

Focus on Cooking Technique: Sheet Pan Dinners

- Preheat oven to 425. Line a 15 x 10 baking dish with foil.
- Choose one meat and brush with 1 tbsp of oil, making sure the meat is thoroughly rubbed with it. Place in prepared baking pan.
- Place vegetables in a large bowl and drizzle with 1 tbsp of oil and sprinkle with salt and pepper; toss to coat and arrange around meat.
- Roast: pork – 25 to 30 minutes; chicken -- 20 to 25 minutes.
- If desired, add a topper.

Vegetable suggestions:

- 1 inch pieces red potatoes, fingerling potatoes, or peeled sweet potatoes; whole tiny new potatoes
- 1 inch pieces peeled butternut squash or acorn squash; 1 inch pieces summer squash; ½ inch slices delicate squash
- 1 inch pieces sweet peppers
- ½ inch wedges of red or yellow onion
- Sliced carrots or peeled parsnip bites
- Brussel sprouts (halved if large)
- Cauliflower florets
- Button mushrooms, halved
- Whole cherry or grape tomatoes
- Whole garlic cloves
- Fresh green beans, in equal sized pieces

Meat Suggestions:

- 2 eight ounce skinless, boneless chicken breasts
- 6 chicken drumsticks
- One 1 lb pork tenderloin, trimmed
- 4 four ounce center pork chops

Rubs:

- ❖ Sweet and Spicy: 1 tbsp brown sugar; ½ tsp pumpkin pie spice; ½ tsp orange zest; salt and pepper to taste
- ❖ Mustard-Thyme: 1 tbsp yellow mustard, 1 tbsp honey; ½ t dried thyme crushed; ½ t pepper

- ❖ BBQ: 1 tbsp brown sugar; 2 t chili powder; ½ tsp smoked paprika; ¼ tsp salt
- ❖ Greek: 2 t dried crushed oregano; 1 tsp dried crushed basil; ½ tsp lemon pepper seasoning; ¼ tsp garlic powder

Toppers

- Light vinaigrette salad dressing
- Lemon, lime or orange wedges
- Plain Greek yogurt or tzatziki sauce
- Barbeque sauce

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