



Growing Minds Kitchen

YOUR COMPLETE FAMILY DINNER GUIDE

One Calm Dinner

Shop Smart. Prep Together. Cook Calm. Serve With Confidence.



One-Pan Salmon, Sweet Potato & Broccoli

A colorful, family-friendly dinner with one pan, simple ingredients and a clear cooking order.

15 min prep

30 min cook

Serves 4

Vegetarian option

One dinner. One plan. Less mealtime stress.

WELCOME

A calmer dinner starts before the oven turns on.

This guide puts shopping, preparation, cooking and serving in one simple order so you are not trying to solve dinner while everyone is hungry.

A NOTE FROM TONY

After years working in busy professional kitchens and cooking for my own family, I learned that dinner feels easier when every step is already in the right order. Growing Minds Kitchen is designed to give parents that same confidence at home - without complicated ingredients or making a separate meal for everyone.

WHAT THIS GUIDE INCLUDES

- ☐ An organized grocery list
- ☐ A prep order that saves time
- ☐ A clear cooking timeline
- ☐ Little Helper jobs by age
- ☐ A vegetarian version
- ☐ Serving, storage and allergen notes

DINNER AT A GLANCE

Prep	15 minutes
Cook	About 30 minutes
Start to table	About 45 minutes
Tofu path	About 50-55 minutes
Serves	4 family portions
Oven	425°F
Allergens	Fish; vegetarian path varies
Best pan	Large rimmed sheet pan

EQUIPMENT

- Large rimmed sheet pan
- Cutting board and knife
- Measuring spoons
- Parchment paper or foil
- Medium mixing bowl
- Food thermometer

Before you begin: Read the full cooking timeline once. The sweet potatoes start first because they need more oven time than the salmon and broccoli.

STEP 1 - SHOP SMART

Everything you need, organized by store section.

Check your pantry first, then shop from this list.

● PRODUCE

- ☐ 2 medium sweet potatoes, about 1½ pounds
- ☐ 1 large head broccoli or about 5 cups florets
- ☐ 1 lemon
- ☐ Fresh parsley, optional

● SEAFOOD

- ☐ 4 salmon fillets, about 4 to 5 ounces each

● VEGETARIAN SWAP

- ☐ 14 ounces extra-firm tofu, or
- ☐ Plant-based chicken-style strips - enough for about 4 servings; follow package serving and cooking directions

● PANTRY CHECK

- | | |
|--|--|
| ☐ 3 tablespoons olive oil | ☐ 1 teaspoon dried dill |
| ☐ 1 teaspoon garlic powder | ☐ ½ teaspoon salt |
| ☐ 1 teaspoon smoked paprika | ☐ ¼ teaspoon black pepper |

SAVE MONEY

Buy a larger salmon side when it is on sale and cut it into family portions at home. Freeze extra portions individually.

REDUCE WASTE

Use peeled broccoli stems too. Slice them thinly so they cook at the same speed as the florets.

Label check: Plant-based substitutes can contain soy, wheat, egg or other allergens. Verify every package and prevent cross-contact for your family's needs.

STEP 2 - PREP TOGETHER

Prepare ingredients in the order you will use them.

A clear prep order keeps the counter calmer and gets children involved without putting them in the middle of a rushed cooking step.

PREP ORDER

- 1 Heat the oven to **425°F**. Line a large rimmed sheet pan.
- 2 Scrub and cut the sweet potatoes into **½-inch cubes**. Peeling is optional.
- 3 Cut the broccoli into small, similar-size florets. Thinly slice the stem if using it.
- 4 Mix garlic powder, paprika, dill, salt and pepper in a small bowl.
- 5 Pat the salmon dry. Cut the lemon into wedges or thin slices. Chop the parsley, if using.
- 6 Keep the salmon separate from ready-to-eat ingredients and wash hands, tools and surfaces after handling it.

SEASONING BLEND

Garlic	1 tsp
Paprika	1 tsp
Dill	1 tsp
Salt	½ tsp
Pepper	¼ tsp

VEGETARIAN PREP

Tofu: Press for 10 minutes while the oven heats, then pat dry and cut into 1-inch cubes. For the tofu path, use the ½ tablespoon oil and final one-third of seasoning on the tofu in place of the salmon.

Plant-based strips: Follow the package cooking directions and plan when to add them to the pan.

LITTLE HELPER JOBS

Ages 2-4

Wash the broccoli, place parchment on the pan and stir the dry seasonings together.

Ages 5-7

Measure oil and spices, squeeze lemon into a bowl and arrange vegetables with adult help.

Ages 8-10

Read the recipe aloud, cut soft ingredients with supervision and set the oven timer.

STEP 3 - COOK CALM

One pan. The right order. About 45 minutes from start to table.

The potatoes begin first. Salmon and broccoli join the pan later so everything finishes together.

COOKING TIMELINE

0:00

Start potatoes. Toss sweet potato cubes with 1½ tablespoons oil and about one-third of the seasoning. Spread on the pan and roast 15 minutes.

0:12

Season broccoli. Toss broccoli with 1 tablespoon oil and another third of the seasoning.

0:15

Add salmon and broccoli. Flip or stir potatoes. Make space for salmon. Brush salmon with remaining ½ tablespoon oil and remaining seasoning. Add broccoli.

0:27-0:30

Check dinner. Salmon should reach 145°F in the thickest part. Broccoli should be bright and tender; potatoes should pierce easily with a fork.

0:32

Finish and serve. Squeeze lemon over the pan and scatter with parsley, if using. Let salmon rest for 2 minutes, then portion.

VEGETARIAN VERSION

Using tofu: Allow 10 minutes to press the tofu. Add the seasoned cubes after the potatoes have roasted 10 minutes, then add broccoli at minute 15. Roast 20 to 25 minutes more, turning the tofu once, until browned and the vegetables are tender. Plan on about 50-55 minutes from start to table.

Using plant-based strips: Add according to the package directions so they finish at the same time as the vegetables.

FAMILY ADAPTATIONS

- **Milder:** Use half the paprika and serve lemon on the side.
- **Crispier:** Broil for 1 to 2 minutes at the end, watching closely.
- **More filling:** Serve with brown rice, quinoa or warm bread.
- **Dipping option:** Offer plain yogurt mixed with lemon, if dairy works for your family.

Food safety: Use a food thermometer in the thickest part of the salmon. The USDA safe minimum internal temperature for fish is 145°F.

STEP 4 - SERVE WITH CONFIDENCE

One meal, adjusted for different ages and appetites.

These are flexible starting points, not strict rules. Appetite changes from day to day. Start small and offer more when your child is still hungry.

AGES 2-4

Start with 1 to 2 ounces salmon or a small tofu/plant-based protein portion, a few soft sweet potato cubes and small broccoli pieces. Check fish carefully for skin or bones.

AGES 5-7

Start with 2 to 3 ounces protein and about ½ cup vegetables. Let the child choose which food to taste first.

AGES 8-10

Start with 3 to 4 ounces protein and about ¾ cup vegetables, then adjust to appetite and activity level.

FOR A HESITANT EATER

- Keep one familiar food on the plate.
- Serve new foods in a small, low-pressure portion.
- Allow foods to stay separate instead of mixing them.
- Describe the food without pressure: "The potato is soft and a little sweet."

LEFTOVERS

- Refrigerate within 2 hours in shallow, covered containers.
- Use refrigerated leftovers within 3 to 4 days.
- Reheat only the amount you plan to serve to **165°F**.
- **Lunch idea:** Flake salmon over rice or greens with sweet potatoes, broccoli and lemon.

ALLERGEN AND NUTRITION NOTES

Allergens: The standard recipe contains fish. Optional yogurt contains milk. Tofu and many plant-based products contain soy; some plant-based products also contain wheat or egg. Always verify labels and prevent cross-contact.

Food education: Salmon provides protein and omega-3 fats; sweet potatoes provide beta-carotene; broccoli provides vitamin C and fiber. A varied overall eating pattern matters more than any single meal.

Ready to stop planning dinner one night at a time?

The 7-Day Growing Minds Family Dinner Plan turns seven dinners into one organized weekly system: one combined grocery list, one main prep session, clear cooking timelines, vegetarian paths, Little Helper jobs and a leftover remix map.

[See the 7-Day Dinner Plan](#)

[GrowingMindsKitchen.com](https://growingmindskitchen.com)

Educational information only; not medical advice. For food allergies, diabetes, feeding concerns or medically prescribed diets, consult a pediatrician or registered dietitian. Food-safety references: USDA FSIS Safe Minimum Internal Temperature Chart; FoodSafety.gov leftovers guidance.