



30 MINUTE DINNERS

TURKEY OR CHICKEN MEAL PLAN 1

DontWastetheCrumbs.com



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All recipes are my own, kid-tested and picky-husband approved. Any inspirations from other amazing recipe developers have been noted.

Every week we're continuously publishing family-friendly recipes, meal planning hacks, grocery budgeting tips, natural living tutorials and grace-filled encouragement for the real food journey on the blog, <https://dontwastethecrumbs.com>. We encourage you to visit us there and join in the conversations!

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THE MEAL PLAN

Meal 1

Sheet Pan Fajitas // Cilantro Lime Rice // Spicy Black Beans

Meal 2

White Chili // Cornbread Muffins

Meal 3

Roasted Vegetable Kale Salad

Meal 4

Enchilada Verde Stacks

Suggested Side Dish: Lime Crema

Meal 5

Pumpkin Fettuccine with Bacon



SHOPPING LIST

Pantry

- almond butter, 1/4 cup
- baking powder, 4 tsp
- black beans (15 oz can)*, 2
- chicken stock*, 4 cups
- chipotle pepper sauce, 1 Tbsp
- cornmeal, 1 cup
- fettuccine, 8 oz
- flour (all-purpose), 1 cup
- garbanzo beans (15 oz can)*, 1
- great northern beans (16 oz can)*, 2
- green chilis (4 oz can diced), 1
- green enchilada sauce, 1 1/2 cups
- lemon juice, 2 tbsp
- lime juice, 6 Tbsp + 1 tsp
- maple syrup, 2 tbsp
- olive oil, 8 Tbsp
- pumpkin puree (15 oz can)*, 1
- rice wine vinegar, 1 tbsp
- salsa verde*, 1 cup
- sesame oil, 2 tbsp
- soy sauce, 3 tbsp
- sugar, 1/3 cup
- tortillas (corn)*, 12
- white rice, 2 cups

Produce

- beet, 1
- bell peppers, 2
- carrots, 5
- celery, 1 rib
- cilantro, 7 tbsp
- garlic, 6 cloves
- jalapeno, 1
- kale, 1 bunch
- onion, 3 1/2
- parsnips, 2
- sweet potatoes, 2
- turnip, 1
- zucchini, 1

Spices

- bay leaf, 1
- chili powder, 1 Tbsp + 2 tsp
- coriander, 1/2 tsp
- cumin, 4 tsp
- garlic powder, 1 1/2 tsp
- ginger, 2 tsp
- oregano, 2 tsp
- paprika, 1 tsp
- pepper, 1/2 tsp + to taste
- red pepper flakes, 1/2 tsp
- sage, 1 tsp
- salt, 4 tsp + to taste

Cold Case

- butter, 1/4 cup
- corn (frozen), 2 cups
- cream cheese, 8 oz
- egg, 1
- heavy cream, 1/4 cup
- milk, 1 cup
- monterrey jack cheese (shredded), 8 oz
- orange juice concentrate (frozen), 2 tbsp

Meat

- bacon, 1/2 lb
- 6 cups shredded turkey or chicken (this can be leftover turkey or chicken OR you can follow the weekly step-by-step to cook up 3 lbs chicken)

*Note: Did you see the * on the shopping list? These items can be made from scratch and prepped ahead if you have the time! The recipes can be found at DontWastetheCrumbs.com. Simply search and cook!*



WEEKLY MEAL PREP: OVERVIEW

Every meal in this meal plan can be made from start to finish in 30 minutes or less, but for nights when you need dinner done even faster, meal prep can get you ahead for the week.

Here's a quick overview of what can be prepped ahead of time this week. You may not have time to do all this, but it gives you an idea of how even just a few minutes can be used wisely to your advantage.

Meal 1: Sheet Pan Fajitas // Cilantro Lime Rice // Spicy Black Beans

- **Chop the Vegetables:** Cut and dice the vegetables for the fajitas.
Time: 5 minutes
- **Prep the Meat:** Shred leftover turkey or cook the whole chicken in the oven and shred it.
Time: 5 minutes or 30 minutes
- **Make the Rice:** On the stovetop or in your Instant Pot, make Cilantro Lime Rice.
Time: 20 minutes

Meal 2: White Chili // Cornbread Muffins

- **Chop the Vegetables:** Cut and dice the vegetables for the chili.
Time: 5 minutes
- **Prep the Meat:** Shred turkey or chicken if you haven't yet.
Time: 5-10 minutes
- **Prep the Cornbread:** Mix the dry ingredients for the cornbread.
Time: 3 minutes

Meal 3: Roasted Vegetable Kale Salad

- **Make Sesame Ginger Dressing:** Combine the ingredients and mix.
Time: 5 minutes
- **Chop the Kale:** Remove kale from stems and chop into bite sized pieces.
Time: <5 minutes
- **Chop the Other Vegetables:** Cut and dice the vegetables for roasting.
Time: 10 minutes

Meal 4: Enchilada Verde Stacks

- **Prepare the Meat:** Shred turkey or chicken.
Time: 5-10 minutes
- **Prep Additional Toppings:** If desired, cut veggie toppings for the enchiladas.

Meal 5: Pumpkin Fettuccine with Bacon

- **Chop the Vegetables:** Cut and dice the vegetables for the fettuccine.
Time: <2 minutes



WEEKLY MEAL PREP: STEP-BY-STEP

If you have one hour to spare, here's a step-by-step guide of what we recommend meal prepping in order to save time later on during busy weeknights.

Note: Please read these meal prep instructions in their entirety before starting. You might be multi-tasking - starting one step, then starting another, and then coming back to finish the first step later. The goal is to maximize the one hour we're spending in the kitchen, which means learning how to be efficient with our time.

Mise en Place

Meat Option 1

- Leftover turkey

Meat Option 2

- 1 whole chicken, rinsed, patted dry and innards removed
- 1 tsp salt
- ½ tsp pepper
- 1 tsp coriander
- ½ tsp cumin

Sesame Ginger Dressing

- ¼ cup almond butter
- 3 Tbsp soy sauce
- 2 Tbsp lime juice
- 2 Tbsp sesame oil
- 2 Tbsp maple syrup
- 2 tsp granulated ginger
- ¼ tsp red pepper flakes
- 1/8 tsp salt (optional)

Cilantro Lime Rice

- 2 cups white rice (I use Jasmine)
- 2 cups water
- 1 bay leaf
- 1 tsp salt
- 2 Tbsp lime juice
- 2 Tbsp lemon juice

Vegetables

- 4 onions
- 1 rib celery
- 5 carrots
- 1 zucchini
- 2 bell peppers (any)
- 2 sweet potatoes
- 1 beet
- 2 parsnips
- 1 turnip
- 1 bunch kale
- 9 cloves garlic
- 1 jalapeno

Supplies

- Sharp knife and cutting board
- Baking sheet
- Cooling rack
- Aluminum foil
- Medium saucepan
- Small bowl
- 16 oz jar
- Meat thermometer

Note: *This meal plan is based on two meat options. One is using leftover shredded turkey (from Thanksgiving or another holiday!) or using shredded meat from a whole chicken. If you need to cook the chicken, start on step 1. If you have leftover shredded turkey or shredded chicken in the freezer, start with step 5.*

Step 1: Preheat your oven to 425F.

Step 2: Place the chicken breast-side down on a cutting board. Using a pair of sharp kitchen scissors, cut out the spine. Make a 1/2" cut on the edge of the breastbone. Flip the chicken over so it is breast-side up and press down to flatten the chicken.

Step 3: Line a cookie sheet with aluminum foil and a cooling rack. Place the chicken on top of the cooling rack and season with salt, pepper, coriander and cumin.

Step 4: Bake chicken at 425F for 45-55 minutes, or when the inner thigh close to the bone reads 165F on a meat thermometer. Let the chicken rest for 10 minutes before carving.

Step 5: Make a batch of Cilantro Lime Rice by combining all of the ingredients in a large saucepan and bringing the water to a boil. When the water is boiling, lower the heat to a simmer, cover and set the timer for 10 minutes.

You can also use your Instant Pot for Cilantro Lime Rice! Follow instructions on page XX for the full recipe.

Step 6: While your rice is cooking, mix your dressing. Add all ingredients into a small bowl. Whisk to combine. Place in a glass jar for storing.

Step 7: Wash and chop your vegetables:

Onions

- Chop 1 for White Chili
- Thinly slice 1 for Pumpkin Fettuccine
- Slice 1 for Sheet Pan Fajitas
- Dice 1 for Spicy Black Beans

Celery

- Dice 1 rib for White Chili

Carrots

- Dice 2 for White Chili
- Chop 3 for Roasted Vegetable Kale Salad

Zucchini

- Dice 1 for White Chili

Bell Peppers

- Slice 2 for Sheet Pan Fajitas

Sweet Potatoes

- Dice 2 into ½” cubes for Roasted Vegetable Kale Salad if desired

Beets

- Dice 1 into ½” cubes for Roasted Vegetable Kale Salad if desired

Parsnips

- Dice 3 into ½” cubes for Roasted Vegetable Kale Salad if desired

Turnips

- Dice 1 into ½” cubes for Roasted Vegetable Kale Salad if desired

Kale

- Remove stems and cut 1 bunch into bite sized pieces for for Roasted Vegetable Kale Salad

Garlic

- Mince 3-4 cloves for White Turkey Chili
- Mince 1 clove for Pumpkin Fettuccine
- Mince 4 cloves for Sheet Pan Fajitas

Jalapeno

- Mince 1 jalapeno for Spicy Black Beans

Tip: Mince your garlic and jalapeno last unless you want everything to be garlicky!

Step 8: When the timer for your chicken goes off, check the internal temperature and ensure it is at least 165 degrees. Then, shred your chicken now if you have time. Divide into three 2 cup portions for this week. Store any remaining portions in the freezer for future meals.

Tip: Stick the bones in your fridge or freezer to make bone broth with!

Step 9: If using leftover Turkey, shred it with forks or in your food processor with an s blade or in your stand mixer. Separate into 3 equal portions for the 3 entrees.

How to Store Your Meal Prep

If you follow the step-by-step weekly meal prep, you should have the following items prepped. Items on the same bullet point can be stored together.

Meal 1: Sheet Pan Fajitas // Cilantro Lime Rice // Spicy Black Beans

- 4 cloves diced garlic + 2 sliced bell peppers + 1 sliced onion
- 2 cups of shredded turkey or chicken
- 1 batch of rice
- 1 diced onion + 1 minced jalapeno

Meal 2: White Chili // Cornbread Muffins

- 2 cups shredded turkey or shredded chicken
- 1 diced onion + 1 diced rib celery + 1-2 diced carrots + 1 diced zucchini + 2-3 cloves garlic
- 1 batch dry cornbread ingredients

Meal 3: Roasted Vegetable Kale Salad

- 1 batch Sesame Ginger Dressing
- 3 chopped carrots + 2 cubed sweet potatoes + 1 cubed beet + 3 cubed parsnips + 1 cubed turnip
- 1 bunch chopped kale

Meal 4: Enchilada Verde Stacks

- 2 cups shredded turkey or shredded chicken

Meal 5: Pumpkin Fettuccine with Bacon

- 1 thinly sliced onion



MAXIMIZING KITCHEN APPLIANCES

Using your kitchen appliances is a great way to get things done without you actually doing them. They do much of the work for you, so you can spend your time working on other things.

We recommend using your kitchen appliances as often as possible, and here are a few ways you can use them this week to save more time.

Meal 1: Sheet Pan Fajitas // Cilantro Lime Rice // Spicy Black Beans

- Use your Instant Pot to cook chicken. You can cook from frozen if you forget to pull the meat out in time to thaw!
- Use a mixer (hand-held or stand mixer) to shred the chicken (or food processor s blade)
- Use your Instant Pot to make rice.

Meal 2: White Chili // Cornbread Muffins

- Use a mixer (hand-held or stand mixer) to shred the chicken (or food processor s blade.)

Meal 3: Roasted Vegetable Kale Salad

- Use your blender or immersion blender to make Sesame Ginger Dressing.

Meal 4: Turkey Enchilada Verde Stacks

- Use a mixer (hand-held or stand mixer) to shred the chicken (or food processor s blade.)

Meal 5: Pumpkin Fettuccine with Bacon

- N/A



STEP-BY-STEP: MEAL 1

Sheet Pan Fajitas // Cilantro Lime Rice // Spicy Black Beans

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

This step-by-step is written with the assumption that you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Note: This meal plan is dependent on using pre-cooked shredded turkey or chicken. If you do not have one of those ready, check the weekly prep step-by-step to make a whole chicken from scratch.

Mise en Place

Sheet Pan Fajitas

- 2 cups shredded turkey or chicken
- 2 bell peppers, cored and sliced into strips
- 1 onion, halved and sliced
- 2 cloves garlic, minced
- 3 Tbsp olive oil
- 2 Tbsp fresh lime juice
- 3 Tbsp chopped cilantro
- Optional Toppings: cilantro, shredded lettuce, avocado, sour cream, tomatoes

Fajita Seasoning

- 2 tsp chili powder
- 1 1/2 tsp ground cumin
- 1 tsp ground paprika
- 1/2 tsp ground coriander
- Salt and freshly ground black pepper

Cilantro Lime Rice

- 2 cups white rice
- 2 cups water
- 1 bay leaf
- 1 tsp salt
- 2 Tbsp lime juice
- 2 Tbsp lemon juice
- 4 Tbsp cilantro, chopped finely

Spicy Black Beans

- 2 Tbsp extra virgin olive oil
- 1 onion, diced finely
- 1 jalapeno, diced finely
- 1 Tbsp chili powder
- 1 Tbsp chipotle pepper sauce (from canned chipotle peppers)
- 1 ½ tsp dried oregano
- 1 ½ tsp cumin
- 1 ½ tsp garlic powder
- 1 tsp dried sage
- 1 tsp salt
- 3 cups cooked black beans (or (2) 15 oz cans, drained and rinsed three times)
- 1 ½ – 2 cups water
- 2 Tbsp frozen orange juice concentrate
- 1 Tbsp lime juice (or ½ lime, juiced)
- 1 Tbsp rice wine vinegar

Supplies

- Cutting board and knife
- Small bowl
- Sheet pan
- Small saucepan
- Medium saucepan

Step 1: Preheat the oven to 425 degrees.

Step 2: Slice 1 onion and 2 bell peppers. Mince 2 garlic cloves. Place these vegetables on a large sheet pan. Dice one onion and jalapeno, set aside for the beans.

Step 3: Mix fajita seasoning in a small bowl. Sprinkle fajita seasoning on the vegetables on the sheet pan. Drizzle with olive oil and toss well. Then place in the oven. Set timer for 10 minutes.

Step 4: Start the beans. Warm the olive oil over medium heat in a medium sized stock pot. Add the onion and jalapeno and cook until the onions are translucent, about 5 minutes.

Meanwhile...

Step 5: Make a batch of Cilantro Lime Rice by combining all of the ingredients in a large saucepan and bringing the water to a boil. When the water is boiling, lower the heat to a simmer, cover and set the timer for 10 minutes.

Step 6: The onions should now be almost translucent. Drain and rinse your canned black beans and add to your onions and jalapenos. Add spices and turn down to low.

Step 7: Now is a good time to check your sheet pan veggies. Add shredded turkey or chicken on top and mix in with the veggies. Place back in oven and set timer for 8 minutes.

Step 8: Stir your black bean dish again.

Step 9: If using optional toppings for the fajitas, cut them up now.

Step 10: Microwave your tortillas for 30 seconds (or place in the oven if you have a second rack for 2 minutes.)

Step 11: Your rice should be done by now. Fluff with a fork and cover until ready to serve.

Step 12: Turn off the heat to the black beans when fajitas are done. Then, add the orange juice, lime juice and vinegar and stir well.

Step 13: Set out each dish on the table and dig in!



STEP-BY-STEP: MEAL 2

White Chili // Cornbread Muffins

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This step-by-step is written with the assumption that you have NOT completed any meal prep beforehand. Please adjust the steps accordingly, so you're not preparing food you've already made!

Mise en Place

White Chili

- 2 (16 oz) cans cooked great northern beans
- 1/2 onion, finely diced
- 3 garlic cloves, minced
- 1-2 cups chicken stock
- 1 cup salsa verde
- 1/2 tsp oregano
- 1 (4oz) can diced green chilis
- 1 tsp cumin
- 1/4 tsp crushed red pepper (optional)
- 8 oz cream cheese, cubed
- 1-2 carrots, diced (about 1 cup)
- 1 celery rib, diced (about 1/2 cup)
- 1 zucchini, diced (about 1 cup)
- 2 cups frozen corn
- 2 cups shredded turkey or chicken
- Optional Toppings: tortilla chips, sour cream, cheddar cheese, avocado, cilantro, lime

Cornbread Muffins

- 1 cup cornmeal
- 1 cup flour
- 1/3 cup granulated sugar
- 1/2 tsp salt
- 4 tsp baking powder
- 1 egg
- 1 cup milk
- 1/4 cup butter, melted

Supplies

- Stock pot
- Sharp knife and a cutting board
- Masher or food processor or blender or immersion blender

Step 1: Preheat the oven to 400F.

Step 2: Chop onion and mince garlic cloves. Set aside. Dice carrots, celery rib and zucchini, set aside. Cube 8 oz of cream cheese, set aside.

Step 3: Measure 1 1/2 cups cooked beans into a large stock pot and mash until they mostly resemble a puree. You can use a blender or a food processor to do this if you'd like.

Step 4: Add onions, garlic, 1 cup of chicken stock and salsa verde and stir well. Add all the remaining ingredients except turkey or chicken.

Note: Add the crushed red pepper at this time if you're using. I'd suggest omitting if your family is sensitive to spicy foods, as the chilies and salsa provide enough kick on their own.

Step 5: Cook chili on medium-high for 25 minutes, stirring occasionally.

Step 6: Start making your cornbread. Add cornmeal, flour, sugar, salt, and baking powder to a large bowl and whisk to break up any clumps.

Step 7: Then add the egg, milk, and oil in a medium bowl and whisk to combine.

Step 8: Add wet ingredients to dry ingredients and stir until just combined. Do not overmix.

Pour batter into a greased muffin tin, filling each cup about halfway.

Step 9: Place in the oven and set a timer for 13 minutes. If not done when the timer goes off, set for 2 minutes intervals. You'll know it's done when a toothpick stuck in the center comes out mostly clean. Don't overbake!

Step 10: Meanwhile, prep your optional tortilla chips, sour cream, shredded cheese, diced avocado and chopped cilantro as desired.

Step 11: Then, add turkey or chicken and set a timer for 8 minutes to reheat before serving.

If the chili is too thick for your liking, add up to 1 cup of chicken stock. Note that the chili will thicken as it cools and will be noticeably thicker the next day.

Step 12: Serve your soup hot with buttery cornbread muffins on the side!



STEP-BY-STEP: MEAL 3

Roasted Vegetable Kale Salad

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Mise en Place

Roasted Vegetable Salad

- 3 Tbsp olive oil
- 3 carrots
- 2 sweet potatoes
- 1 turnip
- 2 parsnips
- 1 beet
- 4 cups kale, washed and dried well
- ½ tsp salt
- ½ tsp pepper
- 1 (15 oz) can of garbanzo beans

Sesame Ginger Dressing

- ¼ cup almond butter
- 3 Tbsp soy sauce
- 2 Tbsp lime juice
- 2 Tbsp sesame oil
- 2 Tbsp maple syrup
- 2 tsp granulated ginger
- ¼ tsp red pepper flakes
- 1/8 tsp salt

Supplies

- Sharp knife and cutting board
- Baking sheet
- Large salad bowl
- 16 oz glass jar

Step 1: Preheat the oven to 425 degrees.

Step 2: Chop the raw vegetables into small ½” chunks. It will take more than 30 minutes if you do cubes bigger.

Step 3: Spread the raw vegetables (except the kale) on a baking sheet in a single layer. Drizzle with 1-2 Tbsp of olive oil and use your hands to mix up the vegetables so that they’re all coated with oil. Season with salt and pepper. If desired, place garbanzo beans on another baking sheet to make them crispy.

Step 4: Roast in the oven until they’re cooked through and charred, but not burned. This could be anywhere from 15 minutes to 30 minutes.

Step 5: Meanwhile, place the kale in a large bowl and drizzle 1-2 teaspoons of olive oil over the leaves. Use your hands to massage the oil into the kale for 2-3 minutes. Set aside until the vegetables have finished roasting.

Step 6: Make a batch of Sesame Ginger Dressing: Add all ingredients to a blender or food processor. Process for 30 seconds to one minute, until the sauce is smooth. Or mix in a small bowl and whisk well to combine. Store in a glass jar.

Step 7: Drain your can of garbanzo beans if you didn’t place them in the oven. Add garbanzo beans to kale.

Step 8: When the vegetables are roasted, add them to the kale. Just before serving, drizzle the dressing over and toss the salad.



STEP-BY-STEP: MEAL 4

Enchilada Verde Stacks

Suggested Side Dish: Lime Crema

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Mise en Place

Enchilada Stacks

- 12 corn tortillas
- 1 ½ cups green enchilada sauce
- Optional Toppings: cilantro, shredded lettuce, avocado, sour cream, tomatoes
- 2 cups shredded turkey or chicken
- 8 oz monterey jack cheese

Supplies

- 3 Large baking sheets
- Sharp knife and cutting board

Step 1: Preheat the oven to 425.

Step 2: Arrange 12 tortillas on two large baking sheets and bake for 5 minutes, until lightly browned. Set a kitchen timer!

Step 3: Prepare your optional toppings as desired.

If making the lime crema, see recipe card on page XX for full instructions!

Step 4: Line a third baking sheet with parchment paper and lay 4 of the baked tortillas on it flat. Top each one with 2 Tbsp enchilada sauce, $\frac{1}{4}$ cup chicken and 2 Tbsp cheese.

Step 5: Then add a second baked tortilla (like a sandwich) and repeat layers of sauce, chicken and cheese. Finish with a third tortilla, 2 Tbsp sauce and 2 Tbsp cheese. You should have 4 stacks of 3 tortillas each.

Step 6: Put back into the oven which should still be at 425F and bake for 5 minutes, or until the cheese is melted.

Step 7: Finish chopping any toppings if you haven't finished and serve at the table as desired. Enjoy!



STEP-BY-STEP: MEAL 5

Pumpkin Fettuccine with Bacon

Make sure you read through both the recipe cards and the step-by-step cooking instructions before you begin cooking. When you're in the kitchen, there's always something to do. You should never be idle! If you're waiting on something to cook, look at a future step and start working!

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Mise en Place

Pumpkin Fettuccine

- ½ lb bacon
- 1 onion, thinly sliced
- 8 ounces fettuccine
- 1 (15 oz) can of pumpkin
- swish of olive oil + sprinkle of salt
- A pinch of fresh thyme
- 1 cup chicken broth
- 1 small clove garlic
- ¾ teaspoon kosher salt
- ¼ cup heavy cream
- Freshly grated parmesan for topping

Supplies

- Large skillet
- Large bowl or blender
- Medium saucepan

Step 1: Fry the bacon: place bacon in a skillet over medium-high heat until crispy and browned. Remove from the pan and set aside. Drain all but 1 tablespoon of the grease.

Step 2: Caramelize the onion: Turn the heat down and let the pan cool for a moment. Add the onion to the bacon grease. Sauté for 15-20 minutes until soft, fragrant, and caramel-colored.

Step 3: Cook the pasta: While you wait on the onions, cook pasta according to package directions. Drain and set aside.

Step 4: Blend the sauce: Place pumpkin puree in a large bowl or blender. Add a swish of olive oil and sprinkle of salt, fresh thyme, chicken broth and 1 small clove garlic and mix well.

Step 5: Place your cooked pasta in your onion pan over medium low heat. Pour pumpkin sauce over pasta. Toss gently with cream and onions.

Step 6: Serve up pumpkin pasta with fresh parmesan as desired. Enjoy!



RECIPE CARDS

Meal 1 Recipes

Sheet Pan Fajitas



Yield: 4 servings

INGREDIENTS

Seasoning

2 tsp chili powder
1 1/2 tsp ground cumin
1 tsp ground paprika
1/2 tsp ground coriander
Salt and freshly ground black pepper

3 bell peppers, sliced into strips
1 medium yellow onion , halved and sliced
2 cloves garlic , minced
3 Tbsp olive oil
2 Tbsp fresh lime juice
3 Tbsp chopped cilantro

Fajita filling

1 1/2 lbs chicken, sliced into 1/2-inch thick strips

For serving

8 taco size flour tortillas
Taco toppings

INSTRUCTIONS

1. Preheat oven to 400°F. Spray a large rimmed baking sheet with non-stick cooking spray.
2. For the seasoning: In a small mixing bowl whisk together chili powders, cumin, paprika, coriander, 1 1/2 tsp salt and 1/2 tsp pepper, set aside.
3. For the fajitas filling: Spread bell peppers and yellow onion onto baking sheet.
4. Top with chicken strips then sprinkle garlic and seasoning evenly over chicken strips.

Recipe continues on next card.

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Sheet Pan Fajitas (continued)



INSTRUCTIONS

5. Drizzle olive oil over top then toss everything to evenly coat. Spread into an even layer working to keep chicken from overlapping.
6. Roast in preheated oven, tossing once halfway through cooking, until veggies are tender and chicken has cooked through, about 18 - 25 minutes (test a few of the larger pieces to make sure they are 165 in the center).
7. Wrap tortillas tightly in foil and warm in oven during last 5 minutes of fajita filling cooking.
8. Drizzle lime juice evenly over top of the chicken fajita filling, sprinkle with cilantro and more salt to taste and toss to coat.
9. Serve filling warm in warm tortillas with desired toppings.

Recipe inspired by Cooking Classy

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Instant Pot Cilantro Lime Rice



INGREDIENTS

2 cups white rice (I use Jasmine)
2 cups water
1 bay leaf
1 tsp salt

2 Tbsp lime juice
2 Tbsp lemon juice
4 Tbsp cilantro, chopped finely

INSTRUCTIONS

1. In an Instant Pot, combine the rice, water, bay leaf and salt. Cook on high pressure for 4 minutes. Release the pressure using Quick Pressure Release.
2. Fluff the rice with a large fork. Stir in the lemon juice and lime juice and cilantro. Serve hot or warm. Freeze leftovers in 2 cup portions for a fast meal in the future!

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Spicy Black Beans



Yield: 4 servings

INGREDIENTS

2 Tbsp extra virgin olive oil	1 tsp dried sage
1 onion, diced finely	1 tsp salt
1 jalapeno, diced finely	3 cups cooked black beans (or (2) 15 oz cans, drained and rinsed three times)
1 Tbsp chili powder	1 ½ – 2 cups water
1 Tbsp chipotle pepper sauce (from canned chipotle peppers)	2 Tbsp frozen orange juice concentrate
1 ½ tsp dried oregano	1 Tbsp lime juice (or ½ lime, juiced)
1 ½ tsp cumin	1 Tbsp rice wine vinegar
1 ½ tsp garlic powder	

INSTRUCTIONS

1. Warm the olive oil over medium heat in a medium sized stock pot. Add the onion and jalapeno and cook until the onions are translucent, about 5 minutes.
2. Add the spices and beans and 1 ½ cups water and bring to a boil.
3. Stir and turn the heat down to a simmer and let the beans cook for about 45 minutes, stirring occasionally and adding the remaining ½ cup of water if the mixture becomes too thick.
4. Turn off the heat and add the orange juice, lime juice and vinegar and stir well.

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Meal 2 Recipes

White Chili



Yield: 8 servings

INGREDIENTS

2 (16 oz) cans cooked great northern beans	8 oz cream cheese, cubed
1/2 onion, finely diced	1-2 carrots, diced (about 1 cup)
3 garlic cloves, minced	1 celery rib, diced (about 1/2 cup)
1-2 cups chicken stock	1 zucchini, diced (about 1 cup)
1 cup salsa verde	2 cups frozen corn
1/2 tsp oregano	2 cups shredded turkey or chicken
1 (4oz) can diced green chilis	Optional toppings for serving: tortilla chips, sour cream, cheddar cheese, avocado, cilan- tro, lime
1 tsp cumin	
1/4 tsp crushed red pepper (optional)	

INSTRUCTIONS

1. Measure 1 1/2 cups cooked beans into the pan and mash until they mostly resemble a puree. Add onions, garlic, 1 cup of chicken stock and salsa verde and stir well.
2. Add all the remaining ingredients except chicken.
3. Cook chili on medium-high for 30 minutes, stirring occasionally and adding chicken about 10 minutes before serving to warm through.
4. If the chili is too thick for your liking, add up to 1 cup of chicken stock. Note that the chili will thicken as it cools and will be noticeably thicker the next day.

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Cornbread Muffins



Yield: 12 muffins

INGREDIENTS

1 cup cornmeal	4 tsp baking powder
1 cup flour	1 egg
1/3 cup granulated sugar	1 cup milk
1/2 tsp salt	1/4 cup corn or vegetable oil

INSTRUCTIONS

1. Preheat the oven to 425 degrees.
2. Add cornmeal, flour, sugar, salt, and baking powder to a large bowl and whisk to break up any clumps.
3. Combine egg, milk, and oil in a medium bowl and whisk to combine.
4. Add wet ingredients to dry ingredients and stir until just combined. Do not overmix.
5. Pour batter into a greased muffin tin, filling each cup about halfway. Bake for 13-17 minutes or until a toothpick stuck in the center comes out mostly clean. Don't overbake!
6. Serve warm with butter and a drizzle of honey, or as a side for chili.

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Meal 3 Recipes

Roasted Vegetable Kale Salad



Yield: 4-6 servings

INGREDIENTS

1-3 Tbsp olive oil

6-8 cups of raw vegetables (your choice of carrots, broccoli, green beans, potatoes, sweet potatoes, beets, parsnips, turnips, etc.)

4 cups kale, washed and dried well

½ tsp salt

½ tsp pepper

One batch of Sesame Ginger Dressing (¼ cup almond butter, 3 Tbsp soy sauce, 2 Tbsp lime juice, 2 Tbsp sesame oil, 2 Tbsp maple syrup, 2 tsp granulated ginger, ¼ tsp red pepper flakes, and 1/8 tsp salt)

INSTRUCTIONS

1. Preheat the oven to 400F.
2. Spread the vegetables (not the kale) on a baking sheet in a single layer. Drizzle with 1-2 Tbsp of olive oil and mix well. Season with salt and pepper.
3. Roast in the oven for 15 minutes to 45 minutes, depending on the vegetables you chose.
4. Meanwhile, place the kale in a large bowl and drizzle 1-2 teaspoons of olive oil over the leaves. Massage the oil into the kale for 2-3 minutes.
5. Make a batch of Sesame Ginger Dressing: Add ingredients to a blender or food processor. Process for 30 seconds to one minute, until the sauce is smooth.
6. When the vegetables are roasted, add them to the kale. Just before serving, drizzle the dressing over and toss the salad.

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Meal 4 Recipes

Enchilada Verde Stacks



Yield: 4 servings

INGREDIENTS

12 corn tortillas
1 ½ cups green enchilada sauce
2 cups shredded turkey or chicken

8 oz monterey jack cheese
Toppings: Cilantro, shredded lettuce, avocado,
sour cream, tomatoes

INSTRUCTIONS

1. Preheat the oven to 425. Arrange 12 tortillas on two large baking sheets and bake for 5 min, until lightly browned.
2. Line a third baking sheet w/parchment paper and lay 4 tortillas on top. Top each with 2 Tbsp enchilada sauce, ¼ cup chicken and 2 Tbsp cheese. Top each with a second tortilla and repeat layers of sauce, chicken and cheese. Top with a third tortilla, then 2 Tbsp sauce and 2 Tbsp cheese. You should have 4 stacks of 3 tortillas each.
3. Bake for 5 minutes, or until the cheese is melted. Top each with desired toppings.

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Lime Crema



Yield: 4 servings

INGREDIENTS

16 oz sour cream
2 big limes, about 2 1/4" diameter

1/2 tsp granulated garlic
1/2 tsp salt

INSTRUCTIONS

1. Empty sour cream into a small bowl and set aside.
2. Roll the limes on the counter for about a minute each to loosen up the juices.
3. Zest both limes, ensuring you are ONLY getting the green part of the peel and not the white part.
4. Cut the limes through the middle (horizontal) and using a juicer, get all the juice out.
5. Add all the zest, juice, granulated garlic and salt to the sour cream and whisk well to combine. Place in the refrigerator until it's time to serve. Note that letting the lime crema sit for at least 4 hours helps the flavors to meld together better, but you can enjoy it right away too.
6. Store leftover lime crema in the original sour cream container and label it!

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Meal 5 Recipes

Pumpkin Fettuccine



Yield: 6 servings

INGREDIENTS

Pumpkin Sauce:

1 15 oz can of pumpkin
swish of olive oil + sprinkle of salt
A pinch of fresh thyme
1 cup vegetable or chicken broth
1 small clove garlic
3/4 teaspoon kosher salt
1/4 cup heavy cream

Other Yums:

1/2 lb bacon, cut into small pieces
1 small onion, thinly sliced into half moons
a few sage leaves (optional)

Pasta:

8 ounces fettuccine or pappardelle
freshly grated parmesan for topping

INSTRUCTIONS

1. Fry the bacon: Meanwhile, fry bacon bits in a skillet until crispy and browned. Remove from the pan and set aside. Drain all but 1 tablespoon of the grease.
2. Caramelize the onion: Turn the heat down and let the pan cool for a moment. Add the onion to the bacon grease. Sauté for 20-30 minutes until soft, fragrant, and caramel-colored. (Optional: after you remove the onions, fry the sage right in the same pan.)
3. Cook the pasta: While you wait on the onions, cook pasta according to package directions. Drain and set aside.

Recipe continues on next card.

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Pumpkin Fettuccine (continued)



INSTRUCTIONS

4. Blend the pumpkin sauce: Add pumpkin to a blender (removing thyme sprigs). Puree the pumpkin with the broth, garlic, and salt until smooth.
5. Almost there: Place your cooked pasta in your onion pan over medium low heat. Pour pumpkin sauce over pasta. Toss gently with cream and about half of the onions. It should be looking real good right now.
6. Serve it up all fancy: Plate up the pasta. Top with caramelized onions, bacon, sage, and fresh Parmesan.

Recipe inspired by Pinch of Yum

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