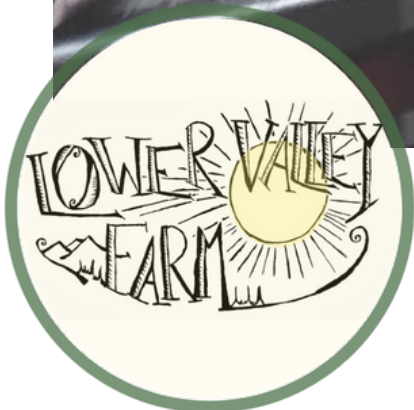


SHEET PAN MEALS

FOR BUSY WEEKNIGHT COOKING



LVFarm Vegetable Academy

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Now you're off to the races of endless sheetpan possibilities



1. LET'S GET STARTED!

Introduction, Tools, and Tips

Intro

Chances are you have everything on hand in your kitchen already to get started with sheet pan meals. You're just a few simple guidelines away from your first sheet pan meal!



Tools

Which Pan?

DO NOT USE A PAN WITHOUT A LIP

Pan dimensions

Quarter Sheet 9 x 13 x 1

fits some toaster ovens

Half Sheet-13 x 18 x 1

this is the 'standard' sheet pan size

Full Sheet (my fave)-21 x 15 x 1

Pre-measure oven before purchasing!

Parchment Paper

For Easy Clean-up

Cooking Oil Spray

Chosen Foods Avocado Oil Spray

or Misto Refillable Cooking Oil Spray

filled with avocado oil

The large sides of a casserole or dutch oven don't allow air to circulate around the food. You want 1 inch lip/edge.

Tips

- Choose vegetables with similar cook times.
- Add quick cooking veggies the last few minutes.
- Not every part of the meal has to be made on the sheet pan.
- The sheet pan is your friend for any weird CSA vegetable you don't know what to do with.
- Have sauces/marinades/toppings stocked.





sheet pan meal seasonal crops cooking chart

2. TIME AND TEMP

Let's cook ALL THE FOOD!

	Cooking Temp	Cooking Time
Cabbage, Carrots, Turnips Apples, Pork Chops	400	20-30 min
Bell Peppers, Shallots, mini onions Sausage	400	35-40 min
Bok Choi, Green Beans, Green Onions Bitter Greens, leeks Lemon/Lime rounds Salmon Fillet, Rainbow Trout	425	15 min
Green Beans, Eggplant, Bell Peppers Delicata Squash	425	20-30 min
Potatoes, Fennel, Beets, Onions, Broccoli, Cauliflower, Romanesco, Winter Squash, Cut in Wedges Orange Rounds Bone In Chicken Pieces	425	35-45 min





**"PLANS ARE NOTHING
PLANNING IS EVERYTHING"**

DWIGHT D. EISENHOWER

3. MAKE-AHEAD OPTIONS

Partially or Fully Prep Ahead of Time

- Weekend Meal Prep-Wash, Peel, and Chop and Store veggies in fridge.
- Pre-Make Sauces/Marinades or keep pre-made sauces/marinades on hand
- Marinate/Spice rub meat in the morning and refrigerate until cooking time
- For a night when you want to come home and turn the oven on with no fuss, make the entire sheet pan meal ahead of time, wrap with Saran Wrap, and keep in the fridge until you turn on the oven.
- You don't have to make your whole meal on a sheet pan! This can be your whole meal, a side dish, or a main dish...make it work for you!

4. RECIPE TEMPLATES

Now you're off to the races of endless sheet pan possibilities!

- Pre-heat Oven
- Line Sheet Pan with Parchment Paper or Spray with Cooking Oil
- Chop Veggies
- Toss Veggies/Meat in a dressing or marinade
- Cook!



Now let's take all these ideas and apply them to a Seasonal Eating sheet pan meal:

Spring

Whole Baby Bok Choi, Halved Radishes, Whole Green Onions, tossed with dill and lemon marinated chicken; served on a bed of arugula, baby romaine, or baby kale.

Summer

Potatoes, Cauliflower, Eggplant, lime rounds, tossed with peanut sauce; served topped with thai basil

Fall

Acorn Squash Wedges, Carrots, Onions, Turnips, Watermelon Radish, Apples, Pork chops, tossed with apple cider, avocado oil, and parsley dressing.

The possibilities are endless! Let us know the combinations you created with your fresh produce!

