

Batch-Prep Weeknight Dinners

Five simple, kid-approved recipes designed to make weeknight dinners stress-free. Each recipe can be prepped ahead of time, then finished in under 20 minutes.

Mix-and-Match Burrito Bowls

Prep ahead:

- 1 Cook a batch of rice (white, brown, or quinoa).
- 2 Roast a tray of sweet potatoes, peppers, or corn.
- 3 Shred cooked chicken or mash black beans.

Night-of:

Warm components, set out buffet-style, and let everyone build their own bowl. Add toppings like cheese, avocado, salsa, or Greek yogurt.

Cheesy Veggie Quesadillas

Prep ahead:

- 1 Chop and sauté veggies (zucchini, peppers, mushrooms, or spinach).
- 2 Grate cheese.

Night-of:

Fill tortillas with cheese + veggies, then toast in a pan until golden. Serve with salsa or salad.

5-Minute Pesto Pasta with Hidden Veggies

Prep ahead:

- 1 Make (or buy) pesto.
- 2 Steam and blend green veggies (peas, broccoli, spinach).

Night-of:

Boil pasta, stir through pesto + blended veggies, and top with parmesan.

Mini Chicken (or Chickpea) Meatballs

Prep ahead:

- 1 Roll and bake a tray of mini chicken or chickpea meatballs.
- 2 Store in fridge or freezer.

Night-of:

Warm meatballs and serve with hummus or yogurt dip, plus carrot sticks, cucumber, and pita.

DIY Pizza Night***Prep ahead:***

- 1 Chop toppings (mushrooms, peppers, olives, ham, pineapple).
- 2 Make or buy pizza sauce.
- 3 Keep flatbreads or mini pitas ready.

Night-of:

Everyone builds their own mini pizza. Bake for 10 minutes.