



30 MINUTE DINNERS

April Meal Plan 3

OVERVIEW

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

Day 1: [Rosemary Turkey with Cauliflower](#) // [Sweet Potatoes](#)

Day 2: [Maple Glazed Pork Chops](#) // [Roasted Cabbage Wedges](#) // [White Rice](#)

Day 3: [Radish Tacos with Pork](#) // [Tortillas](#) // [Cayenne Rice](#)

Day 4: [Turkey Meatballs](#) // [Spaghetti Squash](#) // [Artichoke + Dip](#)

Day 5: [Turkey Meatballs](#) // [Greek Couscous](#) // [Lemon Butter Asparagus](#)

(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: Rosemary Turkey // Cauliflower // Sweet Potatoes

- 2x or 3x **Rosemary Turkey** for leftovers
- 2x or 3x **Cauliflower** for leftovers or to freeze
- 2x **Sweet Potatoes** for leftovers

Day 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

- 2x or 3x **Maple Glazed Pork Chops** for leftovers
- 2x **Roasted Cabbage Wedges** for leftovers
- 3x or 4x **White Rice** for leftovers or to freeze

Day 3: Radish Tacos with Pork // Tortillas // Cayenne Rice

- 2x or 3x **Radish Tacos with Pork** for leftovers
- 2x or 3x **Tortillas** for leftovers or to freeze
- Alternatively 3x or 4x **White Rice** to make **Cayenne Rice** for leftovers or to freeze

Day 4: Turkey Meatballs // Spaghetti Squash // Artichoke + Dip

- 2x or 3x **Turkey Meatballs** to freeze
- 2x **Spaghetti Squash** for leftovers
- 2x **Artichoke + Dip** for leftovers

Day 5: Turkey Meatballs // Greek Couscous // Asparagus

- 3x or 4x **Greek Couscous** for leftovers or to freeze
- 2x **Chickpeas** for leftovers
- 2x or 3x **Asparagus** for leftovers or to freeze

WEEKLY

Mise En Place

Spaghetti Squash

- 2 small spaghetti squash

White Rice

- 4 cups rice
- 8 cups water

Dry Ranch Seasoning Mix

- 5 Tbsp minced onions
- 2 Tbsp dried parsley
- 1 Tbsp garlic powder
- 4 tsp salt
- 1 tsp dried dill
- 1 tsp dried thyme
- 1 tsp dried basil

Taco Seasoning

- 2 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- 1/2 tsp garlic
- 1/2 tsp onion
- 1/2 tsp crushed red pepper flakes (!)
- 1/2 tsp oregano

Meatball Dry Ingredients

- 2 1/2 tsp salt

- 1/2 tsp pepper
- 3 tsp onion powder
- 3 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil

Vegetables

- 6-8 sweet potatoes
- 1 cauliflower head
- 8 oz radish bunch or bag
- 2 bell peppers
- 1-2 cups greens
- 1 onion

Equipment

- Cutting board + sharp knife
- Measuring cups + spoons
- Baking sheet
- Instant Pot
- 2 jars with lids
- Small container with lid

Step-by-Step

1. Make the Spaghetti Squash. Cut your spaghetti squash in half (lengthwise for the oven and hamburger style for your IP), and deseed. Turn the pressure knob to “seal,” adjust the pressure setting to “high” and set the timer for 7 minutes.

When the timer beeps, carefully turn the pressure knob to “release” to use the quick pressure release method. Carefully remove the hot squash from the Instant Pot and set aside, upside down, to cool, about 10 minutes. When the squash is cool enough to handle, use a fork to gently pull the spaghetti-like strands of squash from the shell.

2. Make the White Rice. Turn a large burner on high while you fill a pot with 2-4 cups of water to boil. Cover with lid askew.

3. In a jar with a lid the dry ranch seasoning:
5 Tbsp minced onions

2 Tbsp dried parsley
1 Tbsp garlic powder
4 tsp salt
1 tsp dried dill
1 tsp dried thyme
1 tsp dried basil
And shake to combine!

Note: You may have this seasoning mix in your pantry if you've made homemade ranch dressing recently.

4. When the water boils, add 4 cups of rice.

5. Combine your taco seasoning in a jar with a lid:

2 Tbsp chili
1 Tbsp cumin
2 tsp salt
2 tsp pepper
1 tsp paprika
1/2 tsp garlic
1/2 tsp onion
1/2 tsp crushed red pepper flakes
1/2 tsp oregano
Shake to combine!

6. Combine the meatball dry ingredients in a small container with a lid:

2 1/2 tsp salt
1/2 tsp pepper
3 tsp onion powder
3 tsp garlic powder
2 tsp dried oregano
2 tsp dried basil
4 Tbsp flour

7. Prep the Vegetables:

- Sweet potato: Halve 6-8 sweet potatoes for Day 1
- Cauliflower: Cut 1 head into florets for Day 1
- Radish: Julienne 8 oz for Radish Tacos
- Bell Pepper: Julienne 2 for Radish Tacos
- Green: Finely chop 1-2 cups for Turkey Meatballs

What to cut last:

- Onion: Julienne 1 onion for Radish Tacos

Tip: For both the sweet potatoes and spaghetti squash, store by placing halves back together to prevent oxidation and save money on covering with wrap.

Step-by-Step Cooking Instructions

Day 1: Rosemary Turkey with Cauliflower // Sweet Potatoes

Mise en Place

Rosemary Turkey with Cauliflower

- 1 lb ground turkey
- 1-2 tsp rosemary
- 1 Tbsp salt
- 2 Tbsp olive oil
- 1 cauliflower head

Roasted Sweet Potato Halves

- 6-8 sweet potatoes
- 1 Tbsp cooking spray
- 1 tsp salt
- ⅛ tsp pepper

Equipment

- Cutting board + sharp knife
- Measuring spoons
- Large skillet
- Cutting board + sharp knife
- Baking sheet

Step-by-Step

1. Preheat the oven to 450F.

2. Make the Roasted Sweet Potato Halves. Slice your sweet potatoes lengthwise. Spray the baking sheet with oil. Place face down on a baking sheet. Spray with cooking oil and generously salt and pepper. Place in the oven and set a timer for 25 minutes.

3. Turn your large burner to medium heat and add 2 Tbsp olive oil in a skillet.

4. Peel leaves off the bottom of the cauliflower and cut into florets. Place into the skillet as you go. Season with ½ Tbsp salt. Cover.

5. Make the Rosemary Turkey. When 12 minutes are left on your sweet potato timer add ground turkey to cauliflower, taking care to break into small pieces. Add 1-2 tsp rosemary. Stir frequently and cover between. Season with ½ Tbsp salt before serving.

6. When the timer goes off, ensure you can easily poke a fork through the sweet potato halves.

Day 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

Mise en Place

Roasted Cabbage Wedges

- 1 head of cabbage
- 1 Tbsp cooking spray
- 4–6 Tbsp dry homemade ranch seasoning mix

Dry Ranch Seasoning Mix

- 5 Tbsp minced onions
- 2 Tbsp dried parsley
- 1 Tbsp garlic powder
- 4 tsp salt
- 1 tsp dried dill
- 1 tsp dried thyme
- 1 tsp dried basil

Pork Chops (2x for Day 3)

- 8 thick-cut boneless pork chops
- 1 Tbsp salt
- 1 Tbsp coconut oil

White Rice (2x for Day 3)

- 4 cups rice
- 8 cups water or broth

Maple Glaze

- ¼ cup maple syrup
- ¾ tsp cayenne (!)
- ¾ tsp garlic powder
- ¾ tsp paprika
- ¾ tsp salt
- ½ tsp pepper
- 2 Tbsp olive oil

Equipment

- Cutting board + sharp knife
- Baking sheet
- 1-2 cast iron pans
- Instant Pot
- Measuring cups + spoons
- Small bowl or jar

Step-by-Step

1. Preheat the oven to 425F.

2. Make the Roasted Cabbage Wedges. Cut your cabbage in half. Place the cabbage cut-side down and cut through the center, top-down, through the core. Cut each half in half again, through the core again. You should now have 4 cabbage wedges. Repeat to have 8. Place the cabbage wedges on a baking sheet and spray the tops and sides with cooking spray. Mix dry ranch seasonings in a small bowl or jar. Season cabbage liberally with dried ranch mix and roast in the oven until the cabbage is dark brown and caramelized. Set a timer for 25 minutes.

3. Turn 2 large cast iron pans (one can be a heavy bottomed pan) to medium high on your larger burners. (One is for tonight's pork and one is for tomorrow's pork.)

4. Make the White Rice. Turn a burner on high to boil 4 cups of water or broth in a pot for rice. Cover askew.

Tip: If your burners range in size, use the 2 big ones for the pork is making the options protein for Day 3 so that the meat cooks evenly. It's better for the rice to heat up a little slower than the meat to be unevenly cooked.

5. Make the Maple Glaze. Combine the 4 pork chops for tonight with the Maple Glaze ingredients in a large bowl.

6. Make the Pork Chops. Test the heat of the cast iron pans. When a drop of water sizzles, the pork is ready to go on. Set a timer for 6 minutes while they all cook. Add 1 Tbsp salt to the unseasoned pork.

7. When the water boils, add rice and cover askew. When it boils with the rice, turn down 1-2 notches to keep it from boiling over.

Reserve half (about 2 cups) of the rice for the suggested side for Day 3.

8. When the timer goes off, flip all pork chops. Set a timer for another 6 minutes.

Reserve 4 pork chops for Day 3. If time, cut them into strips against the grain.

9. When the cabbage timer goes off, ensure the tips are golden brown. Drizzle with more olive oil if desired.

Day 3: Radish Tacos with Pork // Tortillas // Cayenne Rice

Mise en Place

Taco filling

- 1 (8 oz) bunch or bag of radishes
- 1 onion
- 2 bell peppers
- 1 Tbsp coconut oil
- 2 (15 oz) cans pinto beans
- 4 pork chops, cooked and cut into strips

Tortillas

- 1 ½ cups corn masa flour
- scant ¼ tsp salt
- 1 cup warm water, plus extra as needed

Taco Seasoning

- 2 Tbsp chili powder
- 1 Tbsp cumin
- 2 tsp salt
- 2 tsp pepper
- 1 tsp paprika
- ½ tsp garlic
- ½ tsp onion
- ½ tsp crushed red pepper flakes (!)
- ½ tsp oregano

Cayenne Rice

- Reserved 2 cups White Rice
- ⅛ - ½ tsp cayenne pepper (!)

Equipment

- Cutting board + sharp knife
- Large pan
- Baking sheet
- Large bowl
- Skillet
- Glass jar
- Medium saucepan
- Can opener

Step-by-Step

1. Heat a large pan on medium heat with 2 Tbsp olive oil, preheat your skillet to medium high (or if you can set it, do 400F).

2. Julienne your onion, radishes, and bell peppers. Place in the pan in this order.

Tip: Save the radish tops and onion skin for flavoring in broths.

3. Make the Tortillas. Combine ingredients in a large bowl.

4. Using your hands, knead the mixture into a dough whose texture resembles play-dough. If necessary, add water to the mixture by wetting your hands and kneading. If you add water directly to the mixture it might become too wet and start sticking to your hands. You will either have to let it sit to dry (approx 5-10 minutes) or add more masa.

Pinch a small portion of dough and roll into a ball, 1-2-inch in diameter. Place in a tortilla press and press into a 6-inch round tortilla. (Or use a rolling pin and a thin rimmed bowl.)

Cook each one individually on a hot skillet for 1 minute per side. Use the recurring timer function on your phone to do so. Place a towel over the cooked ones. In between flips, continue by julienning your 2 bell peppers. Add to a large pan and leave uncovered.

5. Drain and rinse the 2 (15 oz) cans of pinto beans and add to the vegetables and leave uncovered.

Tip: Bell peppers release a lot of water so they'll end up soggy if you cover them.

6. Make the Cayenne Rice. Reheat 2 cups reserved cooked white rice in ¼ cup of water or broth and add cayenne on medium low. Cover.

7. Make the Taco Seasoning. Then, mix in a glass jar:
2 Tbsp chili

1 Tbsp cumin
2 tsp salt
2 tsp pepper
1 tsp paprika
½ tsp garlic
½ tsp onion
½ tsp crushed red pepper flakes (!)
½ tsp oregano
Add 2 Tbsp to cooking vegetables.

8. Cut 4 pork chops into strips against the grain and add on top of vegetables to reheat.

Day 4: Turkey Meatballs // Spaghetti Squash // Artichoke Dip

Mise en Place

Spaghetti Squash

- 1-2 spaghetti squash (or 16 oz spaghetti pasta)
- 1 cup water

Turkey Meatballs (2x for Day 5)

- 2 lb ground turkey
- 2 ½ tsp salt
- ½ tsp pepper
- 3 tsp onion powder
- 3 tsp garlic powder
- 2 tsp dried oregano
- 2 tsp dried basil
- 2 cup fresh spinach or kale, loosely packed
- 4 Tbsp flour (I used all-purpose and whole wheat)
- 2 eggs
- 4 oz Parmesan cheese, shredded (using the rind, if possible)
- 24 oz tomato Basil Sauce

Artichokes + Dip

- 4 artichokes
- 1/4 cup water
- ½-1 cup olive oil
- 1-2 lemons
- 1-2 Tbsp salt

Equipment

- Cutting board + sharp knife
- Stand mixer or large bowl
- Baking sheet

- Aluminum foil or parchment paper
- Medium saucepan
- Instant Pot or asparagus steamer with basket or pot
- Small bowl

Step-by-Step

1. Preheat the oven to 375F.

2. Make the Artichokes. Turn a burner on high to boil 1-2 inches of water in a pot. Cover askew. Trim the top 1-2 inches off the head(s) and a ¼ inch off the stem(s). Spread the leaves and place the flat head down onto a steamer basket in the water. Cover and set a timer for 20 minutes when it reaches a full boil. Turn heat down 1 notch so you don't run out of water.

3. If subbing pasta, boil water on high.

Tip: It will not work to cook the artichoke and pasta in the same pan because the artichoke has a longer cook time and needs to be covered tightly.

4. Make the meatballs. Add all the meatball ingredients to the bowl of a stand mixer:

2 lb ground turkey

2 ½ tsp salt

1/2 tsp pepper

3 tsp onion powder

3 tsp garlic powder

2 tsp dried oregano

2 tsp dried basil

2 cup fresh spinach or kale, loosely packed

2 egg

4 tbsp flour

Line a baking sheet with aluminum foil or parchment paper.

Chop the 2 cups of greens as finely as possible.

Using the paddle attachment, mix until everything is evenly distributed and mixed well.

Alternatively, combine the ingredients in a large bowl and mix using your hands or a wooden spoon. Use a cookie scoop to evenly portion the meat mixture into balls and place the balls on the prepared baking sheet. Gently roll each ball in your hand for about 5 seconds, just to create a uniform ball shape and so that the meatballs retain their shape after cooking. Bake for 15 minutes. Set a timer!

Tip: Remember to wash your hands after handling raw meat!

5. Make the Spaghetti Squash. Warm 1 Tbsp olive oil in a medium saucepan. Scrape out spaghetti squash from the skin, separating the noodle chunks and put into the saucepan. Cover. (If subbing pasta, put spaghetti noodles into boiling water and set a timer for 9 minutes.)

6. When the Artichoke timer goes off, see if it is easy to pull off an inner leaf. It will likely need 5-7 more minutes. Set a timer. Add a ½ cup of water if needed and recover.

7. Add tomato basil sauce to spaghetti squash pasta.

8. In a bowl, combine ½-1 cup olive oil, juice of 1-2 lemons and 1-2 Tbsp salt for Artichoke dipping sauce.

Reserve half of meatballs for Day 5.

Tip: Artichokes can be eaten by pulling off outer petals and dipping them, then pulling through teeth to remove soft, pulpy portion of petal. Discard remaining petal. You may also eat the heart of the artichoke, by removing the fuzzy center at the base. The stem tastes great too!

Day 5: Turkey Meatballs // Greek Couscous // Lemon Butter Asparagus

Mise en Place

Greek Couscous

- 2 cups couscous
- 3 cups water
- 1 bell pepper
- ½ cup diced sun-dried tomatoes
- ⅔ cup chopped kalamata olives
- 2–3 Tbsp juices/oils from tomatoes and olives
- 1 Tbsp parsley
- 4 oz crumbled feta cheese
- 2 (15 oz) cans chickpeas
- 4 oz crumbled feta cheese

Lemon Butter Asparagus

- 1 lb Asparagus bunch
- 1 Tbsp butter
- ½ lemon
- ½ tsp salt
- ¼ tsp pepper

Turkey Meatballs

- *Reserved Turkey Meatballs*

Equipment

- Cutting board + sharp knife
- Instant Pot
- Medium pot
- Strainer
- Large Bowl
- Can opener
- Skillet

Step-by-Step

1. Boil 3 cups water for couscous in a medium pot and if desired, 2 cups in a large pan for asparagus. Cover askew.

2. Meanwhile, dice 1 bell pepper and if desired, cut the bottom 1-2-inch off asparagus.

3. Make the Greek Couscous. When the water boils, add 2 cups of couscous and recover. Turn down and simmer for 5-10 minutes. Let steam for about 5 minutes. Set a timer!

4. Make the Lemon Butter Asparagus. In a pan large enough to hold most of the asparagus in a single layer, melt butter over medium heat, spreading it around the bottom of the pan to coat.

Place asparagus in the pan and cover. Cook for approximately five minutes, stirring or shaking the pan every couple minutes to cook evenly. asparagus is done when it is fork tender and bright green.

Squeeze the lemon over the Asparagus OR pour over 1 Tbsp of bottled lemon juice. Taste, and add more lemon juice if desired.

5. Dice the dried tomatoes, and chop the kalamata olives.

6. Drain and rinse 2 (15 oz) cans chickpeas.

7. Combine chickpeas, diced bell pepper, ½ cup diced sun-dried tomatoes, ⅔ cup chopped kalamata olives, and 2–3 Tbsp juices/oils from tomatoes and olives in a large bowl.

8. Check the couscous after 5 minutes. Stir. If desired, add Turkey Meatballs to the couscous to warm when it's almost finished. Ensure asparagus can easily be pierced with a fork when the timer goes off. Add salt and drizzle with olive oil or butter if desired.

9. When couscous is soft, add to the large bowl of vegetables and stir. If desired, top with feta.



APRIL MEAL PLAN 3

Day 1: Rosemary Turkey with Cauliflower // Sweet Potatoes

Day 2: Maple Glazed Pork Chops // Roasted Cabbage Wedges // White Rice

Day 3: Radish Tacos with Pork // Tortillas // Cayenne Rice

Day 4: Turkey Meatballs // Spaghetti Squash // Artichoke + Dip

Day 5: Turkey Meatballs // Greek Couscous // Lemon Butter Asparagus

Cold Case

<input type="checkbox"/> butter	5 tbsp	<input type="checkbox"/> eggs	2
<input type="checkbox"/> crumbled feta	4 oz	<input type="checkbox"/> Parmesan	4 oz

Meat

<input type="checkbox"/> boneless pork chops	8	<input type="checkbox"/> ground turkey	3 lb
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Pantry

<input type="checkbox"/> can chickpeas*	1 (15 oz)	<input type="checkbox"/> jasmine rice	4 cups
<input type="checkbox"/> can pinto beans*	2 (15 oz)	<input type="checkbox"/> kalamata olives	0.67 cup
<input type="checkbox"/> coconut oil	1 tbsp	<input type="checkbox"/> maple syrup	0.25 cup
<input type="checkbox"/> cooking spray		<input type="checkbox"/> olive oil	0.75 cup
<input type="checkbox"/> corn masa flour	1.50 cups	<input type="checkbox"/> sun-dried tomatoes	0.50 cup
<input type="checkbox"/> couscous	1 cup	<input type="checkbox"/> tomato basil sauce*	28 oz
<input type="checkbox"/> flour	4 tbsp		

Produce

<input type="checkbox"/> artichoke	4	<input type="checkbox"/> onion	1
<input type="checkbox"/> asparagus	1 lb	<input type="checkbox"/> parsley	2 tbsp
<input type="checkbox"/> bell pepper (any)	3	<input type="checkbox"/> radishes	8 oz
<input type="checkbox"/> cauliflower	1	<input type="checkbox"/> spaghetti squash	1
<input type="checkbox"/> head cabbage	1	<input type="checkbox"/> spinach or kale	2 cups
<input type="checkbox"/> lemon	1.5	<input type="checkbox"/> sweet potato	6

Spices

<input type="checkbox"/> cayenne (!)	1.25 tsp	<input type="checkbox"/> onion powder	0.50 tsp
<input type="checkbox"/> chili powder	2 tbsp	<input type="checkbox"/> oregano	2.50 tsp
<input type="checkbox"/> cumin	1 tbsp	<input type="checkbox"/> paprika	1 tsp
<input type="checkbox"/> dill	1 tsp	<input type="checkbox"/> pepper	3.38 tsp
<input type="checkbox"/> dried basil	3 tsp	<input type="checkbox"/> red pepper flakes (!)	0.50 tsp
<input type="checkbox"/> dried parsley	2 tbsp	<input type="checkbox"/> rosemary	1 tsp
<input type="checkbox"/> dry minced onion	5 tbsp	<input type="checkbox"/> salt	6 tbsp
<input type="checkbox"/> garlic powder	4.25 tsp + 1 tbsp	<input type="checkbox"/> thyme	1 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.*