

## Challenge Meal: Barbecue Chicken Thighs, Quinoa, and Roasted Carrots & Onions

Whole Meal Total Time: 40-45 min | Prep time: 15-20 min | Cook time: 30 min

Recommended order of prep:

1. Prep vegetables for Roasted Carrots & Onions.
2. Make recipe for Barbecue Chicken Thighs.
3. Place Carrots & Onions in the oven along with chicken.
4. While chicken and vegetables cook, make Quinoa.
5. Serve chicken with extra barbecue sauce as desired and quinoa and vegetables on the side.

Pro tip: for a variation on this meal, substitute other types of starch in place of Quinoa, such as roasted potatoes, rice, bread, or dessert.

## Slow-Cooker Meal: Spicy Corn Chowder with Crusty Bread

Whole Meal Total Time: 1-10 hrs | Prep time: 25-30 min | Cook time: 30 min – 10 hrs

Recommended order of prep:

1. Choose slow-cooker or stovetop method to make Spicy Corn Chowder.
2. About 10 minutes before serving, finish recipe for Spicy Corn Chowder by using an immersion blender to blend until smooth.
3. Serve soup with crusty bread and butter.

Pro tip: freeze fresh sweet corn in the summer to use in this recipe during the winter for best flavor. Adjust amount of chipotle peppers depending on desired spice level.

## Vegetarian Meal: Veggie Lasagna Roll-Ups with House Salad

Whole Meal Total Time: 1 ½ hrs | Prep time: 60 min | Cook time: 40-45 min

Recommended order of prep:

1. Make recipe for Veggie Lasagna Roll-Ups.
2. While roll-ups bake, make recipe for House Salad.

Pro tip: recruit your kiddos and embrace the mess to make these fun Lasagna Roll-Ups. If you don't have many eaters, freeze half of this recipe to make an easy meal later.

## 30-Minute Meal: Sheet Pan Chicken Fajita Bowls

Whole Meal Total Time: 30-35 min | Prep time: 10-15 min | Cook time: 20-25 min

Recommended order of prep:

1. Follow recipe to make [Sheet Pan Chicken Fajita Bowls](#).

Pro tip: try other types of protein for a variation on this meal, such as steak, pork, or black beans. Serve meat and vegetables over tortilla chips as nachos in place of rice if desired.



Ann Kent, MS, RDN  
[www.PeasAndHoppiness.com](http://www.PeasAndHoppiness.com)

## Grab & Go Meals

Savory: Mini Cracker Pizzas with Cucumber Slices

Sweet: Shrimp, Mango, & Avocado Salad

## Breakfast Yums

Savory: Microwave Egg Omelette

Sweet: Pumpkin Spice Chia Pudding

## Snack Inspiration

Savory: Salt & Vinegar Almonds

Sweet: Flavored Greek Yogurt