

SHEET PAN MEALS



SHEET PAN

We prefer a standard 8x13 inch metal pan with a 1 inch lip, but any oven safe baking dish will do - including a 9x13 inch glass dish.

PROTEIN

Add beans, chickpeas, tempeh, or meat to help round out the meal - otherwise, you have just made roasted veggies.

VEGGIES

Just about any vegetable works in a sheet pan meal - the trick is cutting them so that they cook evenly.

OIL & SPICES

Any cooking oil will work just fine. We prefer expeller pressed oils like safflower, soy or canola, or olive oil.

STEP 1

Select & chop your veggies

Whatever vegetables you choose, make sure you cut them so they cook at the same rate.

That means cutting root vegetables into thinner pieces so that they cook quickly, vs. a green bean, for example, which you can leave whole.

STEP 2

Season with salt, oil and spices

Sprinkle the vegetables with a few generous pinches of salt and any other spices you have on hand. Coat with oil, and use your hands to mix everything together.

Don't under-season your dish! You should see spices on every vegetable.

STEP 3

Add and season your protein

If you are using legumes (beans or chick peas), add them to your pan and give everything a final stir.

If using meat, tofu or tempeh, nest it on top of the vegetables and add a final dash of seasoning and a little drizzle of oil.

STEP 4

Let your oven do the work

Place your pan into the middle rack of an oven preheated to 375°F. Set a timer for 20 minutes.

Check meat using a thermometer, and make sure veggies are tender and beginning to caramelize. Add time in 5 minute intervals until it is ready.

ADDITIONAL TIPS, TRICKS AND RECIPES



DON'T CROWD YOUR VEGGIES

Aim for one even layer so that each vegetable is making contact with the pan on the bottom and will be hit by hot air on top. That way your vegetables will become caramelized and a little bit crispy. If they are too crowded, evaporating moisture can't escape and you end up steaming them. Giving everything a stir half way through cooking can also help ensure even cooking. Too many veggies? Split your meal onto two sheet pans and rotate them part way through cooking.

EXPERIMENT WITH SPICES

Using different combinations of spices can make the same old ingredients taste completely new. Don't be afraid to experiment! Smell spices together to get an idea of what they will taste like together. After you have tossed your veggies with oil and seasonings, taste a little of the oil and adjust if necessary. Always use plenty of salt! Some of our favorite combos: (1) cumin, chili powder & granulated garlic; (2) smoked paprika & dried oregano; (3) cumin, coriander & chili powder.



FINISH WITH SOMETHING FRESH

Sheet pan meals go from good to great when you take 30 seconds at the end to add an element of freshness. Our go-to is a quick squeeze of lemon juice and some roughly chopped cilantro, but any citrus or fresh herb will do. Or you can rummage through your fridge to see if you can find some yogurt or sour cream, fresh spinach or salad greens, or perhaps grate some Parmesan cheese on top with its rich salty umami flavor.

A FEW OF OUR FAVORITE SHEET PAN MEAL COMBOS

Chickpeas with cauliflower, broccoli, salt, pepper, and granulated garlic. Garnish with lemon & cilantro.

Salmon with green beans and garlic cloves, salt, pepper, and fresh or dried ginger. Garnish with lemon.

Chicken thighs with yams, onions, peppers, salt, pepper, smoked paprika & granulated garlic.

Shrimp, peppers, onions, salt, cumin, chili pepper, & granulated garlic. Serve with tortillas and lime.