



# 30 MINUTE DINNERS

## CHICKEN MEAL PLAN 5

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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: Cashew Chicken // White Rice**

*Suggested Side: Frozen Bell Peppers*

**Meal 2: Mexican Potato Soup**

*Optional Protein: Canned Beans*

**Meal 3: Sweet + Sour Chicken // White Rice**

*Suggested Side: Steamed Vegetables*

**Meal 4: Chickpea and Spinach Curry // Roasted Potatoes**

*Suggested Side: Garlic Bread*

*Optional Protein: Ground Meat*

**Meal 5: Spaghetti Squash with Olives and Pecorino**

*Suggested Side: Garlic Bread*

*Important! Before you start, make sure you have read the “**Before You Begin Guide**” so you understand how to properly use these meal plans.*



# SHOPPING LIST

**Meal 1: Cashew Chicken // White Rice (Suggested Side: Frozen Bell Peppers)**

**Meal 2: Mexican Potato Soup (Optional Protein: Canned Beans)**

**Meal 3: Sweet + Sour Chicken // White Rice (Suggested Side: Steamed Vegetables)**

**Meal 4: Chickpea and Spinach Curry // Roasted Potatoes (Suggested Side: Garlic Bread // Optional Protein: Ground Meat)**

**Meal 5: Spaghetti Squash with Olives and Pecorino (Suggested Side: Garlic Bread)**

## Pantry

- apple cider vinegar, 2 Tbsp + 2 Tbsp (4 Tbsp total)
- cashews, 2/3 cup
- chicken stock, 1/2 cup + 1 1/2 cups (2 cups total)
- cooking spray
- cornstarch, 1/4 cup + 3 Tbsp (1/4 cup + 3 Tbsp total)
- honey, 2 Tbsp
- sesame seed oil, 2 tsp
- soy sauce, 4 Tbsp + 1 Tbsp (5 Tbsp total)
- sriracha sauce, 1 Tbsp
- white rice, 4 cups
- olive oil, 3 Tbsp + 1 Tbsp + 1 Tbsp (5 Tbsp total)
- brown sugar, 1/3 cup
- pineapple juice, 1 cup
- chickpeas (15 oz), 2 cans
- tomatoes (15 oz), 1 can
- Kalamata olives, 1/2 cup
- red wine vinegar, 2 tsp

## Produce

- green onions, 3
- garlic, 2 cloves + 5 cloves (7 cloves total)
- celery, 1 rib
- onions, 1 + 1 (2 total)
- potatoes, 4-5 + 4-5 (8-10 total)
- spinach, 5 oz
- spaghetti squash, 2 medium

## Meat

- chicken (boneless, skinless breasts or thighs), 1 lb + 1 lb + 1 lb (3 lbs total)

## Cold Case

- peas and carrots mix (24 oz frozen), 1
- corn (16 oz frozen), 1
- heavy cream (or coconut milk), 1/2 cup
- winter blend vegetables (24 oz frozen), 1
- pecorino romano cheese (grated), 3 Tbsp

## Spices

- cayenne (!) (meal 2 + meal 4)
- cumin (meal 2 + meal 4)
- garlic powder
- pepper (meal 2 + meal 4)
- salt (meal 2 + meal 4)
- taco seasoning
- coriander
- paprika
- turmeric
- parsley

## Optional Toppings

- sesame seeds, 1 tsp
- jar of salsa (!)

## Suggested Sides

- bell peppers and onions (24 oz frozen), 1
- frozen vegetables (12-24 oz)
- garlic bread, 1 loaf + 1 loaf (2 loaves total)

## Optional Protein

- beans, 1 can
- ground meat, 1 lb
- bacon, 1 lb

## Notes

- Items marked with \* can be made from scratch and prepped ahead if you have the time! The recipes can be found at [DontWastetheCrumbs.com](http://DontWastetheCrumbs.com). Simply search and cook!
- Items marked with (!) are spicy. Feel free to omit if you have sensitive eaters.
- Items marked with (GF/DF) can be substituted for your favorite Gluten Free or Dairy Free ingredient. For easy substitute ideas, check the Gluten and Dairy Substitute Guide in the Resources section on [CrumbsUniversity.com](http://CrumbsUniversity.com).



# WEEKLY MEAL PREP: OVERVIEW

## Meal 1: Cashew Chicken // White Rice

- Cook the chicken.  
*25 minutes*
- Cook the White Rice.  
*20 minutes*
- Mix Cashew Chicken Sauce.  
*2 minutes*

## Meal 2: Mexican Potato Soup

- Cube and roast the potatoes.  
*25 minutes*
- Shred the chicken.  
*5 minutes*
- Dice the celery and onion.

## Meal 3: Sweet + Sour Chicken // White Rice

- Mix the Sweet + Sour sauce.  
*2 minutes*
- Cook the White Rice (above).
- Shred the chicken (above).

## Meal 4: Chickpea and Spinach Curry // Roasted Potatoes

- Cube and roast the potatoes (above).
- Dice your onion and garlic.

*2 minutes*

## Meal 5: Spaghetti Squash with Olives and Pecorino

- Cook the spaghetti squash.

*28 minutes*





# WEEKLY MEAL PREP: STEP-BY-STEP

## Mise en Place

### Chicken

- 3 lbs chicken
- Salt + pepper

### Rice

- 4 cups white rice
- 4 cups water (8 cups if doing stove top)

### Potatoes

- 8-10 potatoes
- Cooking spray or olive oil

### Cashew Chicken Sauce

- ½ cup chicken stock
- 2 tsp minced garlic
- 4 Tbsp soy sauce (I use liquid aminos)
- ¼ cup cornstarch
- 2 Tbsp apple cider vinegar
- 2 Tbsp honey
- 1 Tbsp sriracha sauce
- 2 tsp sesame seed oil

### Sweet and Sour Sauce

- 1 cup pineapple juice
- 1 Tbsp soy sauce
- 2 Tbsp apple cider vinegar
- 1/3 cup brown sugar

### Vegetables

- 2 medium spaghetti squash
- 3 green onions
- 2 onions
- 1 rib celery
- 5 garlic cloves

## Supplies

- Jar and lid
- Instant Pot or medium sauce pot
- 4 Baking sheets

**Step 1:** Preheat the oven to 425F.

**Step 2:** Place 3 lbs of chicken onto a baking sheet, sprinkle with salt and pepper, and place in the oven. Set a timer for 22 minutes.

**Step 3:** Cube your 8-10 white potatoes and set on baking sheets. Spray with cooking oil and place in the oven. Set a timer for 25 minutes.

**Step 4:** Make your white rice:

Stovetop: Bring water to a boil in a medium saucepan over high heat. Add rice and bring back to a boil. Reduce heat to a simmer, cover, and let cook for 15-18 minutes until liquid is absorbed.

Instant Pot: Add rice, water, and salt if desired, into your Instant Pot. Cook on high pressure for 4 minutes. Release pressure by hitting the quick pressure release.

**Step 5:** In a small bowl mix your Cashew Chicken sauce: whisk together: ½ cup stock, 4 Tbsp soy sauce, 2 Tbsp vinegar, 1 Tbsp sriracha, ¼ cup cornstarch, 2 Tbsp honey, 2 tsp garlic, and 2 tsp sesame seed oil.

**Step 6:** Mix the Sweet + Soup Sauce: Combine 1 cup pineapple juice, 2 Tbsp apple cider vinegar, 1 Tbsp soy sauce, and 1/3 cup brown sugar in a small jar.

**Step 7:** If you aren't using an Instant Pot to make your spaghetti squash, prep the squash so that you can place it in the oven when the chicken is done cooking. Cut your spaghetti squash in half (lengthwise for the oven and hamburger style for your IP), and deseed. Then place in the oven flat side down on a baking sheet. Set a timer for 25 minutes.

OR when the rice is done cooking in the Instant Pot, give the pot a quick rinse. Then, place squash in your Instant Pot and set for 7 minutes on manual. Quick release the pressure when it finishes.

*Tip: Using a serrated grapefruit spoon makes it easier to scoop out the seeds by cutting them off of the spaghetti.*

**Step 8:** Prep the Vegetables:

**Celery**

- Dice 1 rib for Mexican Potato Soup

**Green onion**

- Slice 3 for Cashew Chicken

**Onion**

- Dice 1 onion for Chickpea and Spinach Curry
- Dice 1 onion for Mexican Potato Soup

**Garlic**

- Mince 5 cloves of garlic for Chickpea and Spinach Curry

**Step 9:** Shred the chicken in your stand mixer, in your food processor, or with two forks. You'll likely need to divide it 5-6 times.

*Tip: Chicken shreds the fastest when it's still warm so shredding it on the same day you cook it saves you time!*

See How to Store Your Meal Prep below to divide for storage.

## How to Store Your Meal Prep

### Meal 1: Cashew Chicken // White Rice

- 4 cups cooked white rice
- 1 lb shredded chicken
- Cashew Chicken sauce
- Green onion

### Meal 2: Mexican Potato Soup

- 1 lb shredded chicken
- ½ of the roasted potatoes
- Diced celery and onion

### Meal 3: Sweet + Sour Chicken // White Rice

- 1 lb shredded chicken
- Sweet + Sour sauce
- 4 cups cooked white rice

### Meal 4: Chickpea and Spinach Curry // Roasted Potatoes

- ½ of the roasted potatoes

### Meal 5: Spaghetti Squash with Olives and Pecorino

- Whole spaghetti squash put back together

*Tip: Store your spaghetti squash in the fridge by putting the halves back together inside the skin so that it stays fresher.*



# MAXIMIZING KITCHEN APPLIANCES

## Meal 1: Cashew Chicken // White Rice

- Use the Instant Pot to cook your white rice.

## Meal 2: Mexican Potato Soup

- Shred the chicken in your food processor (not your stand mixer so you can save time on dishes unless you don't also have a food processor).
- Dice your celery in the food processor.
- Make the soup in the slow cooker that morning to simmer all day.

## Meal 3: Sweet + Sour Chicken // White Rice

- Shred the chicken in your food processor.
- Use your Instant Pot to steam the vegetables.

## Meal 4: Chickpea and Spinach Curry // Roasted Potatoes

- N/A

## Meal 5: Spaghetti Squash with Olives and Pecorino

- Use your Instant Pot to cook the squash.
- Use your Instant Pot to saute the bacon. (The tall sides prevent oil splatter).



# STEP-BY-STEP: MEAL 1

## Cashew Chicken // White Rice

### *Suggested Side: Frozen Bell Peppers*

*Add a bag of sliced frozen bell peppers to this dish to make it more filling!*

### Mise en Place

#### Cashew Chicken

- ✓ 3 lbs chicken (1 lb each for Meals 1, 2, + 3)
- 24 oz frozen peas and carrots
- ✓ 3 green onions
- 2/3 cup cashews
- 1 tsp sesame seeds to garnish (optional)
- Cooking spray

#### Cashew Chicken Sauce

- ✓ ½ cup chicken stock
- ✓ 4 Tbsp soy sauce (I use liquid aminos)
- ✓ 2 Tbsp apple cider vinegar
- ✓ 1 Tbsp sriracha sauce
- ✓ 2 tsp minced garlic
- ✓ ¼ cup cornstarch
- ✓ 2 Tbsp honey
- ✓ 2 tsp sesame seed oil

#### Rice (doubled batch for Meal 3)

- ✓ 4 cups white rice
- ✓ 4 cups water (8 cups if using stove top)

#### ***Suggested Side: Frozen Bell Peppers***

- 24 oz frozen bell peppers + onions

### Supplies

- Cutting board and a sharp knife
- 19"x13" glass pan
- 1 baking sheet
- Small bowl
- Meat thermometer
- Instant Pot or medium saucepan

**Step 1:** Preheat the oven to 425F.

**Step 2:** Cut 1 lb of chicken into 2 inch strips.

**Step 3:** Spray a 9" x 13" glass pan with cooking spray.

**Step 4:** Place the cut chicken pieces in a single layer in the pan. If you haven't already, place the other 2 lbs of chicken onto another sheet or baking sheet and place in the oven immediately.

Alternatively, if you made the chicken and sweet and sour sauce on your weekly prep day, put the frozen vegetables, cashews, green onion, and sauce in the oven and set a timer for 15 minutes. Meanwhile, slice the green onion. When the timer goes off, add the shredded chicken and stir. Place back in the oven and set a timer for 7 minutes. Then, skip to step 10.

**Step 5:** Top with the cashews and all frozen vegetables.

**Step 6:** Slice green onions and add half of the green onions on top.

**Step 7:** In a small bowl, whisk together the ingredients for the sauce: ½ cup stock, 4 Tbsp soy sauce, 2 Tbsp vinegar, 1 Tbsp sriracha, ¼ cup cornstarch, 2 Tbsp honey, 2 tsp garlic and 2 tsp sesame seed oil.

**Step 8:** Pour over the vegetables and chicken.

**Step 9:** Bake in the oven for 22-25 minutes, until the sauce is bubbly and the chicken is cooked through. Set a timer!

**Step 10:** Cook your white rice in your Instant Pot or on the stove top or reheat it with ¼ cup water on medium low.

Stovetop: Bring 8 cups of water to a boil in a medium saucepan over medium high heat. Add 4 cups of rice and bring back to a boil. Reduce heat to a

simmer, cover and let cook for 15-18 minutes until liquid is absorbed.

Instant Pot: Add 4 cups rice, 4 cups water, and salt, if desired, into your Instant Pot. Cook on high pressure for 4 minutes. Release pressure by hitting the quick pressure release.

*Tip: If you have time tonight, shred the chicken for tomorrow night's dinner in your food processor or stand mixer. It shreds faster while it's still warm.*

**Step 11:** The internal temperature of the chicken should be at least 165F when the timer goes off (if you didn't pre cook it).

**Step 12:** Let cool slightly for about 3-5 minutes for the sauce to thicken.

**Step 13:** Divide rice into two equal portions. One for tonight's meal and one for Meal 3.

**Step 14:** Serve Cashew Chicken over rice and garnish with green onion slices.





## STEP-BY-STEP: MEAL 2

### Mexican Potato Soup

#### *Optional Protein: Canned Beans*

*It's easy to add a can of pinto or black beans to give this dish some additional protein and fiber!*

#### Mise en Place

##### **Potatoes**

- ✓ 8-10 potatoes (double batch for meal 4)

##### **Soup**

- ✓ 1 lb reserved chicken
- ✓ 1 onion, diced
- 3 Tbsp olive oil
- ✓ 1/2 cup celery (1 rib), diced
- 16 oz frozen corn
- 1/2 cup heavy cream or coconut milk
- 1 1/2 cups chicken broth
- 1 cup water, or additional chicken stock
- 4 Tbsp taco seasoning
- 1 tsp cumin
- 1 tsp garlic powder
- 1/2 tsp cayenne (!)
- 1/2 tsp sea salt
- 1/2 tsp freshly ground black pepper

##### **Optional Topping**

- jar of salsa

##### **Optional Protein**

- canned beans

## Supplies

- 2 baking sheets
- Large stockpot
- Cutting board and a sharp knife

**Step 1:** Preheat the oven to 450F.

**Step 2:** Cube 4-5 potatoes into ½ chunks and place on a baking sheet. Spray with cooking oil and place in the oven. Set a timer for 22 minutes.

**Step 3:** Put a large stock pot on medium high with 3 Tbsp olive oil.

**Step 4:** Dice your onion and celery and add to the pot.

**Step 5:** Then add:

- 16 oz frozen corn kernels
- 2 Tbsp taco seasoning
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper

Let cook on medium high for 10 minutes covered. Set a timer. Stir frequently.

**Step 6:** Finish cubing the other 4-5 potatoes, place on a baking sheet, spray with cooking oil, and place in the oven. Set another timer for 22 minutes. (This batch is for Meal 4.)

**Step 7:** If needed, shred the chicken in your food processor, stand mixer, or with two forks.

*Stir the large pot.*

**Step 8:** When celery and onion are cooked after 8-10 minutes, add 1/2 cup heavy cream or coconut milk, 1 1/2 cups chicken stock/broth, and 1 cup water, or additional chicken stock. Add 1 lb shredded chicken. If desired, add a can of beans.

**Step 9:** When the potato timer goes off, add the first batch to cook into the soup and stir. Add the same seasonings again:

- 2 Tbsp taco seasoning
- 1/2 tsp cumin
- 1/2 tsp garlic powder
- 1/4 tsp cayenne
- 1/4 tsp sea salt
- 1/4 tsp freshly ground black pepper

**Step 10:** Enjoy the soup hot!

*Tip: If you don't want dinner interrupted by the second batch of potatoes' timer going off, just turn the oven off and set a timer for a half hour so that you remember to put them in the fridge after dinner.*



## STEP-BY-STEP: MEAL 3

### Sweet + Sour Chicken // White Rice

#### *Suggested Side: Steamed Vegetables*

*Steam an additional bag of frozen vegetables to make this dish more filling!  
You can do another winter blend or something else like carrots!*

### Mise en Place

#### **Sweet and Sour Sauce**

- ✓ 1 cup pineapple juice
- ✓ 2 Tbsp apple cider vinegar
- ✓ 1 Tbsp soy sauce
- ✓ 1/3 cup brown sugar
- 3 Tbsp cornstarch
- 1 1/2 Tbsp water

#### **Sweet and Sour Chicken**

- ✓ 4 cups reserved cooked white rice
- ✓ 1 lb shredded chicken
- 24 oz frozen winter blend (broccoli + cauliflower)

#### ***Suggested Side***

- *Steamed vegetables*

### Supplies

- Small saucepan
- Medium saucepan + steamer basket or Instant Pot
- Mug
- Medium saucepan

**Step 1:** Prepare the Sweet + Sour sauce: Combine 1 cup pineapple juice, 2 Tbsp apple cider vinegar, 1 Tbsp soy sauce and 1/3 cup brown sugar in a small saucepan. Bring JUST to a low boil, whisking the ingredients every few minutes so the sugar dissolves thoroughly.

**Step 2:** Meanwhile, steam the vegetables on the stove top in a steamer basket by bringing a saucepan to a boil on high or place in your Instant Pot and set to manual for 1 minute.

*Add additional vegetables if desired.*

**Step 3:** Then, in a mug, make a slurry with the cornstarch and water. Add the slurry to the sauce while whisking quickly. Cook for one minute and then reduce the heat to low and set aside.

**Step 4:** Reheat rice and shredded chicken if desired on medium heat with 1/4 cup of water in a medium pot.

**Step 5:** Layer rice, chicken and vegetables in serving bowls. Pour sauce over as desired.



## STEP-BY-STEP: MEAL 4

### Chickpea and Spinach Curry // Roasted Potatoes

*Suggested Side: Garlic Bread*

*Optional Protein: Ground Meat*

*Add 1 lb of any ground meat you have in the freezer - turkey, lamb, bison, or beef will do the job!*

### Mise en Place

#### Spaghetti Squash (for Meal 5)

✓ 2 medium spaghetti squash

*Note: If you are skipping meal 4, but are still making meal 5, pick another day to make your spaghetti squash in advance.*

#### Curry

- 1 Tbsp olive oil
  - 2 (15 oz) cans chickpeas
  - 5 oz Spinach
  - ✓ 1 onion
  - ✓ 5 cloves garlic
  - 1 (15 oz) can tomato
  - 1 Tbsp coriander
  - 2 Tbsp cumin
  - ½ Tbsp paprika
  - 1 Tbsp salt
  - ½ Tbsp pepper
  - ½ Tbsp turmeric
  - ½ tsp cayenne (!)
- ✓ Reserved roasted potatoes

### **Suggested Side**

- 1 loaf garlic bread

### **Optional Protein**

- 1 lb ground meat

## **Supplies**

- Instant Pot or baking sheet
- Large pan
- Sharp knife and cutting board
- Baking sheet

**Step 1:** Cook the spaghetti squash for Meal 5.

Oven: Preheat your oven to 450F. Cut your spaghetti squash in half (lengthwise for the oven and hamburger style for your IP), and deseed. Then place in the oven flat side down on a baking sheet. Set a timer for 25 minutes.

Instant Pot: Place sliced and deseeded spaghetti squash on trivet in Instant Pot. Set for 7 minutes on manual. Quick release the pressure when it finishes.

*Tip: Using a serrated grapefruit spoon makes it easier to scoop out the seeds by cutting them off of the spaghetti.*

*Tip: Store your spaghetti squash in the fridge by putting the halves back together inside the skin so that it stays fresher.*

**Step 2:** Heat 1 Tbsp olive oil in a large pan.

**Step 3:** Dice the onion and mince 5 garlic cloves if you haven't already. Cook for about 2 minutes.

*Add 1 lb ground meat, if desired, break apart with a spatula.*

**Step 4:** Reheat cubed potatoes in the oven at 450F for 10 minutes. (They can reheat while your squash is cooking.)

**Step 5:** Add the spices to the large pan:

- 1 Tbsp coriander
- 2 Tbsp cumin
- ½ Tbsp paprika
- 1 Tbsp salt
- ½ Tbsp pepper
- ½ Tbsp turmeric
- ½ tsp cayenne

**Step 6:** Heat the suggested side of Garlic Bread in the oven, if desired, according to package directions.

**Step 7:** Add the canned tomatoes, drained chickpeas, and salt and pepper. Reduce the heat and simmer for 8 minutes, stirring occasionally.

**Step 8:** Then, add the spinach and coriander and stir well.

**Step 9:** Cook for 2-3 minutes until the spinach has wilted. Pull the reheated potatoes out of the oven.

**Step 10:** Enjoy curry and oven roasted potatoes with garlic bread on the side.





## STEP-BY-STEP: MEAL 5

### Spaghetti Squash with Olives and Pecorino

*Suggested Side: Garlic Bread*

*Optional Protein: Bacon*

*Boost your protein intake by making bacon and crumbling it over this yummy meal.*

### Mise en Place

#### Spaghetti

- 2 cooked spaghetti squash (or 16 oz spaghetti pasta)
- 1/2 cup Kalamata olives
- 3 Tbsp Grated Pecorino Romano cheese (or nutritional yeast)
- 2 Tbsp parsley
- 1 Tbsp olive oil
- 2 tsp red wine vinegar

#### Suggested Side

- 1 loaf Garlic Bread

#### Optional Protein

- 1 lb bacon

### Supplies

- Cast iron skillet or large pan
- Medium saucepan

**Step 1:** If desired, cook bacon in a cast iron skillet or large pan. Set it to medium high. Then, be sure to peel all the pieces apart so they cook well.

**Step 2:** Scrape out spaghetti squash from the skin, separating the noodle chunks. Place spaghetti in a medium saucepan on medium heat with 1 Tbsp olive oil.

*If subbing pasta, cook now according to package directions and drain.*

**Step 3:** Mix in ½ cup olives, 3 Tbsp Pecorino Romano, 2 Tbsp parsley, and 2 tsp red wine vinegar to the spaghetti squash and cover to warm on low while the bacon cooks.

**Step 4:** If desired, heat garlic bread in the oven according to package directions.

**Step 5:** If desired, crumble cooked bacon over the spaghetti squash and enjoy!



# RECIPE CARDS

## Meal 1 Recipes

### Cashew Chicken



*Find the original recipe here.*

#### INGREDIENTS

1 lb chicken breasts, pounded out to ¼" thick and cut into 2" strips	2 Tbsp apple cider vinegar
4 cups vegetables, fresh and/or frozen	1 Tbsp sriracha sauce
2/3 cup cashews	2 tsp minced garlic
3 green onions, white and green parts sliced.	¼ cup cornstarch
½ cup chicken stock	2 Tbsp honey
4 Tbsp soy sauce (I use liquid aminos)	2 tsp sesame seed oil
	1 tsp sesame seeds to garnish (optional)

#### INSTRUCTIONS

1. Preheat the oven to 350F. Spray a 9" x 13" glass pan with cooking spray or grease with a butter wrapper.
2. Place the chicken pieces in a single layer in the pan. Top with the cashews and 4 cups of vegetables.
3. Add all the white onions and about half of the green onions on top. In a small bowl, whisk together the ingredients for the sauce. Pour over the vegetables and chicken.
4. Bake for 25-30 minutes, until the sauce is bubbly and the chicken is cooked through.
5. Let cool slightly for about 5 minutes for the sauce to thicken. Garnish with sliced green onions and sesame seeds. Salt and pepper to taste.

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## Instant Pot White Rice



*Find the original recipe here.*

### INGREDIENTS

2 cups white rice (I use Jasmine)  
2 cups water

1 tsp salt (optional)

### INSTRUCTIONS

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

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## Meal 2 Recipes

### Mexican Corn and Potato Chowder



*Find the original recipe here.*

#### INGREDIENTS

1 cup chopped onion	1 cup water, or additional chicken stock
2 Tbsp bacon grease	2 Tbsp taco seasoning
1 Tbsp unsalted butter	1/2 tsp cumin
1/2 cup diced celery	1/2 tsp garlic powder
2 cup corn kernels	1/4 tsp cayenne
1 cup diced potatoes	1/4 tsp sea salt
1/2 cup creamy cauliflower sauce	1/4 tsp freshly ground black pepper
1 1/2 cups chicken stock	

#### INSTRUCTIONS

1. Combine all ingredients in a 6-quart slow cooker.
2. Set cook time to low and cook for 6-8 hours.
3. Stir chowder, then taste. Season to taste, as needed. (I generally find the chowder needs about the same amount of seasoning after cooking as I added to it prior to cooking.)
4. If desired, lightly mash a portion of the chowder with a potato masher, pastry knife or with a large fork. This will help to thicken the liquids a bit and make it more of a soup than a stew.
5. Serve with optional toppings: tortilla chips, shredded cheese, olives, green onions, salsa.

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### Roasted Potatoes



*Find the original recipe here.*

#### INGREDIENTS

2-3 lbs russet potatoes	Pepper
2-4 Tbsp olive oil	Dried herbs or seasonings as desired
Salt	

#### INSTRUCTIONS

1. Preheat the oven to 425F.
2. Scrub the dirt off the potatoes. Cut the potatoes into roughly 1/2" pieces. Lay them on a cookie sheet, in a single layer. It's okay if they touch, but you don't want the potatoes on top of each other.
3. Drizzle the olive oil evenly over the potatoes. Sprinkle the potatoes with salt, pepper and dried seasonings or herbs as desired.
4. Roast in the oven for 20-25 minutes, or until the tops of the sweet potatoes are dark golden brown.

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## Meal 3 Recipes

### Sweet and Sour Chicken



#### INGREDIENTS

Sweet and Sour Sauce  
1 cup pineapple juice  
2 Tbsp apple cider vinegar  
1 Tbsp soy sauce  
1/3 cup brown sugar  
3 Tbsp corn starch  
1 1/2 Tbsp water

Sweet and Sour Chicken  
4 cups cooked rice (I use Instant Pot brown rice)  
1 lb chicken, cooked and shredded or diced (either leftover chicken, Instant Pot whole chicken or slow cooker shredded chicken)  
2-3 lbs mixed vegetables (I like using onions, bell peppers, carrots, broccoli and cauliflower)

#### INSTRUCTIONS

1. Prepare the Sauce: Combine the pineapple juice, vinegar, soy sauce and brown sugar in a small saucepan. Bring JUST to a low boil, whisking the ingredients every few minutes so the sugar dissolves thoroughly.
2. In a mug, make a slurry with the corn starch and water. Add the slurry to the sauce while whisking quickly. Cook for one minute and then reduce the heat to low and set aside.
3. Prepare Sweet and Sour Chicken: Prepare the rice and/or chicken if necessary. Note that this recipe starts with both cooked rice AND cooked chicken.
4. Steam the vegetables on the stove top or follow the instructions for Instant Pot Steamed Vegetables.
5. Layer rice, chicken and vegetables in serving bowls. Pour sauce over as desired.

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### Instant Pot Steamed Vegetables



*Find the original recipe here.*

#### INGREDIENTS

1-2 cups raw baby carrots  
1-2 cups raw cauliflower florets

1-2 cups raw broccoli florets  
1 cup of water

#### INSTRUCTIONS

1. Pour the water into the bottom of the Instant Pot. Place the steamer basket inside the Instant Pot and add the carrots and cauliflower.
2. Place a glass lid on top and set the timer for 15 minutes.
3. When the timer goes off, CAREFULLY lift the lid and use caution as the hot steam will escape quickly! Check for doneness by piercing the vegetables with a fork. They should be \*almost\* easy to pierce. Add additional cooking time, one minute at a time ONLY if necessary.
4. Add the broccoli and replace the lid. Set the timer for one minute.
5. When the timer goes off, remove the lid again and pierce the broccoli to check for doneness. Again, ONLY if necessary, add additional cooking time one minute at a time.

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## Meal 4 Recipes

### Chickpea and Spinach Curry



*Find the original recipe here.*

#### INGREDIENTS

1 medium onion diced	1/2 tsp ground coriander
2 garlic cloves crushed	1/2 tsp paprika
1 cup chopped tomatoes	1/2 tsp cumin
1 (15 oz) can chickpeas drained	1/2 tsp turmeric
2 cups spinach	1/2 tsp cayenne pepper
1 Tbsp fresh coriander (cilantro)	1 pinch Sea salt and black pepper

#### INSTRUCTIONS

1. Heat a little oil in a large pan and add the onion and garlic and cook for 2 minutes.
2. Add the spices and stir well.
3. Add the chopped tomatoes, drained chickpeas and salt and pepper. Reduce the heat and simmer for 8 minutes.
4. 2 minutes before it has finished cooking, add the spinach and coriander and stir well.
5. Cook for 2 minutes or until the spinach has wilted.

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## Meal 5 Recipes

### Instant Pot Spaghetti Squash



*Find the original recipe here.*

#### INGREDIENTS

1 cup water  
1 spaghetti squash (small enough to fit inside your Instant Pot)

#### INSTRUCTIONS

1. Place the trivet inside the Instant Pot. Pour the water inside.
2. Cut the spaghetti squash in half, around the middle, and scoop out the seeds. Set aside if you're making chicken stock from kitchen scraps and/or roasting the seeds.
3. Place the two halves of spaghetti squash inside the Instant Pot. It doesn't matter how you place them (i.e. facing each other or not), so long as you have enough room to close and seal the Instant Pot. Turn the pressure knob to "seal," adjust the pressure setting to "high" and set the timer for 7 minutes.
4. When the timer beeps, carefully turn the pressure knob to "release" to use the quick pressure release method.
5. 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. Serve warm with either butter and salt and pepper, or top with your favorite pasta sauce!

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### Spaghetti Squash with Olives and Pecorino



#### INGREDIENTS

1 small spaghetti squash	2 Tbsp Chopped parsley
1/4 cup Kalamata olives	1 Tbsp olive oil
3 Tbsp Grated Pecorino Romano cheese	2 tsp red wine vinegar

#### INSTRUCTIONS

1. Pierce spaghetti squash all over. On plate, microwave squash on High 14 minutes or until tender. Let cool.
2. Cut squash in half lengthwise; discard seeds. With fork, scrape squash lengthwise; place strands in medium bowl.
3. Mix in olives, Pecorino Romano, parsley, olive oil, and red wine vinegar.

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