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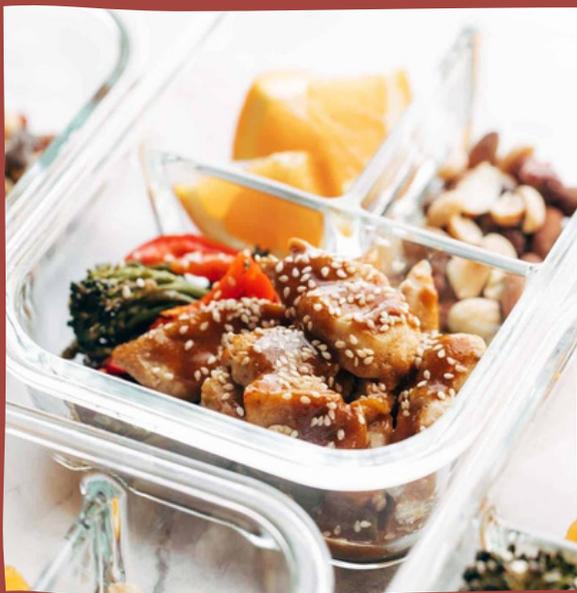
# One Sheet Pan



Sheet Pan Breakfast Sandwich



Sheet Pan Shakshuka



Sheet Pan Garlic Ginger Chicken &  
Broccoli



Shrimp With Cherry Tomatoes & Asparagus



Mini Italian-Style Meatloaf



Ratatouille Sheet Pan Dinner with  
Sausage

# Sheet Pan Shakshuka

Pete and Gerry's



4 servings



30 minutes

## INGREDIENTS

1 tablespoon canola oil or olive oil

1/2 large onion, sliced

1 yellow bell pepper, diced

1 green bell pepper, diced

1 tablespoon minced garlic

2 teaspoons ground paprika

1 teaspoon ground cumin

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

One 28-ounce can diced tomatoes

6 ounces tomato paste

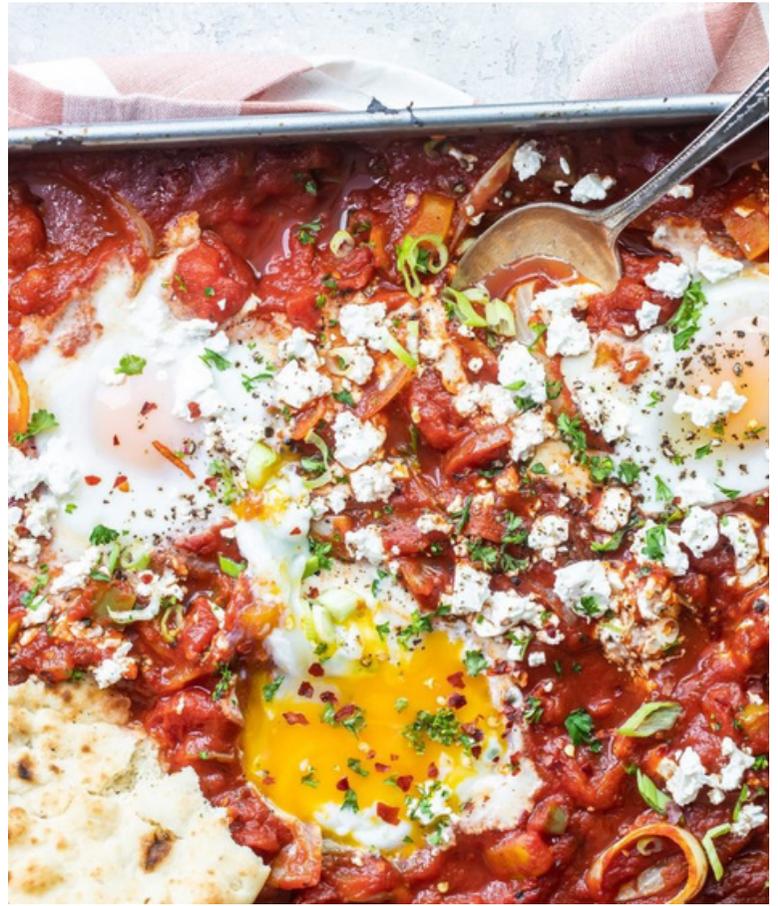
1 cup chicken or vegetable stock

3-4 Eggs

1/2 cup crumbled feta cheese

Fresh chopped parsley, for garnish

Pita bread, for serving (optional)



## INSTRUCTIONS

1. Preheat oven to 400F. Heat oil in a medium-sized skillet over low heat. Add the diced onion and sauté, stirring occasionally, until it starts to soften. Add both diced peppers, garlic, paprika, cumin, salt, and pepper, and stir well while cooking for 2 additional minutes.
2. Transfer sautéed ingredients to a deep 9" x 13" pan. Pour tomatoes (undrained) into the pan, followed by the tomato paste and stock. Use a spoon or spatula to mix well, then bake for 20 minutes, or until the sauce begins to bubble.
3. After 20 minutes, remove the pan from the oven and make a shallow well in the tomato sauce for each egg to sit in. Crack the eggs into their respective wells and place the pan back in the oven for 10 more minutes, or until the egg yolks begin to cloud over with the egg whites. The yolks should remain soft and runny.
4. Once the eggs are done, remove the pan from the oven and garnish with the crumbled feta and chopped parsley. Serve immediately by scooping each egg into a bowl along with plenty of sauce. Serve with warm pita bread if desired.

### NUTRITIONAL INFORMATION

Calories 320

Fat 14g

Protein 16g

Sugars 17g

Carbohydrates: 37g

# Brussels Sprouts & Sweet Potato Sheet Pan Hash

Walder Wellness



4 servings



45 minutes

## INGREDIENTS

1.5 lbs brussels sprouts

1 large parsnip

1 large sweet potato

2 Tbsp olive oil

8 eggs

¼ cup blue cheese, crumbled

¼ cup fresh parsley, chopped

2 Tbsp fresh thyme, chopped

Salt + pepper, to taste



## INSTRUCTIONS

1. Preheat oven to 400F, with sheet pan (large baking sheet) inside.
2. Halve brussels sprouts and chop parsnip and sweet potato into small, 1-inch chunks. Place ingredients in a large mixing bowl and toss with olive oil, salt, and pepper.
3. Remove the hot sheet pan from oven and spread vegetables on top in an even layer. Return to the oven for 30 minutes, tossing halfway. The veggies are lightly browned and tender when done.
4. While the vegetables cook, poach all eggs and set aside on a paper towel.
5. Remove hash from oven and top with poached eggs. Sprinkle with fresh herbs, crumbled blue cheese, salt and pepper. Serve immediately (include 2 eggs per serving).

### NUTRITIONAL INFORMATION

Calories 347

Fat 19g

Protein 20g

Sugars 8.2g

Carbohydrates: 30g

# Sheet Pan Breakfast Sandwiches

Inquiring Chef



4 servings



30 minutes

## INGREDIENTS

4 English Muffins

2 Tablespoons Butter, softened

4 large Eggs

4 slices Cheese

Salt and Black Pepper

8 slices Cooked Bacon

Other toppings like arugula, spinach, hot sauce, etc.



## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper or foil
3. Slice open English muffins and spread them out in a single layer on the sheet pan. Spread the tops halves of the English muffins with butter (leave the bottom halves plain).
4. Using your fingers or a spoon, pull most of the bread out of the center of the bottom halves of the English muffins, forming a “nest” for the eggs.
5. Transfer the sheet pan to the oven and bake the English muffins until golden brown, 6 to 8 minutes.
6. Remove the pan from the oven. Crack an egg into each of the “nests” you made in the bottoms of the English muffins. Add cheese to the top halves of the English Muffins.
7. Return the pan to the oven and continue baking until the egg whites are firm and yolks are cooked to your liking, 7 to 10 minutes.
8. Season the eggs with some salt and pepper.
9. Add bacon and other toppings and then combine the top and bottom halves of the English muffins. Enjoy!

### NUTRITIONAL INFORMATION

Calories 395

Fat 21g

Protein 23g

Sugars 1g

Carbohydrates: 28g

# Sheet Pan Pancakes

Dinner then Dessert



8 servings



25 minutes

## INGREDIENTS

3 cups flour

2 tablespoons baking powder

2 tablespoons sugar

1/2 teaspoon salt

2 1/2 cups milk

2 large eggs

8 tablespoons unsalted butter, melted

1 cup strawberries, sliced

1 cup blueberries



## INSTRUCTIONS

1. Pre-heat the oven to 425 degrees.
2. Add the dry ingredients and whisk together, then add the wet and combine fully.
3. Spray a half-size baking sheet with baking spray and pour the pancake batter onto the pan, spreading evenly.
4. Put the strawberries and blueberries evenly over the batter and bake for 15 minutes until golden brown.

### NUTRITIONAL INFORMATION

Calories 454

Fat 9g

Protein 13g

Sugars 10g

Carbohydrates: 80g

# Sheet Pan Garlic Ginger Chicken & Broccoli

Pinch of Yum

 2 servings

 20 minutes

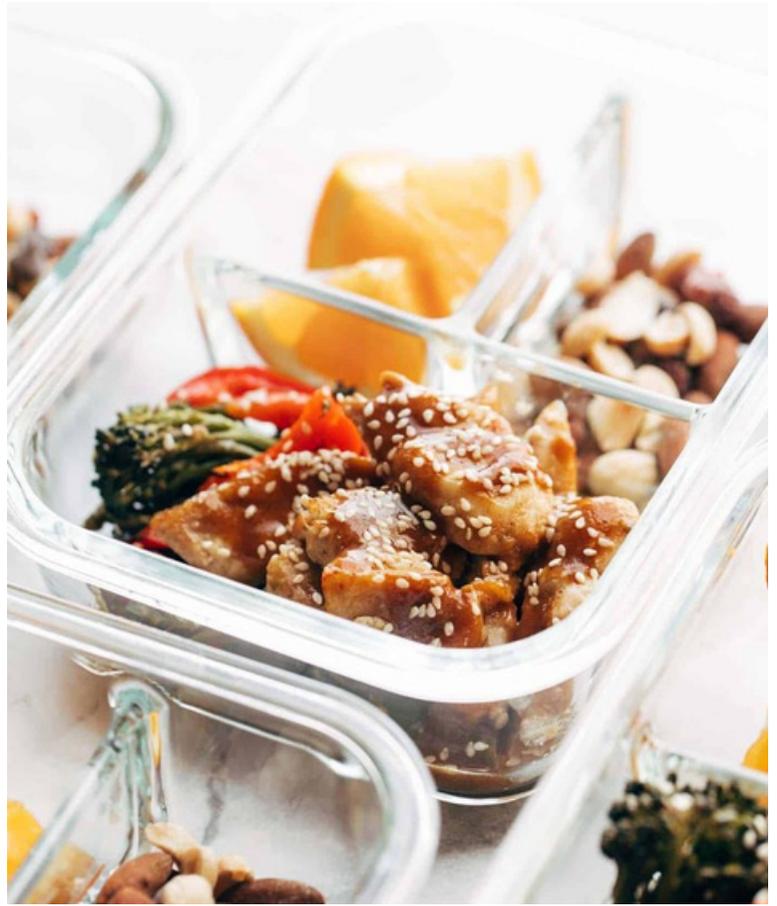
## INGREDIENTS

### Garlic Ginger Sauce

- 3/4 cup low sodium soy sauce
- 1/2 cup water
- 1/4 cup white vinegar
- 1/4 cup oil
- a 2-inch knob of fresh ginger (peeled)
- 4 cloves garlic
- 4 medjool dates (you can also use 1/4 cup honey or sugar)

### Chicken & Broccoli

- 1 pound boneless skinless chicken breasts or thighs, cut into strips
- 1 head broccoli, cut into florets (about 5 cups)
- 1 red pepper, cut into strips
- sesame oil, sesame seeds, and/or green onions for topping



## INSTRUCTIONS

1. **Prep Sauce:** Preheat the oven to 425 degrees. Blend all sauce ingredients together until smooth.
2. **Sheet Pan Action:** Place chicken, broccoli, and red pepper on a sheet pan. Pour about 1/2 cup sauce over top of the chicken and just a few tablespoons over the veggies. Bake for 10-15 minutes.
3. **Finish It Fancy:** While the broccoli and chicken are roasting, simmer another 1/2 cup or so of sauce in a small saucepan over medium low heat until it's thickened. Drizzle it over the finished chicken and broccoli. Finish with sesame oil, sesame seeds, or scallions. Voila! Happy bowls and meal prep lunches.

### NUTRITIONAL INFORMATION

Calories 409

Fat 17.7g

Protein 34.1g

Sugars 20g

Carbohydrates: 32g

# Sheet Pan Garlic Ginger Chicken

## & Broccoli

Pinch of Yum

 2 serving

 20 minutes

### INGREDIENTS

#### Garlic Ginger Sauce

- 3/4 cup low sodium soy sauce
- 1/2 cup water
- 1/4 cup white vinegar
- 1/4 cup oil
- a 2-inch knob of fresh ginger (peeled)
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- 1 red pepper, cut into strips
- sesame oil, sesame seeds, and/or green onions for topping



### INSTRUCTIONS

1. Prep Sauce: Preheat the oven to 425 degrees. Blend all sauce ingredients together until smooth.
2. Sheet Pan Action: Place chicken, broccoli, and red pepper on a sheet pan. Pour about 1/2 cup sauce over top of the chicken and just a few tablespoons over the veggies. Bake for 10-15 minutes.
3. Finish It Fancy: While the broccoli and chicken are roasting, simmer another 1/2 cup or so of sauce in a small saucepan over medium low heat until it's thickened. Drizzle it over the finished chicken and broccoli. Finish with sesame oil, sesame seeds, or scallions. Voila! Happy bowls and meal prep lunches.

#### NUTRITIONAL INFORMATION

Calories 409

Fat 17.7g

Protein 34.1g

Sugars 20g

Carbohydrates: 32g

# Sheet Pan Loaded Cauliflower

This Mom's Menu



8 servings



40 minutes

## INGREDIENTS

2 Heads of Cauliflower Cut into florets

2 tablespoon Olive Oil

1 ½ -2 teaspoon Season Salt

1 ½ cups Cheddar Cheese Shredded

½ lb Bacon Fried and Crumbled

3 Green Onions Sliced

Sour Cream for serving (optional)



## INSTRUCTIONS

1. Preheat the oven to 425 ° F and line a baking sheet with aluminum foil and spray with non-stick spray.
2. Cut the cauliflower into medium florets and place in a large bowl. Add the olive oil and season salt. Toss to coat.
3. Transfer the cauliflower florets to the prepared baking sheet and bake in the preheated oven for 20-25 minutes or until the cauliflower is tender and the edges are beginning to brown.
4. Remove from the cauliflower from the oven, but leave the oven on. Sprinkle the shredded cheese and cooked, crumbled bacon over the cauliflower and return the pan to the oven for 5 minutes or until the cheese is melted and beginning to brown.
5. Remove from the oven and top with the sliced green onions.
6. Serve the cauliflower topped with sour cream if desired.

### NUTRITIONAL INFORMATION

Calories 272

Fat 22g

Protein 12g

Sugars 3g

Carbohydrates: 8g

# Greek Sheet Pan Chicken Dinner

All Nutritious



4 servings



35 minutes

## INGREDIENTS

1 lb chicken breasts (diced)

1 red pepper (diced)

1 green pepper (diced)

1 yellow pepper (diced)

1 zucchini (sliced)

1 red onion (sliced)

2 tbsp olive oil

2 tbsp fresh lemon juice

6 cloves garlic (minced)

1 tbsp dried oregano

1 tbsp dried parsley

1/2 tsp salt

1/4 tsp black pepper

1/4 cup feta cheese (crumbled)



## INSTRUCTIONS

1. Preheat the oven to 400F.
2. Add the chicken and veggies into a large sheet pan. Top them up with olive oil, lemon juice, garlic, oregano, dried parsley, salt, and black pepper.
3. Toss all the ingredients to combine well and bake in the oven for 20 minutes until the chicken is fully cooked.
4. Remove from the oven and top up with crumbled feta cheese before serving.

### NUTRITIONAL INFORMATION

Calories 284

Fat 12g

Protein 29g

Sugars 3.4g

Carbohydrates:15g

# Shrimp with Cherry Tomatoes &

## Asparagus

Eating Bird Food

 4 servings  25 minutes

### INGREDIENTS

450 g uncooked extra-large shrimp (26-39) peeled and deveined

3 tablespoons extra virgin olive oil divided

salt and black pepper

4 cups asparagus cut in half

3 cups cherry tomatoes cut in half



### INSTRUCTIONS

1. Preheat oven to 400°F.
2. In a medium bowl, place the shrimp with 1 tablespoon of olive oil, salt, and pepper. Toss everything together, and set aside.
3. On a baking sheet lined with aluminum foil or parchment paper, place the asparagus and cherry tomatoes on the sides of the sheet pan, leaving the center open for the shrimp.
4. Drizzle the veggies with the remaining 2 tablespoons of olive oil, and sprinkle with salt and pepper. Spread out in an even layer, and roast for 10 minutes.
5. Remove the sheet pan from the oven, and place the shrimp in the center of the sheet pan in an even layer. Roast for 8 minutes.
6. MEAL PREPPING: Place an even amount of shrimp, asparagus, and cherry tomatoes into 4 different glass containers. Cover with the lid, and place in the fridge for up 4 days. Heat in the microwave for about 1½-2 minutes. The time depends on the power of your microwave.

#### NUTRITIONAL INFORMATION

Calories 213

Fat 12g

Protein 20g

Sugars 7g

Carbohydrates: 12g

# Sheet Pan Quesadillas

Princess Pinky Girl



12 servings



45 minutes

## INGREDIENTS

8 flour tortillas large burrito size

1 lb ground beef

1 15-oz can black beans drained and rinsed

1 2.25-oz can sliced black olives drained and rinse

3 cups Colby and Monterey Jack cheese fancy shredded

½ cup salsa

1 bell pepper seeded and diced

1 small yellow onion diced

2 green onions sliced thin

1 ½ tablespoons olive oil

1 ½ teaspoons chili powder

1 ½ teaspoons cumin

1 ½ teaspoons smoked paprika

1 teaspoon minced garlic

1 teaspoon kosher salt

1 teaspoon black pepper

Sour cream to top quesadillas optional



## INSTRUCTIONS

1. Preheat oven to 425\*
2. Spray one 18×13 sheet pan with nonstick cooking spray
3. In a large skillet, over medium heat, add olive oil, bell peppers and yellow onion. Cook for 5 minutes. Stirring often to ensure evenly cooked vegetables.
4. Add ground beef and minced garlic to the bell peppers and onions. Cook until completely browned.
5. Remove from the heat and drain the excess fat.
6. Return the meat mixture to the skillet. Add chili powder, cumin, paprika, kosher salt, black pepper, black beans, black olives and salsa. Stir well after adding each ingredient.
7. Place 6 of the flour tortillas around the edges of the lightly sprayed sheet pan. Make sure the tortillas overlap and are hanging halfway over the edge of the pan, leaving a gap in the center.
8. Place 1 tortilla over the bottom center gap of the sheet pan.
9. Evenly spread the meat mixture over the tortillas.
10. Sprinkle cheese on top of meat, then top with sliced green onions.
11. Place the final tortilla over the top center of the mixture.
12. Starting at either side of the sheet pan, carefully but tightly begin folding the tortillas towards the middle.
13. When all sides are folded, place the 2nd sheet pan on top of the folded tortillas. This is to ensure edges do not come apart during baking.
14. Bake for 20 minutes.
15. Remove pans from the oven. Remove the top sheet pan, and cook for an additional 5 minutes.
16. Remove from the oven and allow the quesadilla to slightly cool before cutting into servings.
17. Serve with sour cream, if desired

### NUTRITIONAL INFORMATION

Calories 271

Fat 16g

Protein 18g

Sugars 2g

Carbohydrates: 14g

# Healthy Sheet Pan Sausage & Veggies

The Cooking Jar



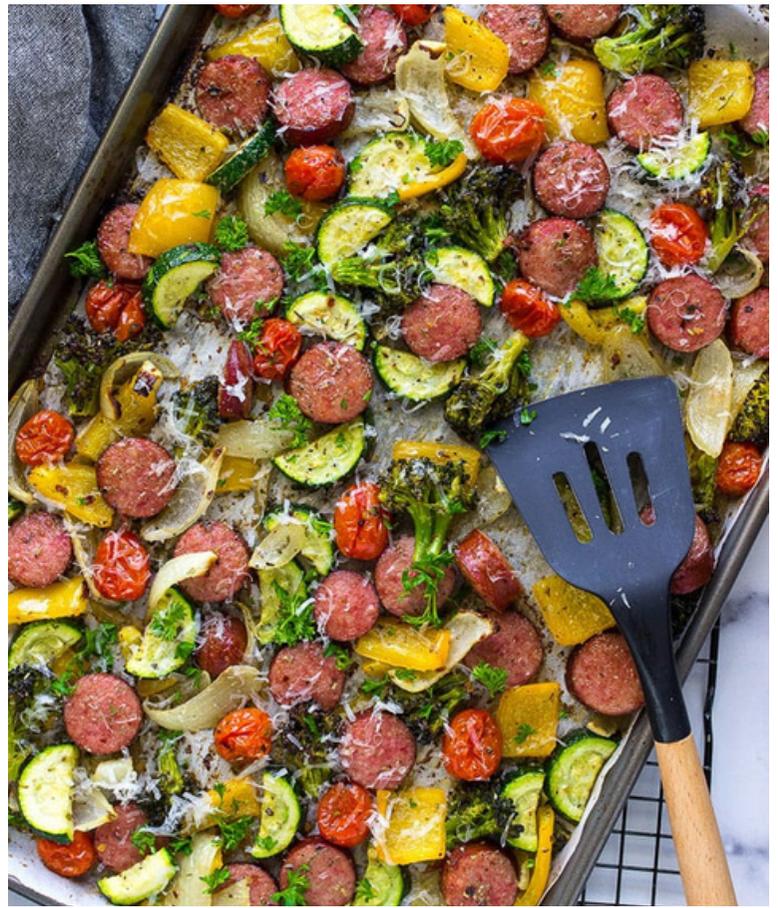
4 servings



40 minutes

## INGREDIENTS

- 1 (12-14 oz.) sausage/kielbasa, sliced into 1/2" rounds
- 1 yellow/red/green bell pepper, chopped or 6 mini sweet bell peppers
- 1 medium yellow onion, chopped
- 1 zucchini, cut into half moons
- 1 cup cherry/grape tomatoes
- 2 cups broccoli
- 3 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 teaspoon red pepper flakes (optional for heat)
- Toppings:**
- Grated fresh Parmesan cheese (optional)
- Fresh parsley, chopped (optional)



## INSTRUCTIONS

1. Line a baking sheet with aluminum foil or parchment paper.
2. Add the sausage, bell pepper, onions, zucchini, tomatoes and broccoli to a large mixing bowl. Drizzle with olive oil and add the remaining ingredients. Toss to mix everything thoroughly.
3. Move everything to the prepared sheet pan and spread it all out evenly in a flat layer.
4. Bake at 400°F for 30 minutes, tossing halfway through for even cooking.
5. Dish and serve hot sprinkled with optional toppings.
6. Enjoy!

### NUTRITIONAL INFORMATION

Calories 336

Fat 26g

Protein 14g

Sugars 3g

Carbohydrates: 15.5g

# Mini Italian-Style Meatloaf Sheet Pan

Modern Proper



6 servings



60 minutes

## INGREDIENTS

- 1 pound ground beef, 80/20
- 1/2 pound ground pork
- 3/4 cup bread crumbs
- 2 large eggs, beaten
- 3/4 cup whole milk
- 2 tsp sea salt
- 1 tsp Italian seasoning
- 1/4 tsp ground black pepper
- 1 tsp garlic powder
- 1 tsp onion powder
- 1/4 cup ketchup
- 2 Tbsp Brown sugar
- 2 tsp Worcestershire sauce
- 1 tsp water
- 1/2-3/4 lb broccoli, florets
- 1/2-3/4 lb baby potatoes, halved
- 2 Tbsp extra virgin olive oil



## INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Grease a large rimmed baking sheet, set aside.
3. In a large bowl mix together the ground beef, pork and breadcrumbs until fully combined.
4. In a medium-sized bowl, whisk the eggs together with the milk, 1 1/4 teaspoon salt, Italian seasoning, pepper, garlic powder, and onion powder.
5. Stir the whisked egg mixture, and 3 tablespoons ketchup into the meat, until fully combined. Use a stand mixer for this step if you have one.
6. In a small bowl mix together the remaining 1 tablespoon ketchup, brown sugar, Worcestershire sauce and water until fully combined.
7. Place the broccoli and potatoes on the baking sheet and drizzle with olive oil and remaining 3/4 teaspoon salt. Toss to coat evenly and spread it all out on the baking sheet. Divide the meat into 6 pieces and create an oval about 4" by 3". Nestle them between the broccoli and potatoes.
8. Using a pastry brush, brush the brown sugar sauce over the tops of the meatloaves.
9. Bake in the oven for 30 minutes until the internal temperature of the meatloaf registers 160°F with an instant read thermometer.

### NUTRITIONAL INFORMATION

Calories 414

Fat 14g

Protein 40g

Sugars 9g

Carbohydrates: 30g

# Sheet Pan Pizza

A Family Feast



8 servings



1 hour

## INGREDIENTS

### Dough

½ pound sweet Italian sausage, removed from casings

2 tablespoons cream cheese

1 cup almond flour

¼ cup coconut flour

1 ½ cups shredded mozzarella cheese

¼ cup freshly grated Parmesan cheese

2 whole large eggs

### Toppings

1 tablespoon olive oil

1 medium onion, sliced

1 medium Bell pepper sliced, (any bell pepper, green, red, yellow or orange)

8 ounces baby spinach

2 tablespoons fresh garlic passed through a garlic press

½ cup pizza sauce (leave out the sugar)

½ cup shredded sharp cheddar cheese

2 cups shredded mozzarella cheese



## INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a medium bowl mix uncooked sausage meat, cream cheese, almond flour, coconut flour, 1 ½ cups mozzarella cheese, Parmesan cheese and eggs.
3. Spray a quarter sheet pan (13×9-inch) with kitchen pan spray.
4. Press the mixture into the pan making an even edge all the way around.
5. Bake 12 minutes, turning pan half way through baking.
6. While crust is baking, in a medium skillet with the olive oil over medium heat, saute onions and peppers for ten minutes until slightly soft. Add spinach and cook one minute to wilt.
7. Add garlic and remove from heat.
8. When crust comes out of oven, spread pizza sauce on bottom, top with cooked vegetables from pan, sprinkle on cheddar and mozzarella and bake for about 25 minutes, or until browned and melty. Place under the broiler for a minute if you desire it to be more browned.
9. Cut into eight portions and serve.

### NUTRITIONAL INFORMATION

Calories 359

Fat 16.6g

Protein 29.1g

Sugars 5g

Carbohydrates: 13.1g

# Sheet Pan Ginger Soy Glazed Salmon

Eat Yourself Skinny



4 servings



15 minutes

## INGREDIENTS

4 (6 oz) Alaska salmon fillets, fresh or frozen, thawed

1 lb. fresh green beans

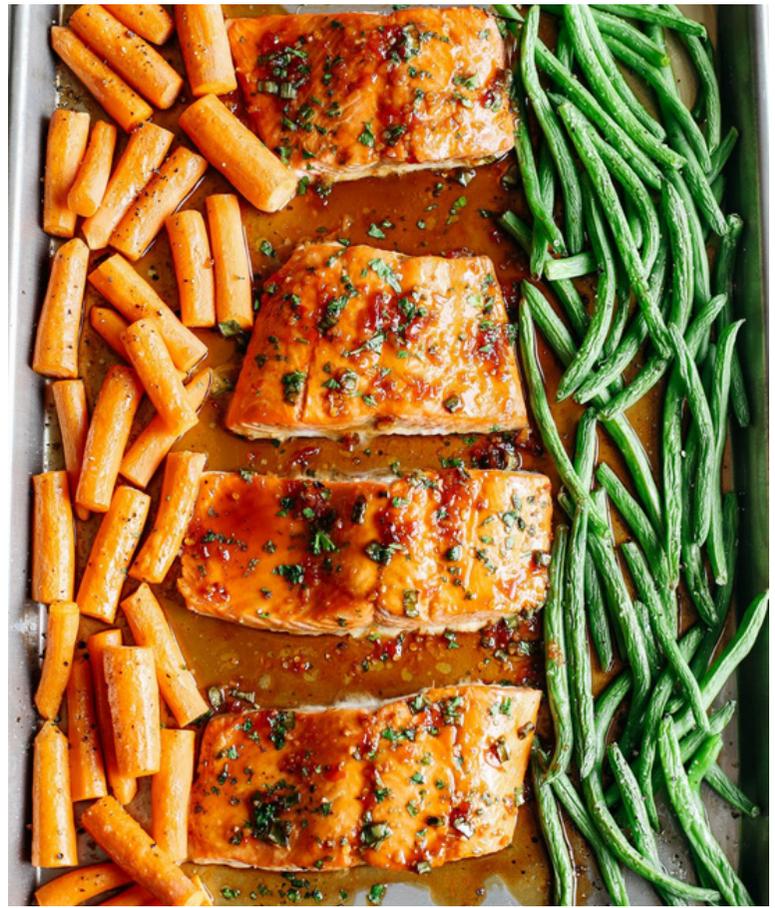
2 cups carrots, cut into 2-inch pieces

1 Tbsp olive oil

Salt and pepper, to taste

Ginger soy glaze:

- 1/4 cup reduced-sodium soy sauce
- 2 Tbsp sweet chili sauce
- 1 Tbsp honey
- 1 Tbsp grated ginger
- 2 cloves garlic, minced
- 1 Tbsp chopped green onions



## INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Place salmon (skin side down), green beans and carrots in a single layer on a prepared baking sheet. Drizzle green beans and carrots with olive oil and sprinkle with a little salt and pepper.
3. In a small bowl, whisk together soy sauce, sweet chili sauce, honey, ginger, garlic and green onions. Spoon sauce over salmon fillets and bake in the oven for 8 to 10 minutes. Turn the broiler on and cook for an additional 2 to 3 minutes, until edges of salmon are crisp.
4. Serve immediately and enjoy!

### NUTRITIONAL INFORMATION

Calories 392

Fat 11.3g

Protein 47.2g

Sugars 15.4g

Carbohydrates: 24.9g

# Ratatouille Sheet Pan Dinner With Sausage

Modern Proper



6 servings



55 minutes

## INGREDIENTS

1 (20 oz) package mild Italian sausage (turkey, chicken,

pork or vegan sausage substitute links)

½ onion, sliced

1 small zucchini, sliced ½" sliced

1 small yellow squash, ½" sliced

1 small eggplant, ½" sliced

1 pint cherry or grape tomatoes

4 garlic cloves, thinly sliced

½ cup olive oil

1 tsp salt

1 tbsp fresh basil, packed, minced

1 tbsp fresh thyme, packed, minced

creamy polenta, for serving, optional



## INSTRUCTIONS

1. Heat oven to 400°F.
2. Place the onion, zucchini, yellow squash, eggplant, tomatoes and garlic on a rimmed baking sheet. Drizzle with ½ cup olive oil, sprinkle with salt and fresh thyme. Toss until evenly coated.
3. Nestle the sausages into the veggies. Bake for 40 minutes until the vegetables are very tender and the sausage is browned.
4. Sprinkle with fresh basil.

### NUTRITIONAL INFORMATION

Calories 360

Fat 30g

Protein 17g

Sugars 7g

Carbohydrates: 12g