



## Vacation Meal Plan: 7 Easy Dinners with 5 Ingredients Each

### Roasted Pork with Fennel Seeds and Potatoes



#### Ingredients:

2-3 lb pork tenderloin roast

2 tsp fennel seeds

4 potatoes

1/8 tsp garlic powder

2 tbsp extra virgin olive oil

salt and pepper to taste

#### Instructions:

1. Preheat oven to 400F.
2. Peel and cut potatoes into 1 1/2" cubes. Coat potatoes with 1 tbsp EVOO, salt & pepper to taste.
3. Rub 1 tbsp of EVOO on the pork roast followed by garlic powder. Top with fennel seeds.
4. Bake in 400F oven for 25 min and then flip the pork roast over. Bake another 45 min or until no longer pink inside.

Makes 4 servings



## Thai Salmon and Asparagus



### Ingredients:

1 lb salmon fillet	1/8 tsp garlic powder
1 lb asparagus, stems cut off and rinsed	1 tbsp Teriyaki sauce
2 tbsp sweet chili sauce	Salt and pepper to taste

### Instructions:

1. Preheat oven to 350F.
2. In a small bowl, mix sweet chili sauce and Teriyaki sauce.
3. On a sheet pan, add salmon and asparagus. Sprinkle with garlic powder, salt and pepper.
4. Bake for 25 min.

Makes 4 servings



## Roasted Tilapia and Broccoli Sheet Pan Dinner



4 fresh Tilapia fillets

1 fresh broccoli crown, cut into florets

1 cup grape tomatoes

2 tbs extra virgin olive oil, divided

salt and pepper to taste

juice and zest of half lemon

### Instructions:

1. Preheat oven to 425F.
2. Spray a large sheet pan with cooking spray.
3. In a small cup, mix 1 tbsp of olive oil, lemon juice and zest.
4. Arrange Tilapia fillets on sheet pan with broccoli florets and tomatoes. Pour oil, lemon juice and zest on top. Then, sprinkle with salt and pepper.
5. Put sheet pan in 425F degree oven for 20 min.

Makes 4 servings



## Roasted Rosemary Chicken and Potatoes



### Ingredients:

4 Chicken thighs

2 tbs of fresh rosemary

4 potatoes

¼ tsp garlic powder

3 tbsp extra virgin olive oil

Salt and pepper to taste

### Instructions:

1. Preheat oven to 375.
2. Peel and cut potatoes into 1 ½ inch cubes.
3. In a large bowl coat chicken thighs and potatoes with add oil, rosemary, salt and pepper.
4. Arrange chicken and potatoes in a baking dish. Bake for 45 min or until chicken is no longer pink inside.

Makes 4 servings



## One Pot Italian Sausage and Spinach with Ziti



### Ingredients:

16 oz. ziti pasta

1 lb ground Italian sausage

8 oz. fresh spinach

1 pt. grape tomatoes

1/4 tsp garlic powder

salt and pepper to taste

### Instructions:

1. Cook pasta according to package directions.
2. Meanwhile, in a large skillet on med/high heat, add ground sausage and frozen spinach. Cook for 15 min. Add tomatoes and cook for another 5 min. Add salt and pepper to taste.
3. Mix sausage mixture with drained, cooked pasta.

Makes 4 servings



## No Fuss Beef Chili



### Ingredients:

2 lb ground beef, 80-85% lean

1 packet chili seasoning

2 - 10 oz. cans Rotel tomatoes

½ cup chopped onion

14 oz. canned dark red kidney beans, rinsed

1 cup water

### Instructions:

1. In a large pot, add ground beef, chopped onion, tomatoes, beans, water and chili seasoning.
2. Cook for 40-45 min.

Makes 4 servings



## Fresh Tomatoes and Spaghetti



### Ingredients:

8 oz spaghetti

1 pint grape tomatoes

4 cloves of garlic

3 tbsp extra virgin olive oil (EVOO)

2 tbsp fresh basil, shredded

### Instructions:

1. Cook spaghetti according to package directions.
2. Meanwhile, wash and slice grape tomatoes in half. Mince the garlic.
3. When the pasta is cooked and draining in colander, add EVOO to the same pot with minced garlic. Cook garlic for 30 sec on med heat. Do not let the garlic get brown. Remove from heat.
4. Add drained spaghetti back to the pot with the oil and garlic along with the grape tomatoes and shredded basil. Stir together.

Makes 4 servings