

Sheet Pan Lemon Herb Chicken

Course: Dinner, Main

Cuisine: American

Servings: 4-6

Source: A Saucy Kitchen

Ingredients:

4 large/8 small skinless chicken thighs or chicken breasts
3 tsp dried oregano, divided
2 tsp paprika, divided
½ tsp black pepper
8 oz. brussels sprouts, halved or quartered
4 oz. sweet potatoes, halved or quartered
2 TBSP olive oil
3 garlic cloves, minced
1 tsp. lemon juice
Zest of 1 lemon

Directions:

1. Preheat oven to 400 degrees. Lightly spray baking sheet w/ cooking spray.
2. Season chicken with 2 tsp. oregano, 1 tsp paprika, and pepper. Set aside.
3. Toss brussels sprouts and sweet potatoes in olive oil, garlic, lemon juice, lemon zest and remaining paprika and oregano.
4. Place brussels sprouts and sweet potatoes in a single layer onto the prepared baking sheet. Top with chicken in a single layer.
5. Place into oven and roast for 25-30 minutes, or until chicken is completely cooked through reaching an internal temperature of 165 degrees. Broil for 2-3 minutes or until the chicken is caramelized and slightly charred on top.
6. Enjoy!

Sheet Pan Chicken Tikka

Course: Dinner, Main

Cuisine: Indian

Servings: 4

Source: Smitten Kitchen

Ingredients

For the chicken:

1 ¾ inch piece of ginger peeled, minced
4 cloves of garlic, minced
1 jalapeno, seeded and minced
½ c. whole milk yogurt
1 tsp. salt
¼ tsp. chili powder or cayenne pepper
½ tsp ground turmeric
½ tsp ground cumin
1 tsp. paprika

1 tsp. garam masala
2 lbs. (chicken thighs, drumsticks or halved chicken breasts)

For the vegetables:

3 TBSP olive oil
2 Yukon gold potatoes, cubed
1 small cauliflower, cut into medium sized pieces
½ tsp kosher salt

To finish, if desired

A few thin slices of red onion
Lemon wedges
Dollops of yogurt
2-3 TBSP roughly chopped cilantro, parsley or mint

Directions

1. Combine ginger, garlic, fresh chili, yogurt, salt and spices in a freezer bag, bowl or container. Add chicken pieces and toss to coat evenly. Let marinate for 15 minutes or overnight in the fridge.
2. Preheat oven to 425°F. Line a half-sheet (13×18-inch) with foil and coat it with 1 tablespoon of the olive oil. Add potatoes, cauliflower, salt, cumin and remaining 2 tablespoons olive oil and toss together with your hands until evenly coated.
3. Remove chicken from marinade and leave excess behind. Make spaces in the vegetables for chicken parts throughout the pan. Roast in oven for 20 minutes, then toss the potato and cauliflower to ensure they're cooking evenly and return the pan to the oven for 10 to 20 minutes more (i.e. 30 to 40 minutes total roasting time), until chicken and vegetables are cooked through.
4. When chicken and vegetables are cooked, top with garnishes of your choice listed above. Serve right in the pan.

Sheet Pan Asian Stir Fry

Course: Dinner, Main

Cuisine: Asian

Servings: 4

Source: Damn Delicious

Ingredients:

4 boneless, skinless chicken breasts, cut into 1-inch chunks
2 carrots, cut in ½ inch pieces
1 red bell pepper thinly sliced
1 yellow pepper thinly sliced
16 oz broccoli florets
1 c. snow peas
1 tsp. sesame seeds
1 green onion, thinly sliced

Sauce:

3 TBSP reduced sodium soy sauce
2 TBSP oyster sauce
1 TBSP rice wine vinegar
1 TBSP brown sugar, packed
1 TBSP freshly grated ginger
2 garlic cloves
1 tsp. sesame oil
1 tsp. sriracha, optional

Directions:

1. Preheat oven to 425 degrees. Lightly spray a baking sheet.
2. In a small bowl, whisk together sauce ingredients and set aside.
3. Place chicken, carrots, bell peppers in a single layer on the prepared baking sheet. Stir in soy sauce mixture and gently toss to combine.
4. Place in oven and bake for 16-18 minutes until the chicken is cooked through. Stir in broccoli and snow peas during the last 7-10 minutes of cooking time.
5. Serve immediately topped with sesame seeds and green onions.

Sheet Pan Chicken Sausage and Veggies

Course: Dinner, Main

Cuisine: American

Servings: 4

Source: Jamie O'Boyle MS, RD, LDN

Ingredients:

1 small sweet potato, cubed into ½ inch pieces
12 oz. green beans, trimmed and halved
1 large head of broccoli, chopped
2 large bell peppers, chopped into ½ inch pieces
8 ounces chicken sausage
3 tablespoons olive oil
1/4 teaspoon red pepper flakes optional
1 teaspoon paprika
1/2 teaspoon garlic powder
1 tablespoon dried oregano
1 tablespoon dried parsley
1/4 teaspoon salt
1/4 teaspoon pepper

Directions:

1. Preheat the oven to 400 degrees.
2. Line a large sheet pan with foil or parchment paper.
3. Place all the veggies and sausage on a sheet pan. Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.

Sheet Pan Garlic Butter Salmon

Course: Dinner, Main

Cuisine: American

Servings: 4

Source: Damn Delicious

Ingredients:

2 c. cubed baby red potatoes
1 lb. salmon
8 oz. green beans, trimmed
2 TBSP olive oil
3 garlic cloves, minced
Salt + pepper to taste
2 TBSP chopped parsley leaves

Garlic butter sauce:

¼. Unsalted butter, melted
1 TBSP lemon juice
4 garlic cloves, minced
½ tsp dried oregano
½ tsp dried thyme
½ tsp dried rosemary

Directions:

1. Preheat oven to 400 degrees. Lightly coat baking sheet w/ cooking spray.
2. In a small bowl, whisk together butter, lemon juice, garlic, oregano, thyme and rosemary. Season with salt and pepper to taste. Set aside.
3. Place potatoes, salmon and green beans in a single layer onto the prepared baking sheet.
4. Drizzle green beans and potatoes with olive oil and sprinkle with garlic; season with salt and pepper, to taste.
5. Spoon the butter garlic mixture over the salmon.
6. Place into oven and cook until the fish flakes easily with a fork, 18-20 minutes.

Sheet Pan Chipotle-Lime Shrimp

Course: Dinner, Main

Cuisine: Mexican-American

Servings: 4

Source: Taste of Home

Ingredients:

1 ½ lbs. cauliflower, cut into bite sized pieces
1 T. olive oil
3 medium limes
¼ c. unsalted butter, melted
1 tsp. ground chipotle pepper
½ lb. fresh asparagus, trimmed
½ lb. broccolini or broccoli, cut into small florets
1 lb. uncooked shrimp, peeled and deveined
2 TBSP minced fresh cilantro

Directions:

1. Preheat oven to 400 degree. Spray baking sheet w/ cooking spray.
2. In a bowl, squeeze 1/3 c. juice from limes, reserving fruit. Combine lime juice, melted butter, chipotle pepper and salt and pepper to taste.
3. Arrange asparagus, broccolini, shrimp, cauliflower and reserved limes in a single layer. Pour lime juice mixture over vegetables and shrimp.
4. Bake until shrimp and vegetables are tender, 10-15 minutes. Sprinkle with cilantro.

Sheet Pan Chimichurri Steak and Vegetables

Course: Dinner, Main

Cuisine: American

Servings: 4

Source: Delicious Little Bites

Ingredients:

1 ½ lbs. steak (top round, flank, skirt, sirloins), seasoned on both sides with salt and pepper

½ lb. asparagus

½ lb. cherry tomatoes

2 white onions, quartered

Sauce:

½ c. olive oil

3 TBSP red wine vinegar

5 cloves garlic, minced

1 small shallot, minced

1 tsp. oregano

1 tsp. salt

¼ tsp. crushed red pepper

¾ c. fresh parsley leaves and stems, packed and finely chopped

¼ c. fresh cilantro leaves and stems, packed and finely chopped

Directions:

1. To make chimichurri sauce, combine all 'sauce' ingredients in a bowl and whisk together or in a food processor. Reserve ¼ c. for later use.
2. Preheat oven to 425 degrees. Spray baking sheet with cooking spray.
3. Place steak, asparagus, onions and cherry tomatoes in a single layer and drizzle with ¼ c. of chimichurri sauce.
4. Bake in oven for 15-20 minutes, depending on your preference for steak.
5. Serve with reserved chimichurri sauce.