

One Sheet Pan Recipes

Chicken Fried Rice (as prepared in Demo)

Ingredients

- 3 boneless skinless chicken breasts, cut into 1 inch pieces
- Salt and pepper, to taste
- 1 – 15 oz can peas and carrots, drained (may sub 2 cup frozen/thawed peas and carrots, or 2 cup steamed fresh peas and carrots)
- ½ white onion, diced
- 2 eggs, whisked
- 3 cups steamed white rice
- 3 tbsp oil (recommend sesame, may use any type)
- 1/3 cup soy sauce
- Finely chopped green onions (optional)

Instructions

1. Grease a large baking sheet and preheat oven to 375 degrees.
2. Arrange chicken pieces on pan in a single layer so they are not overlapping and season with salt and pepper to taste. Bake for 5 minutes.
3. Remove pan from oven, pour whisked eggs around the chicken pieces directly onto the pan. Return to oven for 3-5 minutes until eggs are fully cooked. Use a fork or spatula to “scramble” the egg so that they break up into small pieces.
4. Add rice and peas, carrots and white onions to pan and toss all ingredients so that are evenly distributed. Drizzle oil and soy sauce over everything and toss again. Sprinkle chopped green onions over the top, if using.
5. Bake for 10-15 minutes longer (stir about half way through). Chicken should be cooked through (165 degrees with food thermometer) and rice should begin to brown on the bottom of the pan.
6. Toss all ingredients one more time and serve immediately.

Serving Substitution Ideas: Instead of white rice – may serve with brown rice, quinoa, riced cauliflower or serve cooked vegetables and meat over noodles or zoodles. May make with any combination or pork, beef or seafood. May use any combination of your favorite canned/frozen or fresh vegetables.

Serving Suggestions:

- Seasoned Carrots (recipe on back of page)
- Herbed Vegetables (recipe on back of page)
- Any side or fresh or canned fruit

Side Dishes Ideas for Sheet Pan Meals

Seasoned Carrots

Ingredients

- 2 cups fresh/frozen/ canned Carrots – cut into bite-size pieces
- 1 Tbsp Maple Syrup or Brown Sugar
- ½-1 Tbsp Butter

Instructions

1. Cook or heat carrots.
2. Once done heating up – stir in butter and maple syrup.

Herbed Vegetables

Ingredients

- 1 can Vegetables or 2 cups Frozen Vegetables (any combination of green beans, carrots, corns or mixed vegetables)
- ½ cup Onion (chopped)
- ½ tsp Garlic
- ½ tsp Italian herbs, basil or rosemary (dried or crushed)
- 1 Tbsp Butter/Margarine

Instructions

1. Drain vegetables, if using canned, save 2 Tbsp liquid (if using frozen may add 2 Tbsp water)
2. Cook onion, herbs and garlic in the margarine/butter in a small saucepan until onions are tender.
3. Stir in the vegetables and liquid.
4. Cook and stir until heated through.

Sheet Pan Chicken with Rainbow Vegetables

This recipe can be made with any combination of meat and vegetables that you have on hand – the recipe is just to give you ideas of what you could possibly create! Be creative and make it your own way!

Ingredients

- 1 medium Sweet Potato — *scrubbed and diced into 1/2-inch-wide pieces*
- 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 — *cut into bite-size pieces (about 2 medium breasts)*
- 1 small Head of Broccoli — *cut into florets (about 2 cups florets)*
- 1 Red Bell Pepper — *cored and cut into 1/2-inch pieces*
- 1 Zucchini — *halved lengthwise, then cut into 1/2-inch-thick half moons*
- 1 Yellow Squash — *halved lengthwise, then cut into 1/2-inch-thick half moons*
- 2 tablespoons Lemon Juice
- 2 1/2 teaspoons Italian seasoning
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1/4 cup Parmesan Cheese

Instructions

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 sweet potatoes 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. Keep the bowl handy. Bake for 10 minutes, or until the sweet potatoes are just beginning to soften on the outsides but are still too firm to eat.
3. Meanwhile, in the bowl that you used previously for the sweet potatoes, place the chicken, broccoli, bell pepper, zucchini, and yellow squash. Drizzle with the remaining 2 tablespoons olive oil. Add the lemon juice, Italian seasoning, garlic powder, onion powder, and remaining 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat.
4. Transfer the chicken and vegetable mixture to the sheet pan with the sweet potatoes, using a spatula to spread everything into a fairly even layer and stirring it a bit if needed.
5. Return the sheet pan to the oven and bake for 15 to 20 additional 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. (They won't be browned and caramelized but will be delicious to eat.) Sprinkle with Parmesan. Serve hot.

Serving Suggestions: 1. May serve over rice or quinoa. 2. Top over pasta noodles and sauce. 3. Serve over salad.

Serving Substitutions: May use any choice of meat. May use choice of fresh vegetable to your preference (any combination of above listed or green beans or potatoes) or a combination of frozen vegetables – these may cook faster so just keep an eye on them!

Sheet Pan Chicken Fajitas

Ingredients

- 1 Tbsp Chili Powder
- 2 tsp Salt
- 1 tsp Pepper
- 3-4 Bell Peppers – seeded and sliced
- 1 large yellow Onion
- 2 Tbsp Extra Virgin Olive Oil (or any cooking oil you may have)
- 1 lb boneless, skinless chicken breast
- 8 fajita-size flour tortillas, warmed
- Shredded Cheese, lettuce, hot sauce, salsa and sour cream for serving (whatever your preference may be for toppings on fajitas)

Instructions

1. Preheat the broiler to high on oven. Line a rimmed baking sheet with foil.
2. Combine the chili powder, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 tablespoon of the oil and season with half the chili powder mixture. Broil until softened and starting to brown, about 10 minutes.
3. While peppers/onion mixture is cooking begin on chicken... Cut the chicken into ¼-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 tablespoon oil.
4. After the peppers are softened and starting to brown, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more.
5. Serve with tortillas and toppings of choice.

Other serving suggestions – May serve over rice as a rice bowl may also use brown or white rice, quinoa, cauliflower rice, or zoodles. May also serve as a salad with preferred topping or turn into a quesadilla.

Substitutions for Chicken – May use any choice of meat – pork or beef sliced or shrimp.

Sheet Pan Fish and Chips

Ingredients

- 6 tablespoons olive oil, or more if needed (or any cooking oil)
- 2 1/2 pounds potatoes (3 large or 6 medium), unpeeled
- 1 teaspoon salt
- 1 cup Panko, or other unseasoned dry white breadcrumbs
(Substitute for breadcrumbs – crushed cereal, crackers or potato chips)
- ½ teaspoon ground black pepper
- 2 lbs Uncooked Fish Fillets (whatever you may have caught locally or have on hand)

Instructions

1. Heat the oven to 450F degrees. Arrange 2 oven racks in the top and bottom third of the oven. Line 2 baking sheets with foil and coat with olive oil (about 1 tablespoon per baking sheet) or with nonstick cooking spray.
2. Prepare the potatoes. Quarter the potatoes lengthwise, then cut each quarter in half again so you get 8 spears from each potato. In a bowl, toss the potatoes with 2 tablespoons of the oil and 1/2 teaspoon salt. Spread the potatoes on one of the baking sheets with their wedges pointing up, if possible, so the cut sides are exposed (some may not stand; that's OK).
3. Roast the potatoes. Roast the spears on the lower rack in the oven for 40 minutes. Rotate the pan partway through (after 20 minutes of cooking) and use a wide metal spatula to stir the potatoes. At this point, it's fine if the potatoes fall on their sides; the sides touching the pan will become extra-crispy and golden.
4. Start on Fish Coating. Once the potatoes are in the oven, start on the panko and the fish. Pour panko or other desired breading into bowl. Stir 1 tablespoon of olive oil, 1/2 teaspoon salt, and 1/2 teaspoon black pepper into the panko breadcrumbs until they are well coated. May add any additional seasons to taste to this breading – garlic powder, onion powder, creole seasoning or hot sauce.
5. Prepare the fish. Cut the fish into large strips ("fingers") or big 3-inch pieces, however you prefer. Rub all the pieces with the remaining tablespoon of olive oil.
6. Coat the fish with panko/breadcrumbs: Press the fish into the panko so the pieces are coated all over. Set the fish on the second baking sheet, spaced slightly apart.
7. When the potatoes are 15 to 20 minutes away from being done, bake the fish: Cook thick (2-inch) fish fillets for 15 to 18 minutes and thinner (1 1/2-inch or thinner) fillets for 10 to 13 minutes, or until the fish is firm and the coating is starting to brown. Err on the side of caution and do not over-bake.

Sheet Pan Banana Blueberry Pancakes

Ingredients

2 tablespoons melted Butter

Pancake Batter (we used a mix and double the recipe which called for two cups of mix, prepare according to the mix)

Two sliced Bananas

1 cup blueberries

Instructions

1. Line a rimmed sheet pan (recommended size 18" by 13" inch pan) with aluminum foil.
2. Prepare your pancake batter (you can use a mix like we did or make your own). As mentioned, we doubled the recipe on a mix (which called for 2 cups of the dry mix) to fill an 18" x 13" pan.
3. Preheat your oven to 425 degrees. Line your sheet pan with aluminum foil, brush with melted butter. Pour your pancake batter evenly, it should be no taller than 3/8" tall. Add half of your sliced bananas and blueberries over the batter.
4. Bake your sheet pan pancake a bit more than halfway, around 9 minutes. The bananas and blueberries will have sunken in the batter.
5. Pull out the pan and add the remaining half of your bananas and blueberries and return to the oven. Bake for 5 more minutes. It will look very light in color.

See next page for Homemade Pancake mix recipe and preparing instructions! You can also use your favorite box mix as a starter as well – just following the mixing instructions.

Homemade Pancake Mix Recipe

Ingredients

For the pancake mix (makes 7 cups):

- 6 cups all-purpose flour
- 1/3 cup granulated sugar
- 3 tablespoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons kosher salt

Instructions

1. In a large bowl, combine flour, sugar, baking powder, baking soda, and salt. Whisk together.
2. Transfer mix to an airtight container.
3. Write "batter recipe" on a note card, and tape it to the canister. Store for up to 6 months.

Pancake Batter Recipe (One recipe makes 6 pancakes)

Ingredients

- 1 cup pancake mix
- 3/4 cup milk, or 1 cup buttermilk
- 1 large egg
- 1 teaspoon vanilla extract
- 1 tablespoon melted butter, plus more for the pan

Instructions

1. Put 1 cup of mix into a medium mixing bowl. In a separate small mixing bowl, combine milk, egg, and vanilla extract. Beat the egg with a fork or whisk until it's well incorporated with the milk and extract. Continue whisking the milk while you pour in the melted butter.
2. Pour the egg mixture into the bowl with the pancake mix. Use a spatula to stir to combine. Don't worry about getting all the lumps out.
3. Set a large skillet or griddle over medium heat. Once it's hot enough for a few droplets of water to dance on the top, add a tablespoon of butter or spray with oil. Once the butter melts, pour 1/3 cup of pancake batter (may use smaller amount of batter if desire smaller size pancakes) onto the skillet to form a pancake. Repeat until the pan is filled, but not too crowded.
4. Once bubbles form on the top and the edges of the pancake look slightly drier than the middle, flip the pancake. You should cook the pancake for about 3 minutes on the first side and 1 to 2 minutes after flipping. The pancakes should be lightly golden on both sides, with crispy edges.

Serve Suggestions: Serve with maple syrup or powdered sugar and fruit. If feeding a crowd, keep warm on a plate in a low oven until ready to serve.

Additional Tips:

To add more flavor or change the flavor to the above sheet pan meals you may use the following Low Salt Seasoning Recipes to make on your own seasonings. You can also find no salt seasoning blends such as Mrs. DASH – in a wide variety of flavors at a local grocery store – this sometimes can be cheaper instead of buying all the seasonings to make a blend that you may not use as often!

Italian Blend

2 tbsp Dried Oregano
1 ½ tbsp Dried Marjoram
1 ½ tbsp Dried Basil
1 tbsp Dried Thyme
1 tbsp Dried Rosemary
1 tbsp Dried Sage

Salt Free All Purpose Seasoning

2 tbsp Garlic Powder
2 tbsp Onion Powder
1 tbsp Chili Powder
1 tbsp Paprika
1 tbsp Parsley
1 ½ tsp Pepper

Cajun Blend

2 ½ tbsp Sea Salt
1 tbsp Oregano
1 tbsp Paprika
1 tbsp Cayenne Pepper
1 tbsp Black Pepper
1 tsp Onion Powder
1 tsp Garlic Powder

Poultry Seasoning

2 tbsp Thyme
1 tbsp Rosemary
1 tbsp Sage
1 tsp Marjoram
½ tsp Ground Pepper
½ tsp Celery Seed
½ tsp Nutmeg

Mix all seasonings together and store in air-tight container.

Looking to just spice up your plate – add a dash of each of these spices to get these flavor combinations...

1. **Italian Blend:** Basil + Oregano
2. **Savory Blend:** Rosemary + Sage
3. **Tex-Mex Blend:** Chili Powder+ Cumin+ Paprika + Oregano + Cayenne
4. **Asian Blend:** Ginger + Garlic + Red Pepper Flakes
5. **Indian Blend:** Curry + Cumin + red pepper flakes for heat or garlic powder for savory
6. **Sweet Blend:** Cinnamon + Nutmeg