

Sheet Pan Dinners

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Benefits

- ▶ Easy clean up
- ▶ Lower fat method of cooking
- ▶ Time saving
- ▶ You already have the tools
 - ▶ Oven or toaster oven
 - ▶ 18 x 13 inch or 9 x 13 inch pan

Pick a Protein-Poultry, Seafood, Tofu

Cut of Meat	400 degrees
Whole chicken breast	30-40 minutes
Boneless Chicken breast	20-30 minutes
Whole chicken thighs	30-45 minutes
Boneless Chicken thighs	25-40 minutes
Salmon, 1 inch fillet	8-12 minutes
Cod, tilapia, halibut, shrimp	8-12 minutes
Tofu (1/2 inch thick rectangles or 1 inch cubes (let dry for 10-30 minutes prior)	30-45 minutes

Pick a Protein-Pork/Beef

Cut of Meat	400 degrees
Pork chops, bone in 1 inch thick	25-35 minutes
Pork chops, cut in 1 inch pieces	20-40 minutes
Pork tenderloin, whole	45-60 minutes
Pork sausage, whole	20-35 minutes
Ground beef	Spread on oiled sheet pan, drizzle with oil and run under broiler until browned

Pick a Vegetable

Cut into ½ inch chunks	400 degrees
Asparagus	8-15 minutes
Broccoli	10-15 minutes
Beets, eggplant, cauliflower, butternut or winter squash, cherry tomatoes	25-45 minutes
Leeks, brussel sprouts, potatoes	20-35 minutes
Carrots, sweet potatoes, bell peppers	30-45 minutes
Zucchini, summer squash, chickpeas	40-55 minutes

Add Flavor

- ▶ Pick a fat
 - ▶ Olive, coconut, peanut oil
 - ▶ Sunflower, grapeseed, canola oil
- ▶ Spice it up
 - ▶ Hearty herbs are best
 - ▶ Thyme, lemon thyme, oregano, marjoram, rosemary, bay leaves, tarragon, sage
 - ▶ Chile flakes, coriander seeds, fennel seeds, cumin seeds, cinnamon sticks
 - ▶ Use ground spices and blends in marinades or rubs
 - ▶ Avoid using soft herbs
 - ▶ Basil, chives, parsley, cilantro, mint

Helpful Tips

- ▶ Start with the slowest cooking ingredient and then add the other ingredients
- ▶ The smaller the chunk of food, the faster it will cook (only when comparing broccoli to broccoli)
 - ▶ Smaller chunks of carrots will take longer than medium sized chunks of broccoli or mushrooms
- ▶ Placement is key
 - ▶ Ingredients on the edge will cook faster than those in the middle
 - ▶ Place larger pieces on the edges and smaller pieces in the center, rotate pan
- ▶ Play around with temperature
 - ▶ Higher leads to deeper colors in your veggies and a juicy center in proteins
 - ▶ Lower leads to more even cooking

Great resources

- ▶ New York Times Cooking-How to Make a Sheet Pan Dinner

<https://cooking.nytimes.com/guides/54-how-to-make-a-sheet-pan-dinner>

- ▶ Rex Bariatrics Specialists website-Nutrition-Recipes

<https://www.rexbariatrics.com/?s=sheet+pan>