

SHEET PAN MEALS 101

WHAT IS A SHEET PAN MEAL?

A sheet pan meal is a full meal – protein and vegetable or vegetables– cooked together on a sheet pan in a hot oven, typically 425° F. The food combos are endless, but the recipes share a few attributes. They are fairly low fat, come together within an hour, and dirty just one pan.

WHAT SHOULD I LOOK FOR IN A SHEET PAN?

To achieve success with a dinner’s worth of ingredients at high heat you need a large pan with a rolled edge.

Technically, sheet pans that fit into home ovens are called half-sheet pans. A true sheet pan (26” x 18”) is made for the larger professional oven. Baking websites and restaurant supply stores will label what you want as “half sheet pans.” “Seek out heavy aluminum pans, without nonstick coatings. Non-stick coatings will inhibit browning and not last very long when used in high heat

Make sure your pan has a rolled edge of about 1” to keep ingredients and juices from spilling all over the oven. (This is one reason rimless cookie sheets do not work.)

Jelly roll pans (created specifically for rolled cakes) are slightly smaller (about 15” x 10”) and also work, but not fit as many ingredients.

SHEET PAN MEAL BASIC FORMULA

The basic formula is:

1.5-2 pounds of protein

2 -3 cups of chopped vegetables.

1-2 tablespoons oil (usually olive oil)

*Can be made meatless too - swap in legumes (eg chickpeas) or tempeh

Pick your protein	Add Veggies	Oil and seasonings
<p>Use up to 2 pounds of protein per half sheet pan. At 425°, most proteins cook in 30 minutes or less. All times are approximate. Bone-in meats take the longest. Fish goes fastest. Shrimp takes less than 10 minutes. Know the doneness temps for your protein, and check it often.</p> <p>Shrimp – Depending on size, 3-10 minutes Salmon and white fish – Depending on thickness 12-25 minutes Tofu – 20 minutes Lamb chops, 10- 20 minutes, depending on thickness Chicken, bone-in or boneless, 20 -30 minutes All types of whole sausages, about 25 minutes</p>	<p>Typically about 2-3 cups of chopped veggies will fill out the pan.</p> <p>Note: vegetables lose water and shrink when they roast. Same-size pieces make for even cooking. Times given are estimates for a temperature of 425° and average-sized pieces.</p> <p>Root vegetables, carrots, 30 minutes Potatoes – Small pieces and wedges, 25-30 minutes Soft squashes, like zucchini, 15-20 minutes Hard winter squashes, in pieces, 30 minutes Broccoli, cauliflower, Brussels sprouts, 25-30 minutes Cabbage, depending on the cut, 15-30 minutes Leafy vegetables, like kale, 10-20 minutes Cherry tomatoes, 20-25 minutes until bursting Onions, cut into wedges or thick slices, about 15-20 minutes And more . . .almost anything can be added to a sheet pan: try asparagus, eggplant, or fennel. And mix companionable veggies – like onion wedges and bell peppers -together!</p> <p>Other tips:; Choose a mix of 1 cup starchy vegetables (eg potatoes and root veggies) + 2 cups non-starchy veggies for a complete 1 pan meal. OR Choose 2.5-3 cups non-starchy veggies and serve with rice, pasta, or other grain of your choice.</p>	<p>Count on adding at least 2 tablespoons of oil (olive oil is the go-to) per sheet pan meal. Add more if your mixture seems dry. If you are starting with a protein, make sure it is well oiled. But remember, it is particularly important to toss and completely coat vegetables in oil.</p> <p>Seasoning ideas:</p> <ul style="list-style-type: none">• Salt and pepper• Italian seasoning• Taco seasoning• Montreal chicken/steak seasoning• barbecue seasoning• Greek seasoning• seasoned salt• Jamaican jerk seasoning• Cajun seasoning• Garam masala <p>Other toppings: Parsley, thyme, cheese (feta, fresh mozzarella, gruyere, queso fresco), fresh herbs (cilantro, basil, tarragon, oregano), toasted nuts (pine nuts, pecans, walnuts, cashews, pepitas), sweetener (honey, molasses, brown sugar, sugar)</p>

Chicken and Rainbow Vegetables Sheet Pan

Prep time: 15 min + marinating time.

Cook time: 25-30 min

Servings: 4

INGREDIENTS

- 3 tablespoons extra-virgin olive oil, divided
- 1 1/4 teaspoons kosher salt divided
- 3/4 teaspoon black pepper
- 1 1/4 pounds boneless, skinless chicken breasts
- 15-20 Brussel Sprouts, halved
- 2 butternut squash halved lengthwise, then cut into 1/2-inch squares
- 4 carrots, peeled and sliced into half moons
- Zest and juice of 1 medium lemon
- 2 1/2 teaspoons Italian seasoning
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- salt and pepper to taste
- Optional (2 cups GF pasta or 2 cups rice...prepared according to package)



DIRECTIONS

1. Place a rack in the center of the oven and preheat the oven to 400 degrees F. For easy cleanup, line a large, rimmed baking sheet with foil. Lightly coat the foil with nonstick spray.
2. Place the vegetables, chopped in a large bowl. Drizzle with 1 tablespoon olive oil and sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to coat and then spread into a single layer on the baking sheet.
3. Add the lemon zest and juice, Italian seasoning, garlic powder, onion powder, and remaining 1 teaspoon salt and 1/2 teaspoon pepper in the bowl. Add chicken breast. Toss to coat.
4. Transfer the chicken to the center of the sheet pan with the vegetables. Spread everything into a fairly even layer, stirring it a bit if needed.
5. Bake for 20 minutes, stirring once halfway through, until the chicken is cooked through and no longer pink in the middle and the vegetables are tender but not mushy. Serve hot.

Sheet Pan Deconstructed Beef Kabobs

Prep time: 15 min + marinating time.

Cook time: 25-30 min

Servings: 4

INGREDIENTS

- 1 1/2 pounds beef sirloin, cut into 1-inch cubes
- 1 red onion, chopped
- 1 green bell pepper, chopped
- 1 red bell pepper, chopped
- 4 ounces mushroom

For marinade:

- 1 cup coconut aminos
- 1/2 cup olive oil
- 2 tbsp red wine vinegar
- 2 tbsp lemon juice
- 1 tbsp Dijon mustard
- 2 garlic cloves, minced
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp pepper



DIRECTIONS

1. Preheat oven to 400F.
2. In a large bowl, mix together the marinade ingredients.
3. Add meat and vegetables to the marinade. Cover and marinate in the refrigerator for 1 to 6 hours.
4. Spray a large baking sheet with cooking spray. Add meat & vegetables to the baking sheet in a single layer. Discard marinade.
5. Bake 25-30 minutes at 400 degrees.

Vegan Green Bean, Tomato, and Basil Sheet Pan Dinner

Prep time: 10 min Cook time: 45 min

Total: 55 min

Servings: 4

INGREDIENTS

- 2 cups baby potatoes
- 3 tablespoons olive oil, divided (Optional)
- 2 cups cherry tomatoes
- 2 cups 1-inch cut fresh green beans
- 4 cloves garlic, minced
- 2 teaspoons dried basil
- 1 teaspoon flaked sea salt (such as Maldon®)
- 1 (15 ounce) can garbanzo beans, drained and rinsed
- 2 teaspoons olive oil, or to taste (Optional)
- salt and ground black pepper to taste



DIRECTIONS

1. Preheat the oven to 425 degrees F (220 degrees C). Line a jelly roll pan with aluminum foil.
2. Toss potatoes with 1 tablespoon olive oil in a medium bowl. Pour into the prepared pan.
3. Roast in the preheated oven until tender, about 30 minutes.
4. Toss cherry tomatoes, green beans, garlic, basil, and sea salt with 2 tablespoons olive oil.
5. Remove potatoes from the oven, push them to one side of the pan, and add the tomato and green bean mixture. Roast until tomatoes start to wilt, 15 to 20 minutes more.
6. Remove from the oven and pour into a serving dish. Stir in garbanzo beans, add 2 teaspoons olive oil, and season with salt and pepper.