

Your Delish Weekly Menu

- Monday** – Slow Cooker White Kidney Beans
Tuesday – Roasted Pumpkin and Sweet Potato Soup
Wednesday – Potato Gnocchi Casserole
Thursday – Mediterranean Braised Chicken
Friday – Baked Salmon with Dill and Capers

Monday's meal is ridiculously easy to make. All you have to do is place your ingredients in a slow cooker, turn it on and go on with your business. Dinner will be ready when you are. And it will be delicious as well.

Tuesday's soup will warm your body and soul with roasted goodness. This cream is very satisfying and perfect for cold nights. Serve it with a nice piece of bread and butter. Delish.

Wednesday's casserole can be made a day ahead and warmed up before dinner. Use store bought gnocchi to make this faster. This is an exquisite meal that packs very nicely in school and office lunches.

Thursday's chicken is made whole and braised for about an hour. You can also make this in a slow cooker if you want. Just make sure to brown the chicken before adding it to the pot.

Friday's fish is super easy to make and absolutely delish. It is a very healthy meal that goes beautifully with baby potatoes and steamed veggies. Super clean eats that will satisfy you.