



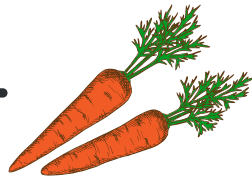
Sheet
Pan

+



Protein

+



Vegetables

+



Fat

+



Seasonings

+



Bright
Finishes

1. Preheat your oven to 400 F.

Optional: line rimmed aluminum half sheet pan with foil or parchment paper for easy clean up.

2. Choose your protein.

Good options: Chicken drumsticks, boneless breasts, or thighs; Pork chops or sausage; Turkey sausage; Lamb or beef meatballs; Salmon or white fish; Shrimp; Ground beef; Tofu (marinate first) Cooking times will vary for each (fish fillets @10 min; Chicken & pork 30-40min). Look up timing or ideal internal temp and plan accordingly, add shorter cooking proteins later in the cooking process.

3. Choose your vegetables, cut into 1/2-inch chunks.

Choose sturdy vegetables that hold up to high heat: root vegetables, cabbage, Brussels sprouts, cauliflower, winter squash, leeks, green beans, corn on the cob cut in chunks, mushrooms. More tender veggies with quicker cooking times can be added later: zucchini, broccoli, peppers, leafy greens like kale or bok choy, asparagus, cherry tomatoes (unless you want to caramelize them).

4. Toss with fat until lightly coated.

Olive oil is the classic choice, or try coconut oil, leftover bacon grease, duck fat, or neutral oils like canola, avocado, coconut or sunflower. Toss in large bowl with salt & pepper.

5. Season.

Sturdy fresh herbs can stand up to lengthy cooking without burning: thyme, oregano, marjoram, rosemary, bay leaves, tarragon and sage; throw them on the pan with the other ingredients. **ADD dried herbs** and herb mixes like Herbs de Provence to a marinade, paste or rub. Toss **whole spices** (chile flakes, coriander, cumin or fennel seeds, cinnamon sticks) directly onto the pan. Use **ground spices** and spice blends in marinades, pastes and rubs.

6. Bright Finishes (optional).

Add soft fresh herbs as garnish (basil, chives, parsley, cilantro and mint); a squeeze of lemon; crumbled cheese; vinaigrette; hot sauce; pesto dressing; salsa; relish; quick pickled onions.