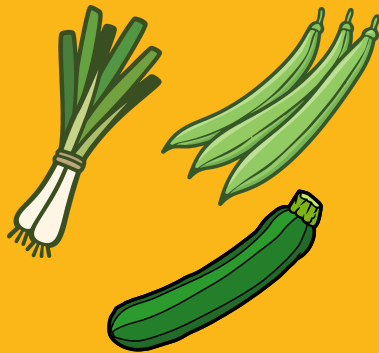
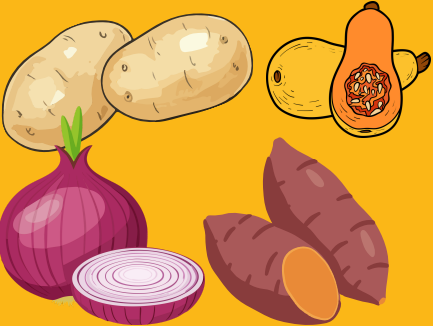


Build a Sheet Pan Meal

Estimated temperature: 425 degrees

	10-15 minutes	15-20 minutes	20-25 minutes	30-40 minutes
1 or More: Proteins				
1 or More: Vegetables				
Optional: Extras				

Add oil, salt, & Seasonings (mix and match a few!)

Soy sauce,
chile, ginger,
five spice
powder,
hoisin,
sesame oil

Cumin, chili
powder,
coriander,
adobo,
oregano,
cilantro

Smoked
paprika, cumin,
coriander,
turmeric,
garam masala,
curry powder

Basil, oregano,
lemon pepper,
aleppo pepper,
marjoram,
thyme, fennel,
sage

Build a Sheet Pan Meal

Tips for Success



Choose and prepare your ingredients wisely. Most vegetables should be in ½ - 1" chunks to cook uniformly in the estimated time.



It's fine to pick things with different cooking times! Our recommendation is to add as you go, so you'd start with the longest-cooking items on the pan first, then add quicker-cooking things later on. That way everything is finished at once.



The time estimates provided are just that – estimates! Depending on your oven and how you like certain items cooked, you might need to play around a bit.



Not sure about seasonings? Less is more – you can always add. Start with about 2 tablespoons of oil and 2-3 tsp. of seasoning, total, for a standard half-sheet pan, then see what you like.

Build a Sheet Pan Meal

Ingredient Key: What's pictured in the graphic?

	10-15 minutes	15-20 minutes	20-25 minutes	30-40 minutes
1 or More: Proteins	Shrimp, smoked sausage, steak, salmon	Meatballs, chickpeas	Tofu, pork chops, boneless chicken breast	Bone-in chicken pieces
1 or More: Vegetables	Scallions, green beans, zucchini	Broccoli, cauliflower, tomatoes	Peppers, carrots, Brussels sprouts	Potatoes, winter squash, onions
Optional: Extras	Peaches, halloumi cheese	Dumplings, pre-cooked rice	Gnocchi, apples	Whole garlic cloves/ heads