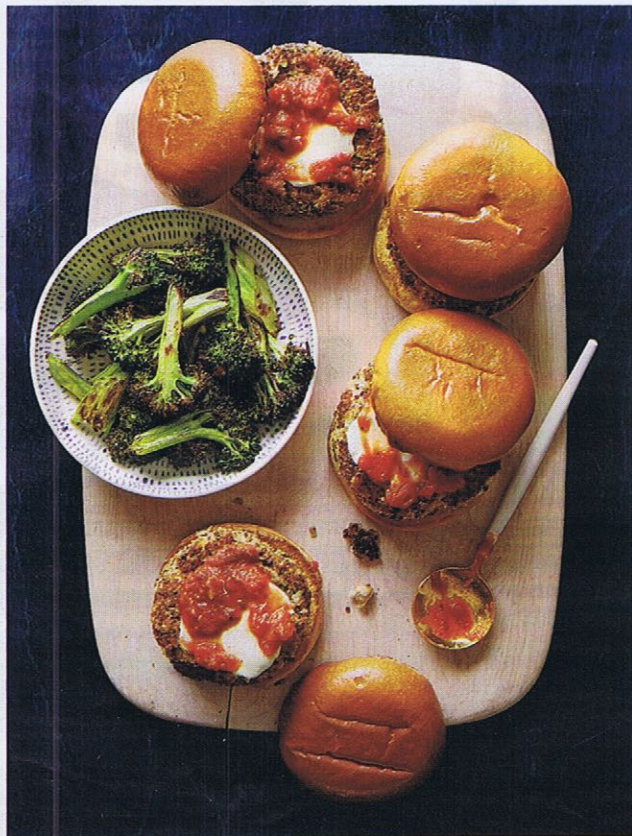
In a large nonstick skillet, heat **2 Tbs. olive oil** over medium heat. Add the patties and cook until lightly browned on both sides, about 10 minutes, gently turning halfway through. Top each burger with a thin slice of **fresh mozzarella cheese**. Cover the skillet and remove from heat. Let stand until the cheese is melted.

Serve the burgers in **soft buns** with **marinara sauce**, with the roasted broccoli on the side.

**NUTRITION PER SERVING** (4 servings) 542 calories; 23g protein; 23g fat (6g sat. fat); 61g carbs; 11g fiber; 7g sugar; 6mg iron; 362mg calcium; 824mg sodium

## PICKY-EATER TIP

Your kid is unsure about quinoa?  
Not in these burgers!  
Shape them into sliders to up the fun factor even more.



## THURSDAY

## Chicken Sheet-Pan Supper

Preheat oven to 500°F.

Line a 15x10x1-in. sheet pan with foil. Onto the pan, place **one 15-oz. can chickpeas**, rinsed and drained, **1 cup packed stemmed and chopped Tuscan kale leaves**, **½ cup chopped onion**, **2 Tbs. olive oil**, **4 peeled and smashed garlic cloves**, **1 Tbs. lemon juice**, and **¼ tsp. each salt and pepper**. Toss to coat.

In a large bowl, combine **8 chicken drumsticks**, **1 Tbs. olive oil**, **1 tsp. smoked paprika**, **½ tsp. garlic powder**, **½ tsp. salt**, and **¼ tsp. pepper**. Toss to coat. Arrange the chicken over the vegetables. Roast 15 minutes.

Transfer the chicken to a plate and stir the vegetables. Rearrange the chicken back on top of the vegetables. Roast about 15 minutes more, or until the chicken is no longer pink (170°F).

Drizzle with **1 Tbs. lemon juice**. Transfer the chicken and vegetables to plates, along with **lemon wedges**.

Serve with **2 cups weekend-prepped quinoa**, warmed, topped with **butter**.

**NUTRITION PER SERVING** (4 servings) 467 calories; 23g protein; 24g fat (6g sat. fat); 39g carbs; 7g fiber; 5g sugar; 3mg iron; 85mg calcium; 667mg sodium



## FRIDAY

## Creamy Tomato & Sausage Pasta

Cook **12 oz. penne pasta** according to package directions. Drain, reserving  $\frac{1}{4}$  cup cooking liquid.

Meanwhile, in a very large skillet, cook **8 oz. bulk Italian sausage** and **1 large minced garlic clove** in **1 Tbs. olive oil** over medium-high heat until browned, using a wooden spoon to break up the meat as it cooks. Spoon off and discard the fat in the skillet.

Add **5 oz. baby spinach**, and toss until wilted. Stir in **1½ cups jarred marinara sauce** and  **$\frac{1}{4}$  cup heavy cream**. Bring to a simmer.

Stir in the pasta and reserved cooking water. Toss to combine. Sprinkle with grated **Parmesan cheese**, if desired.

**NUTRITION PER SERVING**  
(4 servings) 635 calories;  
21g protein; 30g fat (11g  
sat. fat); 72g carbs; 6g  
fiber; 8g sugar; 5mg iron;  
80mg calcium; 865mg  
sodium





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**NAVIGATE  
THE NEW  
MILK AISLE**

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↓  
**MILESTONES  
THAT SAY  
I'M A BIG KID**

I HAVE  
MY OWN  
BOARD!

←  
Olympic  
snowboarder  
Brenna Huckaby  
with her  
daughter, Lilah