



# *Girlfriends Guide* **FOR MOMS**

SHEET PAN EDITION



# Happy Fall, Girlfriends!

The days are rapidly becoming shorter, and we've begun our slippery slide into the chaos known as The Holidays. I hope you're ready, because I know I'm not!

I've always been a huge fan of one-pot cooking – soups, stews, etc. – for obvious reasons. Fast and easy prep combined with fast and easy clean-up is a serious weeknight no-brainer. Recently, one of my fellow Mann's moms pointed out a Pinterest phenomenon that I had not clued into: Sheet Pan Meals. Same concept as a one-pot soup or stew, but with a sheet pan loaded with healthy proteins and veggies, roasted in the oven for an extra punch of toasty flavor.

I was floored. Where have I been? These are pure brilliance. Here's another stroke of genius: make your Sheet Pan Meals even faster and easier with Mann's vegetables! Peeled, cut, washed, and ready to go, our veggies just reduced your meal prep time by A LOT.

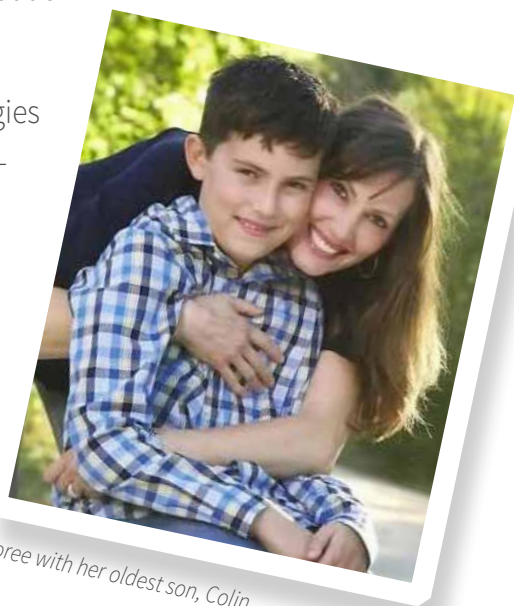
We've come up with six new Sheet Pan recipes to add into your Fall meal rotation. So you can slip into Holiday Madness knowing that you'll still be able to get a healthy, warm meal on the table with very little effort. You're welcome.

Along with the recipes, I've also included some tips and tricks for planning and prepping your meals in advance. I got into Meal Prep when I went back to work full time, and was getting a bit tired of my husband and children calling me at 4:30 every afternoon, wondering what was for dinner that night. It does take advance planning, but it's well worth it – both for your sanity as well as your family's health, as it eliminates the urge to stop at a fast food restaurant for take-out on your way home.

Do you have any great Sheet Pan recipes or meal planning strategies using our veggies that you'd like to share? We'd love to see them – drop us a line on any of our social media channels.

Enjoy the season!

Loree



*Loree with her oldest son, Colin*



# Stuffed Chicken Breasts with Sweet Potato and Broccolini®

## INGREDIENTS

- 1 (16-ounce) bag Mann's Sweet Potato Cubes
- 1 (6-ounce) tray Mann's Broccolini®
- 4 boneless, skinless chicken breasts
- 8 slices gouda cheese
- 1 tablespoon olive oil
- 1 tablespoon salted butter, melted
- 2 tablespoons Dijon mustard
- ½ teaspoon salt, divided
- ¼ teaspoon black pepper
- ¼ teaspoon garlic powder

## DIRECTIONS

Preheat oven to 400°F.

Lay chicken breasts between two layers of plastic wrap and pound with a meat tenderizer until uniform in thickness. Cut a pocket into each piece, leaving about ½" border along one edge. Put chicken in a mixing bowl and add olive oil and mustard. Mix and rub by hand to coat evenly. Lay chicken on your baking sheet and place two slices of cheese, folded in half, into each pocket. Sprinkle with ¼ teaspoon salt, pepper, and garlic powder.

Rough chop the Broccolini into 2" pieces. Add remaining salt and toss again. Add vegetable mixture to the baking sheet, surrounding the chicken and bake on the middle rack for 25 minutes or until chicken reaches an internal temperature of 165°F.

**Prep time: 20 minutes**  
**Total time: 45 minutes**  
**Servings: 4**



## BENEFITS OF MEAL PREP

Depending on food preferences, cooking ability, schedule and personal goals, meal prep can mean different things to different people. If you eat takeout several nights a week, your goal may be to choose a specific day to create a shopping list and hit the grocery store. Or it might mean selecting one day of the week to do most of your cooking. Or it simply could be creating a menu and shopping for it in advance so that you are not deciding last minute what to make. Whatever your situation, meal prep is a smart, healthy choice because it:

1. Saves money and time.
2. Helps with weight control, as you decide the ingredients and portions served
3. Contributes to a more nutritionally balanced diet
4. Reduces stress as you avoid last-minute decisions about what to eat, or rushed preparation

# Teriyaki Salmon with Green Beans

## INGREDIENTS

- 1 (12-ounce) bag Mann's Green Beans
- 1 pound salmon fillet, skin on
- 2 tablespoons prepared gluten-free teriyaki marinade/sauce
- 1 teaspoon ginger, minced
- 1 lemon, sliced
- ½ tablespoon sesame oil
- 1 teaspoon sesame seeds
- ⅛ teaspoon black pepper
- ½ teaspoon salt, divided

## DIRECTIONS

For optimum flavor, place salmon, teriyaki sauce, and ginger in a Ziploc bag overnight to marinate. This step is optional.

Preheat oven to 350°F.

If you have not marinated your salmon overnight, rub the flesh with teriyaki sauce and ginger, then place fillet skin side down on a lined baking sheet. Sprinkle with ¼ teaspoon salt, pepper, and lay lemon slices over the top. Then, set aside.

In a mixing bowl, toss green beans with sesame oil, remaining salt, and sesame seeds. Add green beans to baking sheet surrounding the salmon. Bake on the center rack for 20 minutes or until salmon pulls apart easily with a fork.



**Prep time: 10 minutes**  
**Total time: 30 minutes**  
**Servings: 4**





# Roasted Pork Chops with Butternut Squash, Brussels Sprouts, and Apples

## INGREDIENTS

1 (20-ounce) bag Mann's Butternut Squash cubes  
1 (12-ounce) bag Mann's Brussels Sprouts, quartered  
1 large apple, cored and rough chopped  
4 boneless, thick center cut pork loin chops  
4 tablespoons olive oil, extra virgin, divided  
5 tablespoons Dijon mustard  
4 sage leaves, chiffonade  
1 teaspoon salt, divided  
½ teaspoon garlic, granulated  
¼ teaspoon black pepper  
12 sprigs of fresh thyme

## DIRECTIONS

Preheat oven to 400°F.

Add butternut squash, Brussels sprouts, apple, and 2 tablespoons olive oil to a large mixing bowl. Toss until evenly coated. Add sage leaves and ½ teaspoon salt and toss again.  
Then, set aside.

In a separate mixing bowl, add remaining olive oil and salt, mustard, garlic, and black pepper. Stir until combined and then add pork chops and rub each chop until evenly coated.

Place chops on a lined baking sheet and lay thyme sprigs over the top. Pour vegetable mixture around chops in a single, evenly spaced layer. Bake for 25 minutes on the middle rack or until pork chop reaches 145° F at center.

**Prep time: 20 minutes**

**Total time: 45 minutes**

**Servings: 4**



## PREPPING FOR MEAL PREP

- Start a monthly calendar to record your meal ideas, favorite recipe sites and food shopping lists
- Collect healthy recipes that appeal to all (or almost all) members of your family
- Consider specific foods or themes for different days of the week to help with your planning: Meatless Monday, Taco Tuesday, Whole Grain Wednesday, etc.
- Start small: aim to create enough dinners for 2-3 days of the week, then work your way up



# Cashew Chicken with Red Bell Pepper and Broccoli

## INGREDIENTS

1 (12-ounce) bag Mann's Broccoli Wokly  
1 large red bell pepper  
4 boneless chicken thighs (*excess skin trimmed or skinless*)  
1 tablespoon sesame oil  
½ teaspoon salt, divided  
¼ teaspoon crushed red pepper (optional)  
⅛ teaspoon black pepper  
⅛ teaspoon garlic powder  
2 green onions, sliced on a bias (*green parts only*)  
3-4 basil leaves, chiffonade  
½ cup cashews, whole, unsalted, roasted  
4 tablespoons cashew chicken sauce  
(*prepared, or use recipe*)

## CASHEW SAUCE INGREDIENTS

1 cup chicken broth  
¼ cup tamari or coconut aminos  
2 tablespoons sesame oil  
1 tablespoon rice vinegar  
1 tablespoon ginger, minced  
2 teaspoons garlic, minced  
2 teaspoons sugar  
2 tablespoons cornstarch or arrowroot powder (*optional*)

## DIRECTIONS

Preheat oven to 400°F.

Cut bell pepper in half lengthwise and remove stem, ribs, and seeds. Cut both halves into ½" wide slices. Then cut the slices in half across their width. Put bell pepper, broccoli, and sesame oil in a mixing well and toss until evenly coated. Add ¼ teaspoon salt and crushed red pepper to the bowl and toss.

Season each chicken thigh with remaining salt, black pepper, and garlic on both sides.



Arrange the chicken and vegetable mixture on a lined baking sheet in one closely packed layer. Bake on center rack for 30 minutes, or until chicken skin is crispy and golden brown.

Prepare the sauce by adding all ingredients except arrowroot powder to a small saucepan and bring to a simmer, whisking occasionally. Once the sauce reduces, add arrowroot powder for thickness, whisking as you add. Allow to thicken, then remove from heat. Season with salt or pepper as needed.

Garnish dish with scallions, cashews, and basil and drizzle with sauce before serving.

**Prep time: 15 minutes**  
**Total time: 45 minutes**  
**Servings: 4**





# Smoked Sausage and Vegetable Medley

## INGREDIENTS

1 (12-ounce) bag Mann's Vegetable Medley  
3 smoked chicken sausages  
½ a root of fennel, cored and sliced ¼" thick  
6 whole garlic cloves, peeled  
3 small shallots, peeled and quartered  
2 tablespoons olive oil, extra virgin  
¼ teaspoon salt

## DIRECTIONS

Preheat oven to 400°F.

Slice sausage on a bias about midway through with ¼" spacing. Then, place on a lined baking sheet. Cut larger pieces of Mann's Vegetable Medley down until they are all uniform in size. Add the Vegetable Medley, fennel, garlic, shallots, and oil to a mixing bowl and toss until evenly coated. Add salt and toss again. Spread vegetable mixture out evenly around the sausage on the baking sheet. Roast on the center rack for 20 minutes, until vegetables just start to brown.



## MAKING MEAL PREP HAPPEN

- Choose a specific day of the week to plan your menus, create shopping lists, and shop. Dedicate another day to prep foods in advance. Separating your tasks into different days keeps it manageable
- Consider preparing staple foods in advance that your family can enjoy all week: hardboiled eggs, pre-washed salad greens, chopped fruit, cooked grains like quinoa or farro
- If you prefer not to pre-cook proteins, consider marinating or salting them on your meal prep day so that you can quickly pop them in the oven or stir-fry later in the week
- When you cook a recipe, make extra portions for lunches, or to freeze. Be sure to date and label what goes in the freezer so you know what you have on hand

**Prep time: 20 minutes**  
**Total time: 40 minutes**  
**Servings: 3**



*All meal prep tips adapted from "Meal Prep: A Helpful Eating Strategy",  
The Nutrition Source, Harvard T.H. Chan School of Public Health, March 20, 2017*

# Beef and Broccolini® with Garlicky Mushrooms

## INGREDIENTS

1 (6-ounce) tray Mann's Broccolini®  
2 grass-fed steaks, at room temperature  
(cut is personal preference)  
6 ounces oyster mushrooms  
1 tablespoon sesame oil, divided  
1 teaspoon garlic, minced  
Olive oil, extra virgin for drizzling  
Salt and pepper to taste

## DIRECTIONS

Preheat oven to 400°F.

Place steaks on a lined baking sheet. Season both sides with salt and pepper and drizzle with olive oil. Put Broccolini in a mixing bowl and toss with ½ tablespoon sesame oil. Add to baking sheet.

Place mushrooms in the mixing bowl and toss with remaining sesame oil and garlic. Add mushrooms to baking sheet, making sure nothing is overlapping. Sprinkle vegetables with salt. Bake for 12-15 minutes or until steak reaches desired level of doneness with a minimum internal temperature of 120-125°F for rare. Remove from oven and allow to rest for 5 minutes before slicing and serving.



**Prep time: 15 minutes**  
**Total time: 30 minutes**  
**Servings: 2**