

THE ART OF THE SHEET PAN DINNER

If you haven't heard of sheet pan dinners before, prepare for your life to get a whole lot easier (and if you have, well prepare to get inspired through all the seasons). Sheet pan meals are meals made (you guessed it) almost entirely on ONE sheet pan. Roast proteins and veggies together in a warm oven, usually with a great sauce, and boom, dinner on the table in minutes.

Need more information? The back of this card explains more about "the rules".

**ONE
RIMMED,
OILED
BAKING
SHEET**

Preferably a large one that is 13 x 18 inches in size.



**1 ½ POUNDS
OF PROTEIN**

This can be anything, but the most popular options are salmon, chicken breast or thighs, and sausages.



**1 POUND
STARCHY
VEGETABLES**

Then you'll want to add things that will really bulk up your meal (like potatoes, sweet potatoes and other root vegetables).



**2 CUPS
PREPARED
OTHER
VEGETABLES**

Fill in with lighter, non-starchy veggies like peppers, onions, cabbage, bok choy, kale, broccoli, eggplant, and zucchini.



**FINISH WITH
SOME
SEASONING
AND/OR A SAUCE**

A drizzle of oil plus salt and pepper will do just fine, or play with spices and vinaigrette style flavorings. Aim for 1 tablespoon per pound of vegetable used.

What does this look like seasonally?

We break down some key recipe components for spring, summer, and fall on the other Sheet Pan Meal resource cards.



4 Simple Rules for Sheet Pan Dinners

RULE #1 FOCUS ON SHEET PAN MEALS THAT ACTUALLY MAKE YOUR LIFE EASIER

Just because you can cook something on a sheet pan doesn't necessarily mean that you should (or need to). The entire point of sheet pan dinners is to make your life easier. Usually that means giving you a lot of hands off cooking time and reducing the number of items you need to clean at the end of the process. Any recipe or meal that asks you to meticulously watch the oven, still uses lots of other pots, pans, and bowls, or leaves a sticky hard to clean mess on your sheet pan is one to be avoided.

RULE #2 IT DOESN'T HAVE TO ALL FIT ON ONE PAN

Yes, sure, part of the allure of a sheet pan meal is that your whole dinner can fit snugly (and beautifully) onto one pan, but don't box yourself in. A sheet pan meal can fit onto as many sheet pans as you own, want to wash, and fit inside your oven. The main benefit of using more than one pan is that you don't need to worry as much about the timing of things because various items with various ideal lengths of cooking time aren't sharing one pan. Also, using more pans gives your food more room and the key to good browning is allowing your food some room to breathe.

RULE #3 UNDERSTAND BASIC ROASTING TEMPERATURES AND TIMES

If you want a nice char/crust on whatever you're making, you can't do any better than an oven preheated to 400-450 degrees F. Beyond that, it's important to keep in mind how long different vegetables take to cook. Starchy vegetables like carrots, potatoes, and beets take 30-45 minutes. Sweeter starchy vegetables like sweet potatoes and winter squash char a little more quickly so only need 20-30 minutes. Soft vegetables like zucchini, mushrooms, onions, peppers, and tomatoes take 15-25 minutes while thin vegetables (like asparagus and green beans) and greens (like kale and quartered heads of lettuce) take 10-15 minutes.

RULE #4 DON'T WORRY ABOUT FINDING OR FOLLOWING A RECIPE EVERY TIME

One of the major benefits of a sheet pan meal is convenience. And I think we all know that following a recipe isn't always convenient (especially when it leads to an extra trip to the grocery store). Follow a couple recipes early on to get comfortable with the process, keep your pantry and freezer stocked with sheet pan essentials (oils, vinegars, chicken, sausage, tofu) and then get comfortable winging it with produce you have on hand.

SPRING SHEET PAN MEALS

Thought you couldn't roast your greens? Think again.

Bok choy, spinach, cabbage, and kale all wilt down wonderfully when roasted in the oven. The trick to roasting greens is to add them to the pan last (after other items are mostly finished cooking). Most proteins and starchy vegetables will take 40-45 minutes to cook while leafy greens only take 10-15 minutes.

Cabbages and bok choy are a little more dense so give them 20 minutes.

GLAZED
SALMON
+
BOK CHOY
+
ASPARAGUS
+
HOISIN
SAUCE

CHICKEN
THIGHS
+
SPINACH
+
SHIITAKE
MUSHROOMS
+
SPRING
ONIONS
+
CHIVE
DRESSING

CRISPY
TOFU
+
SNAP
PEAS
+
HOT & SOUR
SOY SAUCE
+
SERVED
OVER RICE

KIELBASA
+
NAPA CABBAGE
+
FRESH ONION
+
DILL
+
WHITE BEANS
+
RED WINE DIJON
VINAIGRETTE

BREADED, CUBED
CHICKEN BREAST
+
QUARTERED
ROMAINE/GEM
LETTUCE
+
SEASONED
BREAD CUBES
+
SERVED WITH
PARMESAN &
CAESAR DRESSING

For other recipes and resources, be sure to visit our website.

WWW.CATTAILORGANICS.COM/COOKING



SUMMER SHEET PAN MEALS

Just like all cooking in summer, sheet pan meals in the height of summer couldn't be easier. Zucchini, peppers, onions, tomatoes all cook up in a hurry and pair easily with chicken, steak, sausage, salmon, and tofu. As with most things, this is a great season to experiment, play, and explore the bounty.

CHICKEN
THIGHS
+
NEW
POTATOES
+
KALE
+
LEMON
+
ROSEMARY

PORK LOIN
+
CARROT
COINS
+
GREEN
BEANS
+
TERIYAKI
GLAZE

CHICKEN
BREAST
+
CHERRY
TOMATOES
+
DICED BELL
PEPPERS
+
RED ONION
+
FETA
+
OIL & LEMON

STEAK
STRIPS
+
SWEET
PEPPER
STRIPS
+
ONION
+
FAJITA
SEASONING

SAUSAGES
+
POTATOES
+
BELL PEPPER
STRIPS
+
ONION
+
PAPRIKA
+
THYME



For other recipes and resources, be sure to visit our website.
WWW.CATTAILORGANICS.COM/COOKING

FALL/WINTER SHEET PAN MEALS

Fall and winter is THE original season for sheet pan meals. When the produce gets super starchy (think potatoes, winter squash, carrots, beets and other root veggies), whipping up hearty sheet pan meals is a breeze. Keep it classic (like meatloaf roasted alongside cubed sweet potatoes and broccoli) or get a little more adventurous with a spinach salad where all the toppings are roasted in the oven first. This is the best season to explore new roots. Just get roasting.

MEATLOAF
+
BBQ SAUCE
+
CUBED
SWEET
POTATOES
+
BROCCOLI

SMOKED
SAUSAGE
+
BUTTERNUT
SQUASH
+
POBLANO
PEPPERS
+
RED ONION
+
SERVED OVER
SPINACH WITH
APPLE CIDER
VINAIGRETTE

CHICKEN
DRUMSTICKS
+
CABBAGE
+
LEEKs
+
SPICY
SESAME OIL
DRESSING

PORK CHOPS
+
POTATO
WEDGES
+
BRUSSELS
SPROUTS
+
ITALIAN
DRESSING
+
BREADCRUMBS

CHICKEN
THIGHS
+
SHALLOT
+
MIXED ROOT
VEGETABLES
(CARROTS,
TURNIPS,
CELERIAC,
RUTABAGA)
+
BALSAMIC
VINAIGRETTE

For other recipes and resources, be sure to visit our website.

WWW.CATTAILORGANICS.COM/COOKING

