

QUICK VEGETARIAN WEEKNIGHTS

Main Dish	Key Ingredients	Time / Tip
Chickpea Curry	Canned chickpeas, coconut milk, spinach, curry paste, rice.	15 Min One Pot
Pesto Pasta	Fusilli, basil pesto, cherry tomatoes, pine nuts, parmesan.	12 Min Kid Friendly
Sheet Pan Fajitas	Bell peppers, onions, black beans, tortillas, lime, avocado.	20 Min Easy Cleanup
Halloumi Salad	Grilled halloumi, arugula, cucumber, honey-lemon dressing.	10 Min High Protein
Mediterranean Bowl	Quinoa, hummus, olives, feta, diced cucumber, parsley.	15 Min No Cook Prep
Black Bean Tacos	Seasoned beans, corn slaw, pickled onions, corn tortillas.	10 Min Pantry Staples