



30 MINUTE DINNERS

October Meal Plan 6

OVERVIEW

Here's what's on the dinner menu this week:

Day 1: [Salmon Stuffed Zucchini](#) // [Creamed Swiss Chard](#)

Day 2: [Slow Cooker Moroccan Chicken with Pumpkin + Apricots](#) // [Sauteed Green Beans](#)

Day 3: [Italian Wedding Meatball Zucchini + Greens Soup](#) // [Cornbread Muffins](#)

Day 4: [Sheet Pan Honey Mustard Chicken with Parsnips + Kale](#)

Day 5: [Instant Pot Chorizo Chili](#) + [Toppings](#) // [Cornbread Muffins](#)

(These links should be used for reference only. The step-by-step cooking instructions for each meal are below.)

GET AHEAD ACTION PLAN

*Anytime you're in the kitchen, you should be doing SOMETHING. This **Get Ahead Action Plan (GAAP)** helps you do just that, whether it's dicing one extra onion or freezing an entire meal. Everything listed below is optional, therefore any extra ingredients are not included in the shopping list.*

Be sure to update your shopping list accordingly if you choose to follow any GAAP ideas!

Day 1: Salmon Stuffed Zucchini // Creamed Swiss Chard

- 2x **bacon** for leftovers or to freeze

Tip: It's simpler to just cook the entire package at once!

Day 2: Slow Cooker Moroccan Chicken with Pumpkin + Apricots // Sauteed Green Beans

- 2x **Slow Cooker Moroccan Chicken with Pumpkin + Apricots** for leftovers

Day 3: Italian Wedding Meatball Zucchini + Greens Soup // Cornbread Muffins

- 2x **Italian Wedding Meatball Zucchini + Greens Soup** for leftovers
- 2x or 3x **Meatballs** for leftovers or to freeze

- 3x **Cornbread Muffins** for leftovers or to freeze

Day 4: Sheet Pan Honey Mustard Chicken with Parsnips + Kale

- 2x **Sheet Pan Honey Mustard Chicken with Parsnips + Kale** for leftovers

Day 5: Instant Pot Chorizo Chili + Toppings // Cornbread Muffins

- 2x **Instant Pot Chorizo Chili + Toppings** for leftovers
- 2x **Instant Pot Chorizo Chili** to freeze

WEEKLY

Mise En Place

Creamed Swiss Chard

- 3-4 pieces bacon (optional)

Produce

- 2 lb swiss chard
- 4-5 zucchini
- ⅓ cup green onions
- 1 bell peppers
- 3 sugar baby pumpkins
- 1 red onion
- 2 cloves garlic
- 1 cup dried apricots

Sheet Pan Honey Mustard Chicken with Parsnips + Kale

- 2 Tbsp honey
- 2 Tbsp mustard (any)
- 8 chicken thighs

Meatballs

- 1 lb ground beef (or any ground meat)
- 2 tsp Italian seasoning
- ½ tsp dried basil
- 1 tsp salt
- 2 cloves garlic minced
- ½ cup bread crumbs
- 1 egg

Equipment

- Rimmed baking sheet
- Aluminum foil
- Cooling rack

- Tongs
- Scissors
- Muffin pan
- Medium bowls (2)
- Measuring cups + spoons
- Whisk
- Large bowl
- Large spoon
- Liners (silicone or paper)
- Cutting board + sharp knife
- Small spoon
- Large pot with lid
- Steamer basket
- Small bowl
- Mixing bowl with lid

Step-by-Step

1. Cook the bacon if desired. Preheat the oven to 400F. Line a rimmed baking sheet with foil and place a wire cooling rack on the cooking sheet. Line the inside bottom of the broiler pan with foil before fitting the top on the pan. The bacon fat will drip inside. Lay out your bacon slices in a single layer, and arrange the bacon in a single row.

Roast the bacon for 15-20 minutes. This is approximate based on how crispy you like your bacon, your oven, and how thick your bacon is cut. I like my bacon extra crispy, so I usually roast for 20 minutes. You can start checking the bacon at 15 minutes.

2. Make the Cornbread Muffins. Line a 12-cup muffin pan with paper liners, silicone liners, or spray with non-stick cooking spray. In a medium bowl, crack the eggs and whisk together. Add 2 Tbsp honey and 3/4 cup milk and whisk well. Set aside.

In a large bowl, whisk together the 1 1/4 cups flour, 3/4 cup cornmeal, 1/4 cup sugar, 1 Tbsp baking soda, and 1 tsp salt. Add the milk mixture to the dry mixture and stir JUST until combined - do not overmix. A few lumps are ok.

Divide the batter evenly between the prepared muffin liners, filling each cup to about 3/4 full.

Bake for 17-20 minutes, or until the tops are golden brown. Set a timer!

When the bacon is done, turn the oven up to 450 to finish the Cornbread Muffins.

3. Prep the produce:

- Swiss Chard: Slice 2 lb for Creamed Swiss Chard

Tip: Wash the swiss chard and place the piece with the largest leaf on a towel. Place the rest of the swiss chard on top, aiming to put the larger pieces on the bottom and smaller pieces on top. (This doesn't have to be perfect, and you can do this in multiple batches, if necessary.) Starting with one side of the swiss chard, roll it tightly into itself, like you'd be rolling a towel. Starting at the top of the swiss chard, cut the chard into slices all the way down through the stem.

- Zucchini: Cut 4-5 zucchini in half lengthwise, and using a small spoon, scoop out and discard pulp, leaving 1/4-inch-thick shells for Salmon Stuffed Zucchini
- Green onion: Finely chop 1/3 cup for Salmon Stuffed Zucchini
- Red bell pepper: Chop 1 for Salmon Stuffed Zucchini
- Sugar baby pumpkin: Peel and cube 3 for Slow Cooker Moroccan Chicken with Pumpkin + Apricots
- Red onion: Chop 1 for Slow Cooker Moroccan Chicken with Pumpkin + Apricots
- Garlic: Mince 2 cloves for Slow Cooker Moroccan Chicken with Pumpkin + Apricots

What to Cut Last:

- Dried apricot: Dice 1 cup for Slow Cooker Moroccan Chicken with Pumpkin + Apricots

4. Steam the Creamed Swiss Chard. Turn a burner to high while you fill a large pot of water with 2" of water. Cover askew. When the water is boiling, steam the sliced swiss chard in the steamer basket until it's wilted, but still bright green – about 2-4 minutes. Drain and set aside.

5. Prep the Salmon Stuffed Zucchini. Cut each zucchini in half lengthwise. Using a small spoon, scoop out and discard pulp, leaving 1/4-inch-thick shells.

Tip: Save the pulp for other recipes like a saute or to stir into chili on Day 5.

Next, in a bowl stir together the mayo, parsley, Italian seasoning, salmon, and bread crumbs. Stir gently to combine.

6. Whisk together in a small bowl the honey and Dijon mustard. Add half to the chicken thighs and let marinate.

7. Make the Meatballs. Mix together in a large mixing bowl all the meatball ingredients well (be sure to take off your rings) and then roll into 1-inch balls. One pound of meat makes about 20-25 meatballs.

Step-by-Step Cooking Instructions

Day 1: Salmon Stuffed Zucchini // Creamed Swiss Chard

Mise en Place

Creamed Swiss Chard

- 3-4 pieces bacon (optional)
- 2 lb swiss chard any variety
- 2 Tbsp butter or coconut oil
- 2 Tbsp flour
- 1 Tbsp garlic minced
- ½ tsp salt
- ½ tsp pepper
- ½ tsp sage
- ½ tsp thyme
- ¼ tsp paprika
- 1 cup milk any variety
- 1 (15 oz) can full fat coconut milk

Salmon Stuffed Zucchini

- 4-5 zucchini
- ⅓ cup green onions finely chopped
- 1 red bell pepper chopped
- ¼ cup mayo
- ½ bunch parsley chopped
- 1 tsp Italian seasoning
- 4 (2½ oz) pouches salmon
- ½ cup bread crumbs
- ½ cup Parmesan
- 1 lemon wedged

Equipment

- Cutting board + sharp knife
- Large pot

- Steamer basket
- Medium pot
- Rimmed baking sheet
- Aluminum foil
- Cooling rack
- Tongs
- Scissors
- Measuring cups + spoons
- 9x13 baking dish

Step-by-Step

1. Cook the bacon if desired. Preheat the oven to 400F. Line a rimmed baking sheet with foil and place a wire cooling rack on the cooking sheet. Line the inside bottom of the broiler pan with foil before fitting the top on the pan. The bacon fat will drip inside. Lay out your bacon slices in a single layer, and arrange the bacon in a single row.

Roast the bacon for 15-20 minutes. This is approximate based on how crispy you like your bacon, your oven, and how thick your bacon is cut. I like my bacon extra crispy, so I usually roast for 20 minutes. You can start checking the bacon at 15 minutes.

2. Start the Creamed Swiss Chard. Turn a burner to high while you fill a large pot of water with 2 inches of water. Cover askew.

Wash the swiss chard and place the piece with the largest leaf on a towel. Place the rest of the swiss chard on top, aiming to put the larger pieces on the bottom and smaller pieces on top.

(This doesn't have to be perfect, and you can do this in multiple batches, if necessary.) Starting with one side of the swiss chard, roll it tightly into itself, like you'd be rolling a towel. Starting at the top of the swiss chard, cut the chard into slices all the way down through the stem.

When the water is boiling, steam the sliced swiss chard until it's wilted, but still bright green – about 2-4 minutes. Drain and set aside.

3. Preheat the broiler.

4. Make the Salmon Stuffed Zucchini. Cut each zucchini in half lengthwise. Using a small spoon, scoop out and discard pulp, leaving 1/4-inch-thick shells. Place zucchini shells, cut sides up, in a shallow baking pan. Broil 4 inches from the heat 4 to 5 minutes or until edges of zucchini start to brown.

Tip: Save the pulp for other recipes like a saute or to stir into chili on Day 5.

Meanwhile, in a bowl stir together the next five ingredients (through Italian seasoning). Add salmon and bread crumbs. Stir gently to combine.

Spoon salmon mixture into broiled zucchini halves. Sprinkle with cheese. Broil about 3 minutes or until cheese is melted and golden. Serve with lemon wedges.

5. Continue the Creamed Swiss Chard. In a separate medium pot, melt the butter over medium heat. Add the flour and stir well, cooking the flour for one minute. Add the garlic, salt, pepper, sage, thyme, and paprika and stir until the garlic is fragrant, about one minute.

Slowly add the milk, whisking with each addition until you've created a thick sauce. Add the entire can of coconut milk and whisk well. Turn the heat to low, add the swiss chard and stir gently to combine. Add the cooked bacon (if using) and serve warm.

Day 2: Slow Cooker Moroccan Chicken with Pumpkin + Apricots // Sauteed Green Beans

Mise en Place

Slow Cooker Moroccan Chicken with Pumpkin + Apricots

- 1 Tbsp cooking spray
- 3 sugar baby pumpkins peeled + cubed
- 1 Tbsp olive oil
- 8 boneless chicken thighs
- 1 red onion chopped
- 2 cloves garlic
- 1 cup dried apricots diced
- ½ cup apricot nectar
- 16 oz jar apricot preserve or jam
- 2 Tbsp lemon juice
- 1 tsp ground ginger
- 1 tsp cinnamon
- 1 tsp salt
- ½ tsp pepper
- ½ bunch parsley
- ½ cup pomegranate seeds (optional)

Sautéed Green Beans

- 1 lb green beans
- 4 cloves garlic
- 2 Tbsp oil or butter
- ½ tsp salt
- ¼ tsp pepper

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Slow cooker

- 2 skillets
- Tongs

Step-by-Step

1. Slow Cook the Moroccan Chicken with Pumpkin + Apricots. Spray your slow cooker and add the peeled and cubed pumpkin. Turn to low. In a large skillet, heat olive oil over medium-high heat; brown chicken thighs on all sides. Transfer chicken to slow cooker. In same skillet, saute onion and garlic 1-2 minutes; transfer to slow cooker.

Add next eight ingredients to slow cooker. Cook, covered, on low until meat is tender, 4-5 hours. Top with parsley. If desired, sprinkle with pomegranate seeds.

2. Saute the Green Beans. Turn a skillet to medium high heat. Meanwhile, line the green beans in a row and trim all the ends off the green beans. In the same way, cut into 1-inch pieces (if desired). Add oil to the pan and cook for 4-6 minutes, or until the green beans are your desired tenderness. Top with butter, garlic, salt, and pepper.

Day 3: Italian Wedding Meatball Zucchini + Greens Soup // Cornbread Muffins

Mise en Place

Italian Wedding Meatball Zucchini + Greens Soup

- 1 Tbsp olive oil
- 2 cloves garlic minced
- 1 leek sliced
- 4 carrots sliced
- 2 qt beef broth or stock
- 2½ tsp salt (only is using homemade stock)
- ¼ tsp pepper
- 4 zucchini spiralized or shredded
- 4 cups baby kale or spinach chopped

Meatballs

- 1 lb ground beef (or any ground meat)
- 2 tsp Italian seasoning
- ½ tsp dried basil
- 1 tsp salt
- 2 cloves garlic minced
- ½ cup bread crumbs
- 1 egg

Cornbread Muffins (2x)

- 2½ cup all-purpose flour
- 1½ cup corn meal
- ½ cup sugar
- 2 Tbsp baking powder
- 2 tsp salt
- 4 eggs
- 4 Tbsp honey
- 1½ cup milk
- 16 Tbsp butter melted and cooled

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Large stock pot
- Muffin pan
- Medium bowl
- Whisk
- Large bowl
- Large spoon
- Liners (silicone or paper)

Step-by-Step

1. Preheat the oven to 450F.

2. Saute the leeks in a large pot in the oil over medium heat for a few minutes. Meanwhile, mince the garlic and slice the carrots.

3. Start the Cornbread Muffins. Line a 12-cup muffin pan with paper liners, silicone liners, or spray with non-stick cooking spray. In a medium bowl, crack the eggs and whisk together. Add 2 Tbsp honey and 3/4 cup milk and whisk well. Set aside. In a large bowl, whisk together the 1 1/4 cups flour, 3/4 cup cornmeal, 1/4 cup sugar, 1 Tbsp baking soda, and 1 tsp salt.

4. Pour into the large pot, the stock, salt, and pepper, bring to a boil, then turn to low and simmer for about 5 minutes to give the carrots a head start on the meatballs, which only take 5 minutes.

5. Continue the Cornbread Muffins. Add the milk mixture to the dry mixture and stir JUST until combined - do not overmix. A few lumps are ok. Divide the batter evenly between the prepared muffin liners, filling each cup to about 3/4 full. Bake for 17-20 minutes, or until the tops are golden brown. Set a timer!

Reserve half the Cornbread Muffins for Day 5.

6. Make the Meatballs. Mix together all the meatball ingredients well (be sure to take off your rings) and then roll into 1-inch balls. One pound of meat makes about 20-25 meatballs.

Lower the meatballs into the stock, add the zucchini, and get it boiling again. After about 5 minutes of cooking time, add in the chopped greens (any green is fine) and allow them to wilt for 3-4 minutes before serving.

Day 4: Sheet Pan Honey Mustard Chicken with Parsnips + Kale

Mise en Place

Sheet Pan Honey Mustard Chicken with Parsnips + Kale

- 1½ lb baby potatoes halved
- 2 Tbsp honey
- 2 Tbsp mustard (any)
- 4 parsnips cut into logs
- 8 chicken thighs
- 1 tsp salt
- ½ tsp pepper
- 2 cups baby kale
- 1 Tbsp olive oil

Equipment

- Cutting board + sharp knife
- Small bowl
- Large mixing bowl
- Baking sheet
- Measuring cups + spoons

Step-by-Step

1. Preheat the oven to 400F.

2. Whisk together in a small bowl the honey and Dijon mustard.

3. Add the chicken, potatoes, and parsnips to a large mixing bowl. Pour in half the honey mustard and mix until everything is coated. Pour everything onto a sheet pan. Spread into a single layer, flipping the potatoes over so the cut side is down. Season with salt and pepper. Transfer the pan to the oven and bake for 30 minutes.

4. Coat the kale with the olive oil. Season with salt and pepper. Add the the baking pan; cook for an additional 10-15 minutes or until the kale is crispy and the chicken is cooked through.

5. Serve with remaining honey mustard.

Day 5: Instant Pot Chorizo Chili + Toppings // Cornbread Muffins

Mise en Place

Instant Pot Chorizo Chili

- 1 lb ground chorizo sausage
- 2 (15 oz) cans black beans drained + rinsed
- 1 (15 oz) can great northern beans drained + rinsed
- 1 (14 oz) can diced tomatoes
- 1 (14 oz) can corn
- 10 oz salsa verde
- 1 tsp chili powder
- 1 tsp cumin
- 1 tsp minced garlic
- 1 cup water

Toppings

- 4 cups head cabbage or Romaine lettuce shredded
- 1 cup shredded cheese
- 1 cup cherry tomatoes quartered
- 2 avocado sliced
- 1 cup salsa
- ½ cup black olives (optional)
- 1 cup sour cream (optional)
- ½ bunch green onions (optional) diced
- 1 jalapeno (optional) diced
- ½ bunch cilantro (optional) chopped
- 1 onion (optional) finely diced
- 1 bell pepper (optional) finely diced
- 1 bag tortilla chips (optional)

Cornbread Muffins

- Reserved Cornbread Muffins from Day 3

Equipment

- Cutting board + sharp knife
- Can opener
- Instant Pot
- Small serving bowls

Step-by-Step

1. Cook the Instant Pot Chorizo Chili. Remove casing from chorizo and place in Instant Pot along with the rest of the ingredients. Cook on high pressure for 30 minutes. Quick release pressure. Allow to sit for 10 minutes with lid off before eating.

2. Prep the Toppings. While it's sitting, shred, chop, or dice vegetables as needed. Place each item in a small serving bowl, if desired, for the table.

3. Serve with Cornbread Muffins.



OCTOBER MEAL PLAN 6

Day 1: Salmon Stuffed Zucchini // Creamed Swiss Chard

Day 2: Slow Cooker Moroccan Chicken with Pumpkin + Apricots // Sautéed Green Beans

Day 3: Italian Wedding Meatball Zucchini + Greens Soup // Cornbread Muffins

Day 4: Sheet Pan Honey Mustard Chicken with Parsnips + Kale

Day 5: Instant Pot Chorizo Chili + Toppings // Cornbread Muffins

Cold Case

☐ butter	16 tbsp	☐ Parmesan	☐ 0.50 cup
☐ butter or coconut oil	2 tbsp	☐ shredded cheese	1 cup
☐ eggs	5	☐ sour cream (optional)	1 cup
☐ milk	2.50 cups		

Meat

☐ bacon (optional)	3 pieces	☐ ground beef (or any ground meat)	1 lb
☐ boneless chicken thighs	8	☐ ground chorizo sausage	1 lb
☐ chicken thighs	8		

Pantry

☐ all-purpose flour	2.50 cups	☐ flour	2 tbsp
☐ apricot nectar	0.50 cup	☐ honey	6 tbsp
☐ baking powder	2 tbsp	☐ jar apricot preserve or jam	16 oz
☐ beef broth or stock*	2 qts	☐ lemon juice	2 tbsp
☐ black olives (optional)	0.50 cup	☐ mayo*	0.25 cup
☐ bread crumbs*	1 cup	☐ mustard	2 tbsp
☐ can black beans*	2 (15 oz)	☐ oil or butter	2 tbsp
☐ can corn	1 (14 oz)	☐ olive oil	3 tbsp
☐ can diced tomatoes	1 (14 oz)	☐ pouches salmon	4 (2½ oz)
☐ can full fat coconut milk	1 (15 oz)	☐ salsa*	1 cup

☐ can great northern beans*	1 (15 oz)	☐ salsa verde*	10 oz
☐ cooking spray	1 tbsp	☐ sugar	0.50 cup
☐ corn meal	1.50 cups	☐ tortilla chips* (optional)	1 bag
☐ dried apricots	1 cup		

Produce

☐ avocado	2	☐ head cabbage or Romaine lettuce	4 cups
☐ baby kale	2 cups	☐ jalapeno (optional)	1
☐ baby kale or spinach	4 cups	☐ leek	1
☐ baby potatoes	1.50 lb	☐ lemon	1
☐ bell pepper (optional)	1	☐ minced garlic	1 tsp
☐ bell pepper, red	1	☐ onion (optional)	1
☐ carrot	4	☐ parsley	1 bunch
☐ cherry tomatoes	1 cup	☐ parsnips	4
☐ cilantro (optional)	0.50 bunch	☐ pomegranate seeds (optional)	0.50 cup
☐ garlic	12 cloves	☐ red onion	1
☐ green beans	1 lb	☐ sugar baby pumpkins	3
☐ green onion	0.33 cup	☐ swiss chard	2 lb
☐ green onions (optional)	0.50 bunch	☐ zucchini	8

Spices

☐ chili powder	1 tsp	☐ paprika	0.25 tsp
☐ cinnamon	1 tsp	☐ pepper	2 tsp
☐ cumin	1 tsp	☐ sage	0.50 tsp
☐ dried basil	0.50 tsp	☐ salt	8.50 tsp
☐ ground ginger	1 tsp	☐ thyme	0.50 tsp
☐ Italian seasoning*	3 tsp		

*Note: Items marked with * can be made from scratch if you have the time. Go to the recipe in 30 Minute Dinners to find the from scratch version.*