

Sheet Pan Meals

Sweet Chili Chicken Sheet Pan Dinner with Potatoes and Mushrooms

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| 2 tablespoons brown sugar | 1/4 teaspoon dried thyme |
| 1/2 teaspoon kosher salt | 2-3 boneless, skinless chicken breasts |
| 1/2 teaspoon chili powder | 5 tablespoons olive oil, divided |
| 1/2 teaspoon garlic powder | 1/2 packet ranch salad dressing mix |
| 1/2 teaspoon paprika | 12 ounces new red potatoes |
| 1/4 teaspoon onion powder | 8 ounces mushrooms, sliced |
| 1/4 teaspoon dry mustard | kosher salt |
| 1/4 teaspoon dried oregano | |

Stir together brown sugar, kosher salt, chili powder, garlic powder, paprika, onion powder, dry mustard, oregano and thyme.

Place chicken breasts on a parchment lined baking sheet. Divide sugar mixture among the breasts and spread over the tops.

In a medium bowl, stir together 3 tablespoons of the olive oil with the ranch dressing mix. Cut new potatoes into halves or quarters (depending on size) and toss with oil mixture. Pour onto one side of the baking sheet. Toss the mushrooms with the remaining 2 tablespoons of olive oil and a generous pinch of salt. Pour onto the other side of the baking sheet.

Bake at 400 degrees for 25-35 minutes.

Check to see if the chicken is cooked through to 165 degrees Fahrenheit at 25 minutes and remove if done. Continue cooking until potatoes are tender, if needed.

Sheet-Pan Salmon and Veggies

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| 4 cups chopped kale leaves ribs and thick stems removed (you can also use spinach) | Kosher salt |
| 2 cups cherry tomatoes | freshly ground black pepper, to taste |
| 2 tablespoons olive oil | 4 (5-ounce) salmon fillets |
| | 2 tablespoons chopped fresh parsley leaves |

For the sweet and spicy mustard glaze;

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| 3 tablespoons spicy yellow mustard | 1 tablespoon reduced sodium soy sauce |
| 1 tablespoon whole grain mustard | 1 teaspoon hot sauce, optional |
| 1 tablespoon honey | |

Preheat oven to 400°F.

Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together mustards, honey, soy sauce and hot sauce; set aside. Place kale and tomatoes in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Top with salmon in a single layer and brush each salmon filet with mustard glaze. Place into oven and cook until the fish flakes easily with a fork, brushing 2-3 times with mustard mixture, about 16-18 minutes. Serves 4.

Sheet-Pan Greek Chicken

For the pan:

16 ounces baby red potatoes, halved
16 ounces green beans, trimmed
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste
2 tablespoons chopped fresh parsley leaves

8 bone-in, skin-on chicken thighs or breasts,
¼ cup olive oil
3 cloves garlic, minced
Juice of 1 lemon
1 tablespoon red wine vinegar
1 tablespoon dried oregano
Kosher salt and freshly ground black pepper, to taste

For the marinade:

Directions

In a gallon size Ziploc bag, combine chicken, olive oil, garlic, lemon juice, red wine vinegar and oregano; season with salt and pepper, to taste. Marinate for at least 20 minutes to 1 hour, turning the bag occasionally. Drain the chicken from the marinade, discarding the marinade.

Preheat oven to 40 °F. Lightly oil a baking sheet or coat with nonstick spray.

Place potatoes and green beans in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Top with chicken in a single layer.

Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes. Then broil for 2-3 minutes, or until golden brown and slightly charred. *Cooking time may vary according to the size of the potatoes.*

Serve immediately, garnished with parsley, if desired.

Serves 4.

Sheet-Pan Pork Loin with Roasted Onions and Potatoes

4 1-inch-thick slices pork loin (6–8 ounces each)
1½ cups dry white wine
2 onions, cut into ½-inch-thick slices
3 tablespoons olive oil, divided
Kosher salt and freshly ground black pepper
1 pound small (2-inch-diameter) Yukon Gold potatoes, cut into ½-inch-thick rounds
¼ cup chopped fresh sage leaves
8 thin slices prosciutto

Directions

Preheat oven to 450°. Line a large, rimmed baking sheet with parchment paper. Pierce pork slices all over with the tip of a paring knife. Place in a dish just large enough to hold pork in a single layer. Pour wine over and let marinate at room temperature while preparing other ingredients.

Place onions in a medium bowl, drizzle with 1 Tbsp. oil, and season with salt and pepper. Toss gently to coat without breaking up slices. Transfer onions to prepared baking sheet, spreading out in an even layer. Combine remaining 2 Tbsp. oil, potatoes, and sage in same bowl; season with salt and pepper and toss to coat. Place potatoes on sheet, tucking in among onions.

Roast onion-potato mixture until potatoes are beginning to brown around the edges, about 20 minutes. Remove pork from wine and pat dry. Season with salt and pepper and top each pork slice with 2 prosciutto slices. Place pork on baking sheet atop potatoes and onions. Roast until an instant-read thermometer inserted horizontally into center of pork registers 135°, about 10 minutes. Let rest for 5–10 minutes.

Divide onions, potatoes, and pork among plates.

Serves 4.

Roasted Chicken and Veggies

4 large boneless chicken breasts
Several Tbs. olive oil
Red Pepper Flakes, to taste
Thyme, to taste
Salt and pepper
2 Red bell peppers, cut in large pieces
1 Red onion, cut in large pieces
Brussels sprouts, cut in half (or cabbage)

Directions

Preheat oven to 400 degrees. Brush a large sheet pan with olive oil. Place chicken on pan and brush with olive oil. Sprinkle with red pepper flakes, thyme, salt and pepper. Place pan in oven and roast for 15 – 20 minutes, depending on thickness of chicken.

While the chicken cooks, prep the veggies. Combine them all in a large bowl and toss with more olive oil, paprika, thyme, salt and pepper. Remove chicken from oven and add vegetables to the pan. Place back in oven and cook 10-15 minutes longer.

Serves 4.

Sheet-Pan Steak with Broccoli and Beans

4 garlic cloves, divided
½ cup balsamic vinegar
3 tablespoons Dijon mustard
½ cup plus 2 tablespoons extra-virgin olive oil, divided
2 tablespoons chopped fresh oregano leaves, divided
1½ teaspoons kosher salt, divided
¾ teaspoon freshly ground black pepper, divided
1 (1½-pound) skirt steak, cut crosswise into 2 equal pieces
1 bunch broccoli (about 10 ounces), cut into small pieces
1 (15-ounce) can cannellini or red kidney beans, rinsed, drained

Finely chop 2 garlic cloves. Place in a large bowl or shallow baking dish, then whisk in vinegar, Dijon, ½ cup oil, 1 Tbsp. oregano, 1 tsp. salt, and ½ tsp. pepper. Reserve ¼ cup vinaigrette for serving; add steak to remaining vinaigrette and turn to coat. Let marinate at least 15 minutes or up to 1 hour.

Meanwhile, preheat broiler and thinly slice remaining 2 garlic cloves. Toss broccoli, remaining 2 Tbsp. oil, 1 Tbsp. oregano, ½ tsp. salt, and ¼ tsp. pepper on rimmed baking sheet. Broil 5 minutes, then remove from oven. Add beans and garlic and toss to combine. Set wire rack on top of broccoli mixture. Place steak on rack; discard vinaigrette.

Broil steak, turning halfway through, until cooked to desired doneness, about 3 minutes per side for medium-rare. Let steak rest 5 minutes. Meanwhile, transfer broccoli mixture to a medium bowl and toss with 1 Tbsp. reserved vinaigrette, then divide among 4 plates. Thinly slice steak against the grain and serve with broccoli mixture and remaining vinaigrette alongside.

Serves 4.

Sheet-Pan Salmon and Veggies

4 cups chopped kale leaves, ribs and thick stems removed (you can also use spinach)
2 cups cherry tomatoes
2 tablespoons olive oil
Kosher salt and freshly ground black pepper, to taste
4 (5-ounce) salmon fillets
2 tablespoons chopped fresh parsley leaves

For the sweet and spicy mustard glaze;

3 tablespoons spicy yellow mustard
1 tablespoon whole grain mustard
1 tablespoon honey
1 tablespoon reduced sodium soy sauce
1 teaspoon hot sauce, optional

Preheat oven to 400°F. Lightly oil a baking sheet or coat with nonstick spray.

In a small bowl, whisk together mustards, honey, soy sauce and hot sauce; set aside.

Place kale and tomatoes in a single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Top with salmon in a single layer and brush each salmon filet with mustard glaze.

Place into oven and cook until the fish flakes easily with a fork, brushing 2-3 times with mustard mixture, about 16-18 minutes.

Serves 4.

Sheet Pan Fajitas

1 ½ pounds Chicken breast or beef flank steak
3 bell peppers, cut into strips
1 large yellow onion
2 cloves garlic, minced
3 tablespoons olive oil
2 tablespoons lime juice
2 tablespoons cilantro chopped

Seasoning

2 teaspoons ground cumin
1 teaspoon chili powder
½ teaspoon ground paprika
½ teaspoon salt

Wash your hands and rinse all the fresh vegetables under cool running water before slicing.

Preheat oven to 400 degrees. Spray a baking sheet with non-stick cooking spray.

In a small bowl whisk together, cumin, chili powder, paprika, salt and pepper and set aside.

Slice the onion and bell peppers into strips. Cut the chicken or beef into even slices.

Arrange the meat, bell peppers and onion on a baking sheet. Sprinkle garlic and seasoning evenly on the fajita mixture.

Drizzle olive oil over top then toss everything to evenly coat. Spread into an even layer working to keep meat from overlapping.

Bake in the oven, tossing once halfway through cooking until veggies are tender and beef is 145 degrees Fahrenheit or chicken has cooked through to 165 degrees Fahrenheit, about 18-25 minutes.

Drizzle with lime juice and sprinkle with cilantro. Toss the mixture to coat and serve.

Sheet Pan Eggs

6 large eggs

1 tablespoon water

Preheat oven to 350°F.

Prepare in a 11x7-inch sheet pan (or 9-inch-square pan) with non-stick cooking spray.

Whisk the eggs and water together and pour on the sheet pan.

Bake for 12 to 15 minutes until eggs are cooked through (no loose liquid), but not too brown.

OK, you made sheet pan eggs. Now what?

Try making some egg rounds. Use a biscuit cutter or circle cookie cutter to make egg rounds for English muffin or bagel sandwiches. The leftover egg bits can be added to a breakfast bowl or stirred into fried rice for dinner.

Or, you can make quick omelets. If you want to make quick egg omelets, slice the sheet pan eggs lengthwise into three equal slices. Fill one half of the slice with meat, vegetables and cheese; fold the egg slice over, and warm it until the cheese is melted. It makes an easy breezy breakfast.

Another option would be to make breakfast roll-ups. Layer ham and cheese (or thinly sliced avocado and tomato) on a slice of sheet pan eggs. Roll them up and secure with a toothpick for perfectly portable breakfast roll-ups, with or without a tortilla.

A quick online search yields endless sheet pan meal ideas and recipes to make sure dinner happens at home, on time, with ease, while still appealing to the eater. Some of the one-pan ideas include a potato, salmon and asparagus dinner, and a chicken and roasted vegetable meal.