



Whole Health Nutrition, LLC

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Choose Your Own Adventure: 1 Pan Meals



Equipment

- Cutting board
- Chef's knife
- Measuring cups, spoons
- Large sheet pan

Ingredients

Makes ~4 servings

- 1¼ cups quick-cooking whole grains (such as quinoa or instant brown rice)
- 8 cups fresh vegetables, cut into 1- to 2-inch pieces
- Protein: Choose 1 such as...
 - 1 15-oz. can of beans or lentils, rinsed and drained

- 1½ cups cooked frozen peas, edamame, or lima beans)
- Boneless, Skinless Chicken breasts or thighs, x4
- Chicken sausage, 1 package
- Shrimp or fish, ~6 ounces per person
- Tofu, 1 package
- 1 tablespoon desired ground spices (or 3 tablespoons chopped fresh herbs)
- 3½ cups vegetable broth or water
- Citrus juice, salad dressing, or your favorite sauce, for drizzling
- Chopped nuts, seeds, or nutritional yeast, for garnish

*See below for combination ideas!

Sample Combinations

SHEET PAN SQUASH AND SPROUTS

- ❑ 1¼ cups kasha
- ❑ 3 cups butternut squash cubes
- ❑ 3 cups halved Brussels sprouts
- ❑ 2 cup sliced leeks
- ❑ Chicken sausage
- ❑ 1 tablespoon cumin
- ❑ 2 tablespoons chopped parsley
- ❑ 2 tablespoons chopped walnuts or pecans

ROASTED RATATOUILLE

- ❑ 1¼ cups bulgur
- ❑ 3 cups zucchini chunks
- ❑ 3 cups cherry tomatoes
- ❑ 2 cups onions
- ❑ 1 can black-eyed peas, rinsed and drained
- ❑ 1 tablespoon herbes de Provence
- ❑ 2 tablespoons sunflower seeds

SPRING FLING

- ❑ 1¼ cups quinoa
- ❑ 1 lb. fat asparagus, cut into 2-inch pieces
- ❑ 2 cups baby carrots
- ❑ 2 cups halved baby potatoes
- ❑ 1 large red onion, sliced
- ❑ 1 tablespoon chopped fresh tarragon

- ❑ 2 teaspoons minced garlic
- ❑ 3 tablespoons lemon juice
- ❑ 2 tablespoons nutritional yeast
- ❑ Salmon

FAJITA TRAY BAKE

- ❑ 1¼ cups millet
- ❑ 3 cups diced bell peppers
- ❑ 4 cups halved mushrooms
- ❑ 1 cup sliced green onions
- ❑ 1 lb boneless skinless chicken thighs, sliced into strips
- ❑ 1 tablespoon chili powder
- ❑ 1-2 tablespoons lime juice
- ❑ 2 tablespoons pepitas (pumpkin seeds)

SHEET PAN CURRY AND RICE

- ❑ 1¼ cups instant brown rice
- ❑ 2 cups cauliflower florets
- ❑ 2 cups green beans
- ❑ 2 cups diced sweet potatoes
- ❑ 2 cups sliced onions
- ❑ 1½ cups cooked lentils
- ❑ 1 tablespoon curry powder
- ❑ 3 tablespoons lemon juice
- ❑ 2 tablespoons raisins or dried currants

Instructions

1. Preheat the oven to 400°F. Prepare your protein of choice:
 - a. **Beans, canned:** rinse and drain.
 - b. **Chicken Sausage:** Prick sausages all over with a sharp knife or fork.
 - c. **Boneless, Skinless Chicken breasts or thighs:** Pat dry, drizzle with olive oil and season with salt, pepper.
 - d. **Tofu:** Place between 2 layers of paper towels/dish towels. Top with something heavy, like a cast iron skillet, and let stand for 15-30 minutes to squeeze out excess moisture. Cut into 2-3 inch pieces that are no more than 1-inch thick. Toss the pieces of tofu in 1 tablespoon of olive oil.
 - e. **Fish:** Right before roasting, rub the fish with olive oil and sprinkle it with salt, pepper.
 - f. **Shrimp:** Peel and devein the shrimp if necessary. Right before roasting, toss the shrimp with a drizzle of olive oil and sprinkle with salt, pepper.
2. Sprinkle the grains over the bottom of a 15×10-inch rimmed baking sheet.
3. Toss together the vegetables and spices in a large bowl. **If using beans for protein add to the bowl now.** Spread the mixture in a single layer over the grains. Carefully pour the vegetable broth or water into the pan. Cover the sheet pan tightly with foil or invert another baking sheet on top. Bake for 20 minutes.
4. Remove foil covering. **If using chicken, chicken sausage, fish, or tofu for protein add to the sheet pan now** and roast the uncovered for 15 to 20 minutes more, or until the grains are tender, the vegetables are beginning to brown, and the protein is cooked through - chicken should register to 165°F (the chicken sausage is precooked), and fish should register to 145°F. **If using shrimp for protein add to the sheet pan for the last 6-8 minutes** of roasting. Shrimp is done when the internal temperature reaches 145°F.

5. To serve, drizzle with citrus juice or preferred sauce and sprinkle with your chosen garnish.

Adapted From: Forks over Knives
<https://www.forksoverknives.com/how-tos/sheet-pan-dinners-101-with-recipes/>