



Back to School Easy Sheet Pan Family Dinners



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Welcome!

Back-to-school season is exciting...but let's be honest, it can also be a little chaotic. Between school drop-offs, sports practices, homework, and everything else that fills the calendar, getting a healthy dinner on the table can feel like one more thing on an already long to-do list.

Here at The Valley Homes Team, we understand because we're living it too! Between the three of us, we have seven young children, so we know firsthand what busy weeknights look like.

We put together these **21 easy sheet pan dinners** to help make your evenings just a little simpler. With minimal prep, easy cleanup, and family-friendly recipes, our hope is that these meals give you a little more time to enjoy around the dinner table—and a little less time spent in the kitchen.

At The Valley Homes Team, we're passionate about homes, healthy living, and building strong communities. Whether you're looking for your next home, preparing to sell your current one, or simply looking for practical resources to make everyday life easier, we're here to help.

We'd love to connect with you! Visit us at ValleyHomesVA.com or reach out anytime. We hope these recipes become a favorite in your family's weekly rotation!

Here's to a smooth school year, full bellies, and a home filled with great memories. ♥

Steph, Sarah, & Mattias



Sheet Pan Baked Salmon & Veggies

4 servings
45 minutes

Ingredients

4 Sweet Potato (small, peeled, cut into fries)
2 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
3 cups Asparagus (trimmed)
2 cups Brussels Sprouts (halved)
1 1/4 lbs Salmon Fillet
2 tsps Smoked Paprika
1 Lemon (juiced)

Nutrition

Amount per serving	
Calories	402
Fat	14g
Saturated	2g
Trans	0g
Polyunsaturated	3g
Monounsaturated	7g
Carbs	35g
Fiber	8g
Sugar	9g
Protein	37g
Cholesterol	72mg
Sodium	196mg
Potassium	1371mg
Vitamin A	20331IU
Vitamin C	51mg
Calcium	98mg
Iron	4mg
Vitamin D	798IU
Vitamin E	4mg
Vitamin K	127µg

Directions

- 1 Preheat the oven to 400°F (205°C). Line a large baking sheet with parchment paper.
- 2 In a bowl, toss the sweet potato with half of the oil, salt, and pepper. Transfer to the baking sheet and cook in the oven for 20 minutes until partially cooked.
- 3 Remove the baking sheet from the oven. Add the asparagus and Brussels sprouts. Drizzle with the remaining oil, and season with salt and pepper.
- 4 Season the salmon all over with the paprika, salt, and pepper. Place the salmon on the same baking sheet. Return to the oven and cook for 17 to 20 minutes until the salmon is cooked through and the vegetables are tender.
- 5 Divide the salmon and vegetables evenly between plates. Drizzle with lemon juice, and enjoy!

Notes

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Thiamine	0.5mg
Riboflavin	0.6mg
Niacin	14mg
Vitamin B6	1.5mg
Vitamin B12	6.7µg
Phosphorous	512mg
Magnesium	102mg
Zinc	2mg
Selenium	46µg



Sheet Pan Chicken with Vegetables & Rice

4 servings
45 minutes

Ingredients

- 1 cup Basmati Rice (dry)
- 1 1/2 lbs Chicken Leg, Bone-in (skinless)
- 2 Red Bell Pepper (large, sliced)
- 2 Zucchini (large, sliced)
- 4 cups Broccoli (cut into florets)
- 2 cups Red Onion (sliced)
- 1/4 cup Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 2 tsps Garlic Powder
- 2 tsps Smoked Paprika

Nutrition

Amount per serving	
Calories	779
Fat	43g
Saturated	10g
Trans	0g
Polyunsaturated	8g
Monounsaturated	22g
Carbs	62g
Fiber	8g
Sugar	10g
Protein	38g
Cholesterol	167mg
Sodium	183mg
Potassium	1178mg
Vitamin A	3327IU
Vitamin C	181mg
Calcium	97mg
Iron	3mg
Vitamin D	5IU

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Cook the rice according to the package directions.
- 3 Place the chicken legs on one side of the prepared baking sheet. Arrange the bell pepper, zucchini, broccoli, and red onion evenly on the other side of the sheet.
- 4 Drizzle the oil evenly over the chicken and vegetables. Sprinkle the salt, pepper, garlic powder, and smoked paprika. Toss the vegetables gently to coat.
- 5 Cook in the oven for 25 to 30 minutes until the chicken is cooked through and the vegetables are tender. Divide the chicken, vegetables, and rice evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one to 1 1/2 chicken legs with two cups of vegetables and 1/2 cup of rice.

Vitamin E	4mg
Vitamin K	113µg
Thiamine	0.3mg
Riboflavin	0.5mg
Niacin	10mg
Vitamin B6	1.2mg
Vitamin B12	1.1µg
Phosphorous	413mg
Magnesium	86mg
Zinc	3mg
Selenium	36µg



Sheet Pan BBQ Spiced Salmon, Broccoli & Sweet Potato

4 servings
35 minutes

Ingredients

- 1 1/3 tbsps Smoked Paprika
- 2 tbsps Coconut Sugar
- 2 tps Chili Powder
- 2 tps Onion Powder
- 2 tps Garlic Powder
- Sea Salt & Black Pepper (to taste)
- 2 Sweet Potato (large, sliced into rounds)
- 1/3 cup Avocado Oil (divided)
- 6 cups Broccoli (chopped into florets)
- 1 lb Salmon Fillet
- 1 Avocado (medium, sliced)

Nutrition

Amount per serving	
Calories	551
Fat	35g
Saturated	5g
Trans	0g
Polyunsaturated	5g
Monounsaturated	21g
Carbs	35g
Fiber	10g
Sugar	10g
Protein	32g
Cholesterol	58mg
Sodium	214mg
Potassium	1419mg
Vitamin A	11857IU
Vitamin C	129mg
Calcium	115mg

Directions

- 1 Preheat the oven to 425°F (220°C). In a small bowl, mix the paprika, sugar, chili powder, onion powder, garlic powder, salt, and pepper.
- 2 Place the sweet potato on a large baking sheet and toss with 1/3 of the oil and half of the seasoning mix. Place the broccoli beside the sweet potato, toss with half the remaining oil, and season with salt and pepper. Transfer to the oven and cook for 15 minutes.
- 3 Remove the baking sheet and make room for the salmon. Place the salmon on the sheet and drizzle with the remaining oil and remaining seasoning mix, using your hand to rub it in. Return to the oven and cook for 12 to 14 minutes, until the salmon and veggies are cooked through.
- 4 Divide the salmon, broccoli, sweet potato, and avocado evenly into bowls or plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days. Cut the avocado just before serving.

Serving Size: One serving is approximately two cups of sweet potato, 1 1/2 cups of broccoli, one salmon fillet, and half an avocado.

Additional Toppings: Serve with lime wedges and/or chopped cilantro.

Iron	3mg
Vitamin D	638IU
Vitamin E	4mg
Vitamin K	154µg
Thiamine	0.3mg
Riboflavin	0.6mg
Niacin	12mg
Vitamin B6	1.4mg
Vitamin B12	5.3µg
Phosphorous	460mg
Magnesium	102mg
Zinc	2mg
Selenium	39µg



Sheet Pan Sausage, Carrots & Potatoes

4 servings
40 minutes

Ingredients

2 Russet Potato (large, cut into chunks)
4 Carrot (medium, chopped)
1 tbsp Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 lb Chicken Sausage (roughly sliced)

Nutrition

Amount per serving	
Calories	382
Fat	20g
Saturated	6g
Trans	0g
Polyunsaturated	1g
Monounsaturated	11g
Carbs	34g
Fiber	4g
Sugar	6g
Protein	18g
Cholesterol	136mg
Sodium	1227mg
Potassium	950mg
Vitamin A	10199IU
Vitamin C	11mg
Calcium	149mg
Iron	7mg
Vitamin D	0IU
Vitamin E	1mg
Vitamin K	12µg
Thiamine	0.2mg
Riboflavin	0.3mg
Niacin	4mg
Vitamin B6	0.6mg
Vitamin B12	1.8µg

Directions

- 1 Preheat the oven to 425°F (220°C) and prepare a baking sheet with parchment paper.
- 2 Add the potatoes and carrots in an even layer onto the baking sheet. Toss with the oil and season with salt and pepper. Cook in the oven for 15 minutes.
- 3 Remove the baking sheet and add the sausages. Place back in the oven and cook for 18 to 20 minutes, or until everything is cooked through.
- 4 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about two cups.

More Flavor: Add rosemary, garlic powder, and/or thyme to the potatoes.

Additional Toppings: Add garlic and/or shallots to the baking sheet.

Phosphorous	232mg
Magnesium	49mg
Zinc	3mg
Selenium	23µg



Sheet Pan Chickpeas & Veggies

4 servings
45 minutes

Ingredients

- 1 1/3 cups Basmati Rice (dry)
- 5 1/3 cups Frozen Vegetable Mix
- 2 cups Chickpeas (cooked)
- 2 2/3 tbsps Extra Virgin Olive Oil
- 2/3 Lemon (medium, juiced)
- 2 2/3 tbsps Italian Seasoning

Nutrition

Amount per serving	
Calories	614
Fat	12g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	108g
Fiber	18g
Sugar	12g
Protein	20g
Cholesterol	0mg
Sodium	91mg
Potassium	657mg
Vitamin A	10401IU
Vitamin C	12mg
Calcium	101mg
Iron	4mg
Vitamin D	0IU
Vitamin E	3mg
Vitamin K	66µg
Thiamine	0.3mg
Riboflavin	0.3mg
Niacin	2mg
Vitamin B6	0.3mg

Directions

- 1 Cook the rice according to package directions.
- 2 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 3 Add the frozen vegetables and chickpeas to the baking sheet. Add oil, lemon juice, and Italian seasoning and toss to combine. Spread out into an even layer.
- 4 Bake for 30 to 40 minutes or until the vegetables and chickpeas are browned.
- 5 Divide the rice evenly between bowls and top with the baked vegetables and chickpeas. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups.

No Italian Seasoning: Use other seasoning of choice.

Vitamin B12	0µg
Phosphorous	262mg
Magnesium	93mg
Zinc	2mg
Selenium	4µg



Sheet Pan Double Cheeseburgers

4 servings
25 minutes

Ingredients

- 1 lb Extra Lean Ground Beef
- 1 tsp Steak Spice Seasoning
- 4 ozs Cheddar Cheese (shredded)
- 8 ozs Whole Wheat Bun (toasted)
- 1 Tomato (medium, sliced)
- 1/2 cup Red Onion (sliced)
- 1/4 head Green Lettuce (shredded)

Nutrition

Amount per serving	
Calories	467
Fat	23g
Saturated	10g
Trans	1g
Polyunsaturated	2g
Monounsaturated	7g
Carbs	30g
Fiber	4g
Sugar	4g
Protein	36g
Cholesterol	102mg
Sodium	590mg
Potassium	476mg
Vitamin A	895IU
Vitamin C	6mg
Calcium	264mg
Iron	4mg
Vitamin D	10IU
Vitamin E	0mg
Vitamin K	4µg
Thiamine	0.1mg
Riboflavin	0.4mg
Niacin	8mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper.
- 2 Season the beef with the steak spice and press it evenly into the prepared baking sheet, covering the entire surface and reaching the edges.
- 3 Cook in the oven for 12 to 15 minutes or until cooked through. Remove from the oven, top with cheese, and return the baking sheet to the oven for one to two minutes to melt.
- 4 Cut the beef into equal portions and serve on buns with tomato, red onion, and lettuce. Enjoy!

Notes

Leftovers: Refrigerate the burgers in an airtight container for up to three days. Reheat and assemble when ready to eat. To freeze, once the patties have cooled, separate each one with parchment paper, place them in an airtight container, and freeze for up to three months. Thaw in the fridge overnight and reheat in a pan or the oven before assembling.

Serving Size: One serving is two thin patties on one bun with toppings. A 9 × 13-inch (23 × 33 cm) baking sheet was used to make four servings and eight patties.

More Flavor: Add garlic powder, smoked paprika, and/or Worcestershire sauce to the beef before cooking.

Additional Toppings: Your favorite burger toppings such as pickles, grilled onions, avocado, mustard, or jalapeños.

Whole Wheat Bun: One bun is equal to approximately 57g or 2 oz.

Vitamin B6	0.5mg
Vitamin B12	2.8µg
Phosphorous	352mg
Magnesium	35mg
Zinc	7mg
Selenium	27µg



Sheet Pan Sausage, Green Beans & Potatoes

4 servings
40 minutes

Ingredients

4 cups Mini Potatoes (halved)
1 tbsp Avocado Oil (divided)
Sea Salt & Black Pepper (to taste)
3 cups Green Beans (trimmed)
1 lb Chicken Sausage (roughly sliced)

Nutrition

Amount per serving	
Calories	415
Fat	20g
Saturated	6g
Trans	0g
Polyunsaturated	2g
Monounsaturated	11g
Carbs	41g
Fiber	5g
Sugar	6g
Protein	20g
Cholesterol	136mg
Sodium	1186mg
Potassium	1075mg
Vitamin A	521IU
Vitamin C	39mg
Calcium	159mg
Iron	7mg
Vitamin D	0IU
Vitamin E	0mg
Vitamin K	35µg
Thiamine	0.3mg
Riboflavin	0.3mg
Niacin	4mg
Vitamin B6	0.8mg
Vitamin B12	1.8µg

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Add the potatoes in an even layer onto the baking sheet. Toss with 3/4 of the oil and season with salt and pepper. Cook in the oven for 15 minutes.
- 3 Remove the baking sheet and add the green beans. Toss with the remaining oil, salt, and pepper. Add the sausage to the baking sheet, being sure to spread everything out evenly. Place back in the oven and cook for 18 to 20 minutes, or until everything is cooked through.
- 4 Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 2 1/4 cups.

More Flavor: Add rosemary or thyme to the potatoes.

Additional Toppings: Add garlic and/or shallots to the baking sheet.

Phosphorous	264mg
Magnesium	69mg
Zinc	4mg
Selenium	24µg



Sheet Pan Roasted Veggies

4 servings
30 minutes

Ingredients

3 1/2 cups Brussels Sprouts (halved or quartered)
2 cups Broccoli (cut into florets)
2 Carrot (peeled and sliced)
2 Yellow Onion (medium, cut into wedges)
2 tbsps Extra Virgin Olive Oil
1 tsp Italian Seasoning
1/2 tsp Garlic Powder
1/4 tsp Sea Salt (to taste)

Nutrition

Amount per serving	
Calories	145
Fat	7g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	19g
Fiber	6g
Sugar	8g
Protein	5g
Cholesterol	0mg
Sodium	205mg
Potassium	626mg
Vitamin A	5959IU
Vitamin C	108mg
Calcium	84mg
Iron	4mg
Vitamin D	0IU
Vitamin E	2mg

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the vegetables to the baking sheet and drizzle with the oil. Season with Italian seasoning, garlic powder, and salt. Mix well to coat the vegetables evenly.
- 3 Bake for 25 to 30 minutes or until the vegetables are tender. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 2 1/2 cups.

No Extra Virgin Olive Oil: Use avocado oil or coconut oil instead.

Vitamin K	191µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	1mg
Vitamin B6	0.3mg
Vitamin B12	0µg
Phosphorous	95mg
Magnesium	31mg
Zinc	1mg
Selenium	2µg



Sheet Pan Roasted Chicken & Veggies

4 servings

30 minutes

Ingredients

4 cups Brussels Sprouts (halved or quartered)
2 cups Broccoli (cut into small florets)
2 Carrot (peeled, thinly sliced)
2 Yellow Onion (medium, cut into wedges)
1 lb Chicken Breast
2 tbsps Extra Virgin Olive Oil
2 tsps Italian Seasoning
1 tsp Garlic Powder
1/2 tsp Sea Salt

Nutrition

Amount per serving	
Calories	286
Fat	10g
Saturated	2g
Trans	0g
Polyunsaturated	1g
Monounsaturated	6g
Carbs	20g
Fiber	7g
Sugar	9g
Protein	31g
Cholesterol	82mg
Sodium	407mg
Potassium	1051mg
Vitamin A	6076IU
Vitamin C	117mg
Calcium	95mg
Iron	4mg
Vitamin D	1IU

Directions

- 1 Preheat the oven to 400°F (204°C) and line a baking sheet with parchment paper.
- 2 Add the veggies and the chicken to the baking sheet then drizzle with the oil and season with the Italian seasoning, garlic powder, and salt.
- 3 Bake for 25 minutes or until the chicken is cooked through and the veggies are tender. Season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

More Flavor: Add other dried herbs and spices.

No Chicken Breast: Use chicken thighs or drumsticks instead.

Serve it With: Cauliflower rice, quinoa, brown rice, roasted potatoes, or mashed sweet potato.

Vitamin E	3mg
Vitamin K	210µg
Thiamine	0.3mg
Riboflavin	0.4mg
Niacin	12mg
Vitamin B6	1.2mg
Vitamin B12	0.2µg
Phosphorous	345mg
Magnesium	66mg
Zinc	1mg
Selenium	29µg



Sheet Pan Shrimp & Edamame Rice

4 servings

25 minutes

Ingredients

- 3 tbsps Soy Sauce
- 1 tbsp Cane Sugar
- 3 tbsps Sesame Oil (divided)
- 2 Carrot (large, peeled, diced)
- 1 tbsp Ginger (fresh, chopped)
- 12 ozs Shrimp (peeled, deveined)
- 2 cups Frozen Edamame (thawed)
- 4 cups Kale Leaves (chopped)
- 4 1/2 cups Basmati Rice, Cooked
- 1 Lime (quartered, optional)

Nutrition

Amount per serving	
Calories	535
Fat	15g
Saturated	2g
Trans	0g
Polyunsaturated	6g
Monounsaturated	5g
Carbs	67g
Fiber	7g
Sugar	7g
Protein	34g
Cholesterol	137mg
Sodium	795mg
Potassium	872mg
Vitamin A	6342IU
Vitamin C	30mg
Calcium	195mg
Iron	3mg
Vitamin D	0IU
Vitamin E	1mg

Directions

- 1 With the rack in the middle position, preheat the oven to 425°F (220°C).
- 2 In a small bowl, combine the soy sauce, sugar and 1/3 of the oil. Set aside.
- 3 On a baking sheet lined with parchment paper, combine the carrot with the ginger and 1/3 of the oil. Bake for five minutes or until starting to brown.
- 4 Remove from the oven. Add the shrimp, edamame, kale, and the remaining oil. Mix well. Bake for another five to seven minutes.
- 5 Remove from the oven. Add the cooked rice and soy sauce mixture. Mix well. Bake for another five to seven minutes. Remove from the oven.
- 6 Divide the rice mixture evenly between plates and serve with a lime slice. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving equals approximately 1 3/4 cups.

Cooked Rice Quantity: 1 1/2 cups of uncooked rice should equal to approximately 4 1/2 cups of cooked rice.

No Shrimp: Use cubed chicken or tofu instead.

More Flavor: Top with chopped fresh cilantro. Swap the kale for spinach.

Vitamin K	108µg
Thiamine	0.2mg
Riboflavin	0.2mg
Niacin	2mg
Vitamin B6	0.2mg
Vitamin B12	0µg
Phosphorous	357mg
Magnesium	100mg
Zinc	2mg
Selenium	1µg



Sheet Pan Tilapia & Green Beans

4 servings
20 minutes

Ingredients

- 1 1/3 tbsps Extra Virgin Olive Oil (divided)
- 1 1/3 tbsps Lemon Juice (plus more for serving)
- 1 tbsp Butter (melted)
- 1 tsp Maple Syrup
- 1 tsp Paprika
- 1 1/2 tpsps Dried Parsley
- 1/8 tsp Cayenne Pepper (optional or to taste)
- 4 cups Green Beans (trimmed)
- Sea Salt & Black Pepper (to taste)
- 4 Tilapia Fillet

Nutrition

Amount per serving	
Calories	215
Fat	10g
Saturated	3g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	9g
Fiber	3g
Sugar	4g
Protein	25g
Cholesterol	66mg
Sodium	68mg
Potassium	591mg
Vitamin A	1090IU
Vitamin C	14mg

Directions

- 1 Preheat the oven to 375°F (190°C) and line a baking sheet with parchment paper.
- 2 In a small bowl combine half of the oil and the lemon juice, melted butter, maple syrup, paprika, parsley, and cayenne pepper.
- 3 Place the green beans on one side of the prepared baking sheet and drizzle with the remaining oil then season with salt and pepper to taste.
- 4 Pat the tilapia fillets dry with a paper towel then place on the other side of the baking sheet and season with salt and pepper to taste. Spoon the butter sauce over top of the fillets and use the back of the spoon to evenly coat the fillets.
- 5 Bake for 13 to 16 minutes or until the fillets are cooked through and the beans are fork-tender. Season with additional salt and pepper or lemon juice to taste then divide between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately equal to a six-ounce (170 grams) fillet and one cup of beans.

No Butter: Use ghee or vegan butter instead.

More Flavor: Add other dried herbs and spices to taste.

Additional Toppings: Lemon wedges or fresh chopped herbs like parsley.

No Tilapia: Use haddock, cod, or sole fillets instead.

No Green Beans: Use asparagus, broccoli, or zucchini instead.

Calcium	55mg
Iron	2mg
Vitamin D	144IU
Vitamin E	2mg
Vitamin K	51µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	5mg
Vitamin B6	0.3mg
Vitamin B12	1.8µg
Phosphorous	239mg
Magnesium	59mg
Zinc	1mg
Selenium	49µg



Sheet Pan Shrimp & Veggies

4 servings

30 minutes

Ingredients

- 1 1/2 lbs Shrimp (peeled, deveined)
- 2 Red Bell Pepper (medium, sliced)
- 2 cups Broccoli (chopped)
- 2 Zucchini (medium, sliced)
- 2 cups Red Onion (sliced)
- 4 Garlic (clove, chopped)
- 1 Lemon (zested, juiced)
- 2 tbsps Extra Virgin Olive Oil
- 1 1/3 tbsps Old Bay Seasoning
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	291
Fat	8g
Saturated	1g
Trans	0g
Polyunsaturated	1g
Monounsaturated	5g
Carbs	19g
Fiber	5g
Sugar	9g
Protein	38g
Cholesterol	274mg
Sodium	792mg
Potassium	1115mg
Vitamin A	2345IU
Vitamin C	146mg
Calcium	175mg
Iron	2mg
Vitamin D	0IU
Vitamin E	2mg

Directions

- 1 Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
- 2 Add all of the ingredients to the baking sheet and toss to ensure even seasoning. Spread everything out evenly.
- 3 Bake for 15 to 18 minutes or until the vegetables are fork-tender and the shrimp is cooked through. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two cups.

Make it Vegan: Use tofu instead of shrimp.

Additional Toppings: Fresh herbs like parsley, dill and/or basil.

Vitamin K	58µg
Thiamine	0.1mg
Riboflavin	0.2mg
Niacin	1mg
Vitamin B6	0.5mg
Vitamin B12	0µg
Phosphorous	475mg
Magnesium	103mg
Zinc	3mg
Selenium	2µg



Sheet Pan Smoky Chicken, Sweet Potato & Green Beans

4 servings
45 minutes

Ingredients

2 Sweet Potato (large, cut into large wedges)
3 tbsps Avocado Oil (divided)
1/2 tsp Cinnamon
1/2 tsp Cayenne Pepper (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Chicken Thighs (boneless, skinless)
1 tsp Smoked Paprika
4 cups Green Beans (trimmed)

Nutrition

Amount per serving	
Calories	389
Fat	18g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	21g
Fiber	5g
Sugar	6g
Protein	36g
Cholesterol	160mg
Sodium	204mg
Potassium	861mg
Vitamin A	10330IU
Vitamin C	14mg
Calcium	73mg
Iron	3mg
Vitamin D	2IU
Vitamin E	1mg

Directions

- 1 Preheat the oven to to 400°F (205°C).
- 2 In a large bowl, combine the sweet potato with 1/3 of the oil, cinnamon, half the cayenne, salt, and pepper. Transfer to a baking sheet and cook in the oven for 15 minutes.
- 3 In the same bowl, add the chicken and drizzle with half of the remaining oil, paprika, the remaining cayenne, salt, and pepper. Add the chicken to the baking sheet with the sweet potato and place back in the oven for another 10 minutes.
- 4 Remove the baking sheet from the oven and add the green beans. Drizzle with the remaining oil. Return to the oven and cook for 10 minutes until everything is cooked through.
- 5 Divide evenly into bowls or plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately two chicken thighs, 1 1/2 cups of sweet potato, and one cup of green beans.

Vitamin K	50µg
Thiamine	0.3mg
Riboflavin	0.5mg
Niacin	11mg
Vitamin B6	1.1mg
Vitamin B12	1.0µg
Phosphorous	386mg
Magnesium	82mg
Zinc	3mg
Selenium	40µg



Sheet Pan Mushroom, Sausage & Gnocchi

4 servings
25 minutes

Ingredients

- 1 1/8 lbs Potato Gnocchi
- 12 Cremini Mushrooms (sliced)
- 16 ozs Turkey Sausage (sliced)
- 2 tbsps Extra Virgin Olive Oil
- 1 3/4 tps Thyme (fresh)
- Sea Salt & Black Pepper (to taste)
- 2 tbsps Basil Leaves (chopped)

Nutrition

Amount per serving	
Calories	443
Fat	17g
Saturated	3g
Trans	0g
Polyunsaturated	4g
Monounsaturated	8g
Carbs	43g
Fiber	2g
Sugar	6g
Protein	29g
Cholesterol	93mg
Sodium	1300mg
Potassium	475mg
Vitamin A	172IU
Vitamin C	23mg
Calcium	55mg
Iron	2mg
Vitamin D	4IU
Vitamin E	1mg
Vitamin K	10µg
Thiamine	0.1mg
Riboflavin	0.5mg
Niacin	7mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking tray with parchment paper.
- 2 Add the gnocchi, mushrooms, sausage, oil, thyme, salt, and pepper onto the baking tray. Mix to combine everything together.
- 3 Place the tray in the oven and roast for 20 minutes or until everything is cooked through, stirring halfway through.
- 4 Top with basil. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is equal to approximately two cups.

Gluten-Free: Use gluten-free gnocchi.

More Flavor: Add red onion and bell pepper.

Additional Toppings: Add parmesan cheese and/or red pepper flakes.

No Turkey Sausage: Use beef or pork sausage instead.

Vitamin B6	0.6mg
Vitamin B12	1.5µg
Phosphorous	248mg
Magnesium	28mg
Zinc	4mg
Selenium	5µg



Sheet Pan Smoky Sweet Salmon & Potatoes

4 servings

35 minutes

Ingredients

4 cups Mini Potatoes (halved)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Salmon Fillet
1 tsp Smoked Paprika
1/2 tsp Cumin
2 tpsps Raw Honey
2 tbsps Parsley (finely chopped)

Nutrition

Amount per serving	
Calories	441
Fat	18g
Saturated	3g
Trans	0g
Polyunsaturated	3g
Monounsaturated	10g
Carbs	30g
Fiber	3g
Sugar	4g
Protein	41g
Cholesterol	87mg
Sodium	144mg
Potassium	1290mg
Vitamin A	725IU
Vitamin C	32mg
Calcium	40mg
Iron	2mg
Vitamin D	957IU
Vitamin E	3mg
Vitamin K	41µg
Thiamine	0.3mg

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 Place the potatoes on a baking sheet and toss with half the oil, salt, and pepper. Transfer to the oven and bake for 15 minutes.
- 3 Meanwhile, pat the salmon dry and then drizzle with the remaining oil. Season with the smoked paprika, cumin, salt, and pepper and then drizzle the honey over top. Rub gently to incorporate with your hands.
- 4 Move the potatoes around on the baking sheet to make room for the salmon. Place back in the oven and cook for 12 to 15 minutes or until cooked through.
- 5 Divide onto plates and garnish with parsley. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately one cup of potatoes and one salmon fillet.

More Flavor: Toss the potatoes with smoked paprika and cumin or your favorite spice blend.

Additional Toppings: Top with a squeeze of lemon juice.

Riboflavin	0.4mg
Niacin	16mg
Vitamin B6	1.7mg
Vitamin B12	8.0µg
Phosphorous	527mg
Magnesium	88mg
Zinc	1mg
Selenium	51µg



Sheet Pan Balsamic Chicken & Veggies

4 servings

40 minutes

Ingredients

3 tbsps Balsamic Glaze
1/3 cup Extra Virgin Olive Oil
1 tsp Dijon Mustard
1 tsp Dried Thyme
1 1/2 lbs Chicken Thighs (boneless, skinless)
Sea Salt & Black Pepper (to taste)
4 cups Broccoli (chopped into florets)
3 Carrot (large, sliced on the bias)
1 Yellow Onion (medium, roughly chopped into wedges)

Nutrition

Amount per serving	
Calories	450
Fat	25g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	16g
Carbs	19g
Fiber	4g
Sugar	11g
Protein	37g
Cholesterol	160mg
Sodium	242mg
Potassium	888mg
Vitamin A	8260IU
Vitamin C	84mg
Calcium	85mg
Iron	4mg
Vitamin D	2IU

Directions

- 1 Preheat the oven to 425°F (220°C) and line a baking sheet(s) with parchment paper.
- 2 In a small bowl, combine the balsamic glaze, oil, mustard, and thyme.
- 3 Place the chicken onto a baking sheet and season with salt and pepper. Pour about half of the balsamic mixture over the chicken and toss to coat.
- 4 Place the broccoli, carrots, and onion onto a second baking sheet and pour the remaining balsamic mixture over top. Season with salt and pepper and toss well to coat.
- 5 Transfer both baking sheets to the oven and bake for 20 minutes. Remove the baking sheet with the veggies and take the broccoli off. Set aside.
- 6 Place the baking sheets back in the oven and bake for another eight to 10 minutes, until everything is cooked through. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is about 1 1/2 cups of chicken and 1 1/2 cups of veggies.

Vitamin E	4mg
Vitamin K	119µg
Thiamine	0.2mg
Riboflavin	0.5mg
Niacin	10mg
Vitamin B6	1.0mg
Vitamin B12	1.0µg
Phosphorous	391mg
Magnesium	64mg
Zinc	3mg
Selenium	41µg



Sheet Pan Pierogies with Cabbage, Kielbasa & Mustard Dressing

4 servings

50 minutes

Ingredients

5 cups Green Cabbage (thinly sliced)
1 Yellow Onion (medium, thinly sliced)
3 tbsps Extra Virgin Olive Oil (divided)
Sea Salt & Black Pepper (to taste)
1 1/2 lbs Frozen Pierogies
12 ozs Pork Kielbasa
1/4 cup Honey Mustard Dressing
1/4 cup Fresh Dill (chopped)

Nutrition

Amount per serving	
Calories	791
Fat	51g
Saturated	16g
Trans	0g
Polyunsaturated	9g
Monounsaturated	19g
Carbs	58g
Fiber	7g
Sugar	11g
Protein	25g
Cholesterol	87mg
Sodium	1399mg
Potassium	421mg
Vitamin A	486IU
Vitamin C	66mg
Calcium	109mg
Iron	5mg
Vitamin D	26IU
Vitamin E	3mg
Vitamin K	101µg
Thiamine	0.2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a large baking sheet with parchment paper.
- 2 Place the cabbage and onion on the baking sheet. Drizzle with 2/3 of the oil and season with salt and pepper. Toss to coat evenly. Spread everything out on the baking sheet in a single layer.
- 3 Place the pierogies on top and brush them with the remaining oil. Arrange the sausage around them.
- 4 Cook in the oven for 35 to 45 minutes, flipping the pierogies halfway through. Cook until the cabbage is golden and the sausage and pierogies are crispy.
- 5 Drizzle the dressing on top and garnish with dill. Divide evenly between plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately six pierogies and one cup of cabbage and sausage mixture.

More Flavor: Serve with sour cream or Greek yogurt. Try with sauerkraut instead of cabbage.

Riboflavin	0.2mg
Niacin	3mg
Vitamin B6	0.2mg
Vitamin B12	0.6µg
Phosphorous	175mg
Magnesium	26mg
Zinc	1mg
Selenium	16µg



Sheet Pan Roasted Veggies & Halloumi

5 servings

40 minutes

Ingredients

- 1/4 cup Extra Virgin Olive Oil (divided)
- 1 1/2 tbsps Balsamic Vinegar
- 1 tsp Dijon Mustard
- 2 tpsps Thyme (fresh, chopped)
- Sea Salt & Black Pepper (to taste)
- 3 cups Brussels Sprouts (halved)
- 4 cups Butternut Squash (peeled, seeds removed, cubed)
- 1 cup Red Onion (sliced)
- 9 ozs Halloumi (sliced)

Nutrition

Amount per serving	
Calories	387
Fat	28g
Saturated	12g
Trans	0g
Polyunsaturated	1g
Monounsaturated	8g
Carbs	22g
Fiber	5g
Sugar	6g
Protein	16g
Cholesterol	45mg
Sodium	669mg
Potassium	654mg
Vitamin A	12320IU
Vitamin C	71mg
Calcium	542mg
Iron	2mg
Vitamin D	0IU
Vitamin E	4mg

Directions

- 1 Preheat the oven to 425°F (220°C).
- 2 In a large bowl, whisk together 3/4 of the oil, vinegar, mustard, thyme, salt, and pepper. Add the brussels sprouts, squash, and onion. Toss well. Transfer the veggies to a baking sheet and cook in the oven for 20 minutes.
- 3 Toss the halloumi with the remaining oil.
- 4 Remove the baking sheet from the oven and scatter the halloumi around. Return to the oven and cook for 10 to 12 minutes until everything is cooked through and the halloumi is lightly browned.
- 5 Divide evenly between plates. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days.

Serving Size: One serving is approximately two cups of vegetables and halloumi.

Vitamin K	101µg
Thiamine	0.2mg
Riboflavin	0.1mg
Niacin	2mg
Vitamin B6	0.3mg
Vitamin B12	0µg
Phosphorous	84mg
Magnesium	55mg
Zinc	0mg
Selenium	2µg



Sheet Pan Pork & Vegetable Hash

4 servings

40 minutes

Ingredients

2 2/3 Sweet Potato (Japanese, small, peeled and cubed)
2/3 Yellow Onion (medium, chopped)
1 1/3 Red Bell Pepper (large, chopped)
1 1/3 tbsps Extra Virgin Olive Oil
Sea Salt & Black Pepper (to taste)
1 1/3 lbs Lean Ground Pork
1/3 cup Parsley (chopped)
1 1/3 tbsps Everything Bagel Seasoning (optional)

Nutrition

Amount per serving	
Calories	464
Fat	29g
Saturated	8g
Trans	0g
Polyunsaturated	4g
Monounsaturated	13g
Carbs	23g
Fiber	4g
Sugar	7g
Protein	29g
Cholesterol	103mg
Sodium	356mg
Potassium	800mg
Vitamin A	13964IU
Vitamin C	59mg
Calcium	65mg
Iron	3mg
Vitamin D	26IU
Vitamin E	2mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a rimmed baking sheet with parchment paper.
- 2 Place the sweet potatoes, onion, and bell pepper on the baking sheet. Drizzle with oil and season with salt and pepper. Toss until evenly coated. Ensure the vegetables are spread out in a single layer. Cook in the oven for 15 minutes, then remove the baking sheet from the oven and toss everything.
- 3 Season the pork with salt and pepper then crumble or scatter it evenly over the vegetables.
- 4 Return the sheet to the oven and cook for another 15 to 20 minutes or until cooked through.
- 5 Top with parsley and everything bagel seasoning, if using. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately 1 2/3 cups.

Vitamin K	89µg
Thiamine	0.6mg
Riboflavin	0.6mg
Niacin	11mg
Vitamin B6	1.1mg
Vitamin B12	1.1µg
Phosphorous	297mg
Magnesium	53mg
Zinc	3mg
Selenium	46µg



Sheet Pan Cod, Potatoes & Broccoli

4 servings
40 minutes

Ingredients

4 Cod Fillet
1/4 cup Extra Virgin Olive Oil (divided)
1/4 cup Italian Seasoning (divided)
4 Red Potato (medium, chopped)
4 cups Broccoli (florets)

Nutrition

Amount per serving	
Calories	489
Fat	16g
Saturated	2g
Trans	0g
Polyunsaturated	2g
Monounsaturated	10g
Carbs	40g
Fiber	6g
Sugar	4g
Protein	48g
Cholesterol	99mg
Sodium	193mg
Potassium	2211mg
Vitamin A	674IU
Vitamin C	102mg
Calcium	101mg
Iron	3mg
Vitamin D	83IU
Vitamin E	4mg
Vitamin K	107µg
Thiamine	0.4mg
Riboflavin	0.3mg
Niacin	8mg
Vitamin B6	1.1mg
Vitamin B12	2.1µg

Directions

- 1 Preheat the oven to 450°F (230°C) and line a baking sheet with parchment paper.
- 2 Season the fish with 1/3 of the oil and 1/3 of the seasoning. Set aside.
- 3 In a bowl, combine the potatoes, half of the remaining oil, and half of the remaining seasoning. Spread the potatoes onto the baking sheet and cook for 13 to 15 minutes or until slightly browned.
- 4 While the potatoes are cooking, combine the broccoli, remaining oil, and remaining seasoning in the same bowl you used to season the potatoes.
- 5 Remove the baking sheet from the oven and flip the potatoes. Move them to one side of the baking sheet and add the broccoli and cod to the other side.
- 6 Cook for another 13 to 15 minutes or until the fish is cooked through and flaky. Divide the fish and vegetables evenly onto plates and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to two days.

Serving Size: One serving is one piece of cod with approximately one cup of broccoli and 3/4 cup of potatoes.

Fillet Size: One cod fillet is equal to 231 grams or eight ounces.

No Italian Seasoning: Use Greek seasoning or your favorite spice blend.

Phosphorous	659mg
Magnesium	140mg
Zinc	2mg
Selenium	80µg



Sheet Pan Chicken & Veggie Quinoa Bowls

4 servings

30 minutes

Ingredients

- 1 lb Chicken Breast (boneless, skinless, sliced)
- 2 Zucchini (large, cut into big chunks)
- 16 Cremini Mushrooms (halved)
- 1 Lemon (medium, juiced)
- 1 tbsp Extra Virgin Olive Oil
- Sea Salt & Black Pepper (to taste)
- 1/2 cup Quinoa (dry, rinsed)
- 2 Avocado (medium, cubed)
- 1/4 cup Cilantro (chopped)

Nutrition

Amount per serving	
Calories	440
Fat	23g
Saturated	4g
Trans	0g
Polyunsaturated	4g
Monounsaturated	13g
Carbs	28g
Fiber	10g
Sugar	5g
Protein	34g
Cholesterol	82mg
Sodium	71mg
Potassium	1487mg
Vitamin A	448IU
Vitamin C	34mg
Calcium	47mg
Iron	3mg
Vitamin D	6IU
Vitamin E	4mg

Directions

- 1 Preheat the oven to 400°F (205°C) and line a baking sheet with parchment paper.
- 2 Add the chicken, zucchini, and mushrooms to the baking sheet. Drizzle with lemon juice and oil, and season with salt and pepper. Cook in the oven for 15 to 20 minutes or until cooked through.
- 3 Meanwhile, cook the quinoa according to the package directions.
- 4 Divide the quinoa, chicken, veggies, and avocado evenly between plates. Top with cilantro and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to three days.

Serving Size: One serving is approximately half a cup of quinoa, half a cup of chicken, and one cup of vegetables.

More Flavor: Season the chicken and veggies with your favorite herbs and spices, such as garlic powder, onion powder, and/or Italian seasoning.

Additional Toppings: Top with sesame seeds.

Vitamin K	30µg
Thiamine	0.3mg
Riboflavin	0.8mg
Niacin	16mg
Vitamin B6	1.5mg
Vitamin B12	0.3µg
Phosphorous	491mg
Magnesium	128mg
Zinc	3mg
Selenium	35µg