

## Sheet Pan Meals

Zesty Chicken with Green Beans and Potatoes

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Chicken with Rainbow of Vegetables

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Low Salt and No Salt Seasoning Ideas

## Zesty Chicken with Potatoes and Green Beans

### Ingredients

- 3 boneless Chicken Breasts
- 1 lb. Green Beans – fresh or frozen or 2 cans of Green Beans
- 5 Potatoes
- 2 Tbsp of Homemade Zesty Italian Dressing (recipe below) or 1 packet Zesty Italian Dressing Mix
- 4 Tbsp Butter or Olive Oil

### Instructions

1. In a 9x13 pan, cut 3 chicken breasts in half, add green beans on one side and cut up red skin potatoes on the other.
2. Sprinkle a packet of zesty Italian dressing mix over the top. Drizzle a melted butter or olive oil over it.
3. Cover it with aluminum foil and bake at 350 for 1 hour.

Yield: 4 servings

## Homemade Zesty Italian Dressing

### Ingredients

- 1 Tbsp dried Parsley
- ¼ tsp ground Oregano
- 1/2 tsp ground Thyme
- ¼ tsp ground Marjoram
- 1/2 tsp ground Celery Seeds
- ¼ tsp Garlic Powder
- 1 tsp granulated Sugar
- 1/8 tsp Salt
- 1 pinch Black Pepper

### Instructions

1. Mix all ingredients together and store in an airtight seasoning bottle or container.
2. **To make Salad Dressing:** Mix seasonings with 1/2 cup Apple Cider Vinegar, 1/2 cup Olive or Canola Oil. Shake well.

## Chicken Fried Rice

### Ingredients

- 3 boneless skinless chicken breasts, cut into 1 inch pieces
- Salt and pepper, to taste
- 1 – 15 oz can peas and carrots, drained (may sub 2 cup frozen/thawed peas and carrots, or 2 cup steamed fresh peas and carrots)
- ½ white onion, diced
- 2 eggs, whisked
- 3 cups steamed white rice
- 3 tbsp oil (recommend sesame, may use any type)
- 1/3 cup soy sauce
- Finely chopped green onions (optional)

### Instructions

1. Grease a large baking sheet and preheat oven to 375 degrees.
2. Arrange chicken pieces on pan in a single layer so they are not overlapping and season with salt and pepper to taste. Bake for 5 minutes.
3. Remove pan from oven, pour whisked eggs around the chicken pieces directly onto the pan. Return to oven for 3-5 minutes until eggs are fully cooked. Use a fork or spatula to “scramble” the egg so that they break up into small pieces.
4. Add rice and peas, carrots and white onions to pan and toss all ingredients so that are evenly distributed. Drizzle oil and soy sauce over everything and toss again. Sprinkle chopped green onions over the top, if using.
5. Bake for 10-15 minutes longer (stir about half way through). Chicken should be cooked through (165 degrees with food thermometer) and rice should begin to brown on the bottom of the pan.
6. Toss all ingredients one more time and serve immediately.

**Serving Substitution Ideas:** Instead of white rice – may serve with brown rice, quinoa, riced cauliflower or serve cooked vegetables and meat over noodles or zoodles. May make with any combination or pork, beef or seafood. May use any combination of your favorite canned/frozen or fresh vegetables.

## Sheet Pan Chicken with Rainbow Vegetables

*This recipe can be made with any combination of meat and vegetables that you have on hand – the recipe is just to give you ideas of what you could possibly create!*

### Ingredients

- 1 medium Sweet Potato — *scrubbed and diced into 1/2-inch-wide pieces*
- 3 tablespoons Extra-Virgin Olive Oil — *divided*
- 1 1/4 teaspoons Kosher Salt — *divided*
- 3/4 teaspoon Black Pepper
- 1 1/4 pounds Boneless, Skinless Chicken Breasts — *cut into bite-size pieces (about 2 medium breasts)*
- 1 small Head of Broccoli — *cut into florets (about 2 cups florets)*
- 1 Red Bell Pepper — *cored and cut into 1/2-inch pieces*
- 1 Zucchini — *halved lengthwise, then cut into 1/2-inch-thick half moons*
- 1 Yellow Squash — *halved lengthwise, then cut into 1/2-inch-thick half moons*
- 2 tablespoons Lemon Juice
- 2 1/2 teaspoons Italian seasoning
- 1 teaspoon Garlic Powder
- 1 teaspoon Onion Powder
- 1/4 cup Parmesan Cheese

### Instructions

1. Place a rack in the center of the oven and preheat the oven to 400 degrees F. For easy cleanup, line a large, rimmed baking sheet with foil. Lightly coat the foil with nonstick spray.
2. Place the sweet potatoes in a large bowl. Drizzle with 1 tablespoon olive oil and sprinkle with 1/4 teaspoon kosher salt and 1/4 teaspoon black pepper. Toss to coat and then spread into a single layer on the baking sheet. Keep the bowl handy. Bake for 10 minutes, or until the sweet potatoes are just beginning to soften on the outsides but are still too firm to eat.
3. Meanwhile, in the bowl that you used previously for the sweet potatoes, place the chicken, broccoli, bell pepper, zucchini, and yellow squash. Drizzle with the remaining 2 tablespoons olive oil. Add the lemon juice, Italian seasoning, garlic powder, onion powder, and remaining 1 teaspoon salt and 1/2 teaspoon pepper. Toss to coat.
4. Transfer the chicken and vegetable mixture to the sheet pan with the sweet potatoes, using a spatula to spread everything into a fairly even layer and stirring it a bit if needed.
5. Return the sheet pan to the oven and bake for 15 to 20 additional minutes, stirring once halfway through, until the chicken is cooked through and no longer pink in the middle and the vegetables are tender but not mushy. (They won't be browned and caramelized but will be delicious to eat.) Sprinkle with Parmesan. Serve hot.

**Serving Suggestions:** 1. May serve over rice or quinoa. 2. Top over pasta noodles and sauce. 3. Serve over salad.

**Serving Substitutions:** May use any choice of meat. May use choice of fresh vegetable to your preference (any combination of above listed or green beans or potatoes) or a combination of frozen vegetables – these may cook faster so just keep an eye on them!

## Sheet Pan Chicken Fajitas

### Ingredients

- 1 Tbsp Chili Powder
- 2 tsp Salt
- 1 tsp Pepper
- 3-4 Bell Peppers – seeded and sliced
- 1 large yellow Onion
- 2 Tbsp Extra Virgin Olive Oil (or any cooking oil you may have)
- 1 lb boneless, skinless chicken breast
- 8 fajita-size flour tortillas, warmed
- Shredded Cheese, lettuce, hot sauce, salsa and sour cream for serving (whatever your preference may be for toppings on fajitas)

### Instructions

1. Preheat the broiler to high on oven. Line a rimmed baking sheet with foil.
2. Combine the chili powder, 2 teaspoons salt and 1 teaspoon pepper in a small bowl. Put the peppers and onions on the prepared baking sheet, drizzle with 1 tablespoon of the oil and season with half the chili powder mixture. Broil until softened and starting to brown, about 10 minutes.
3. While peppers/onion mixture is cooking begin on chicken... Cut the chicken into ¼-inch-thick slices and toss in a large bowl with the remaining chili powder mixture and 1 tablespoon oil.
4. After the peppers are softened and starting to brown, about 10 minutes, scatter the chicken on top of the peppers and onions and return the baking sheet to the broiler until the chicken is cooked through and starting to brown, about 5 minutes more.
5. Serve with tortillas and toppings of choice.

**Other serving suggestions** – May serve over rice as a rice bowl may also use brown or white rice, quinoa, cauliflower rice, or zoodles. May also serve as a salad with preferred topping or turn into a quesadilla.

**Substitutions for Chicken** – May use any choice of meat – pork or beef sliced or shrimp.

# Sheet Pan Fish and Chips

## Ingredients

- 6 tablespoons olive oil, or more if needed (or any cooking oil)
- 2 1/2 pounds potatoes (3 large or 6 medium), unpeeled
- 1 teaspoon salt
- 1 cup Panko, or other unseasoned dry white breadcrumbs  
(Substitute for breadcrumbs – crushed cereal, crackers or potato chips)
- ½ teaspoon ground black pepper
- 2 lbs Uncooked Fish Fillets (whatever you may have caught locally or have on hand)

## Instructions

1. Heat the oven to 450F degrees. Arrange 2 oven racks in the top and bottom third of the oven. Line 2 baking sheets with foil and coat with olive oil (about 1 tablespoon per baking sheet) or with nonstick cooking spray.
2. Prepare the potatoes. Quarter the potatoes lengthwise, then cut each quarter in half again so you get 8 spears from each potato. In a bowl, toss the potatoes with 2 tablespoons of the oil and 1/2 teaspoon salt. Spread the potatoes on one of the baking sheets with their wedges pointing up, if possible, so the cut sides are exposed (some may not stand; that's OK).
3. Roast the potatoes. Roast the spears on the lower rack in the oven for 40 minutes. Rotate the pan partway through (after 20 minutes of cooking) and use a wide metal spatula to stir the potatoes. At this point, it's fine if the potatoes fall on their sides; the sides touching the pan will become extra-crispy and golden.
4. Start on Fish Coating. Once the potatoes are in the oven, start on the panko and the fish. Pour panko or other desired breading into bowl. Stir 1 tablespoon of olive oil, 1/2 teaspoon salt, and 1/2 teaspoon black pepper into the panko breadcrumbs until they are well coated. May add any additional seasons to taste to this breading – garlic powder, onion powder, creole seasoning or hot sauce.
5. Prepare the fish. Cut the fish into large strips ("fingers") or big 3-inch pieces, however you prefer. Rub all the pieces with the remaining tablespoon of olive oil.
6. Coat the fish with panko/breadcrumbs: Press the fish into the panko so the pieces are coated all over. Set the fish on the second baking sheet, spaced slightly apart.
7. When the potatoes are 15 to 20 minutes away from being done, bake the fish: Cook thick (2-inch) fish fillets for 15 to 18 minutes and thinner (1 1/2-inch or thinner) fillets for 10 to 13 minutes, or until the fish is firm and the coating is starting to brown. Err on the side of caution and do not over-bake.

## Roasted Sweet Potatoes, Sausage and Broccoli

### Ingredients

- 2 medium Sweet Potatoes, peeled and cut into medium-sized cubes
- 3 Tbsp Olive Oil
- 1 Tbsp Balsamic Vinegar (substitute – 1 Tbsp Apple Cider Vinegar + 1/2 tsp sugar)
- 1 tsp Garlic Powder
- Salt and Pepper, to taste
- 1 pkg Pre-cooked Chicken, Turkey or Pork Sausage (about 14-16 oz total)
- 1 lb Broccoli, trimmed and cut into florets

### Instructions

1. Preheat oven to 450 degrees and spray sheet pan with non-stick spray.
2. Whisk together the olive oil, balsamic vinegar, garlic powder and black pepper.
3. Cut up sweet potatoes into about 1-inch cubes. Put sweet potatoes in a bowl and pour half of oil-balsamic mixture over.
4. Spread sweet potatoes out on a sheet pan, put in the oven, cook for 15 minutes.
5. Slice sausage into slices about ¾ inch thick.
6. When sweet potatoes have roasted for 15 minutes, add sausage pieces to the sheet pan and roast 10 minutes more.
7. Cut up broccoli into same-size pieces (about the size of the other ingredients).
8. Put broccoli into the bowl and toss broccoli with the rest of the oil-balsamic mixture.
9. Remove sheet pan from the oven and turn sausage pieces over. Then spread sausage and sweet potatoes apart and sprinkle the broccoli pieces between them.
10. Put sheet pan back in the oven and cook 15 minutes more, or until broccoli is done to your liking and sausages and sweet potatoes are nicely browned.
11. Season with a little salt and pepper to taste – serve hot.

Yield: 4 servings

## Teriyaki Ginger Sesame Chicken and Broccoli

### Ingredients

- 2 lbs boneless skinless Chicken Breasts, cut into pieces
- 8 oz Broccoli Florets
- 1 Yellow Bell Pepper, chopped
- 1 Red Bell Pepper, chopped
- 1 ½ Tbsp Sesame Seeds

### For Marinade:

- ½ cup Teriyaki Sauce
- 3 Tbsp Oil
- 3 Tbsp Honey
- 1 Tbsp Ground Ginger
- 2 tsp Garlic Powder
- 1 tsp Red Pepper Flakes
- Salt and Pepper, to taste

### Instructions

1. Preheat oven to 350 degrees F.
2. To make the marinade: Add teriyaki sauce, oil, honey, ginger, garlic powder, red pepper flakes, and salt/pepper to taste to a small bowl. Whisk until all ingredients are combined and set aside.
3. In a large bowl, add in chicken, broccoli, bell peppers, and HALF of the marinade (reserving the rest for later) and toss until evenly coated. Let sit for about 10 minutes.
4. Spread chicken and veggies on a baking sheet, sprayed with cooking spray. Bake in the oven for about 20-25 minutes, tossing halfway through, and continue cooking until veggies are tender and chicken is cooked through.
5. Drizzle remaining marinade over top and sprinkle with sesame seeds. Enjoy as is, or serve over rice or quinoa!

Yield: 6 servings – 1 ¾ cup each



## Broccoli and Apple Salad

### Ingredients

- 3/4 cup Low Fat Plain Greek Yogurt or
- 1/4 cup Mayonnaise
- 2 Tablespoons Honey
- 2 Tablespoons Apple Cider Vinegar
- 4 cups fresh Broccoli Florets
- 1 medium Apple
- 1/2 cup Red Onion
- 1/4 cup fresh Parsley or 4 tsp Dried Parsley Flakes
- 1/2 cup Dried Sweetened Cranberries
- 1/4 cup Walnuts

### Instructions

1. Trim and cut broccoli florets into small bite size pieces. Dice unpeeled apple into small bite size pieces. Chop the fresh parsley.
2. In a large bowl whisk together the yogurt, mayonnaise, honey, vinegar and parsley.
3. Add the remaining ingredients and coat with the yogurt mixture. Refrigerate to chill and let the flavors combine. Stir immediately before serving.

## Cucumber Carrot Salad

### Ingredients

1/4 cup Apple Cider Vinegar or unseasoned Rice Vinegar (lower in Sodium)

1 teaspoon Sugar

1/2 teaspoon Olive Oil

1/8 teaspoon Black Pepper

1/2 Cucumber

1 cup Carrots

2 Tablespoons Green Onion

2 Tablespoons Red Bell Pepper

1/2 teaspoon Mrs. Dash® Italian Medley seasoning blend or Italian

Seasoning

### Instructions

1. Combine vinegar, sugar, olive oil and black pepper in a medium bowl. Stir with a whisk.
2. Cut the 1/2 cucumber in half vertically, remove seeds and slice. Slice carrots and green onion. Finely chop bell pepper.
3. Add carrots, onion, red bell pepper, cucumber and Mrs. Dash to vinegar mixture; toss to coat.
4. Cover and chill 30 minutes.

**Recipe Suggestions:** May use diced tomatoes/broccoli/cauliflower in place of carrots or in addition.

**Additional Tips:**

To add more flavor or change the flavor to the above sheet pan meals you may use the following Low Salt Seasoning Recipes to make on your own seasonings. You can also find no salt seasoning blends such as Mrs. DASH – in a wide variety of flavors at a local grocery store – this sometimes can be cheaper instead of buying all the seasonings to make a blend that you may not use as often!

#### **Italian Blend**

2 tbsp Dried Oregano  
1 ½ tbsp Dried Marjoram  
1 ½ tbsp Dried Basil  
1 tbsp Dried Thyme  
1 tbsp Dried Rosemary  
1 tbsp Dried Sage

#### **Cajun Blend**

2 ½ tbsp Sea Salt  
1 tbsp Oregano  
1 tbsp Paprika  
1 tbsp Cayenne Pepper  
1 tbsp Black Pepper  
1 tsp Onion Powder  
1 tsp Garlic Powder

#### **Salt Free All Purpose Seasoning**

2 tbsp Garlic Powder  
2 tbsp Onion Powder  
1 tbsp Chili Powder  
1 tbsp Paprika  
1 tbsp Parsley  
1 ½ tsp Pepper

#### **Poultry Seasoning**

2 tbsp Thyme  
1 tbsp Rosemary  
1 tbsp Sage  
1 tsp Marjoram  
½ tsp Ground Pepper  
½ tsp Celery Seed  
½ tsp Nutmeg

Mix all seasonings together and store in air-tight container.

Looking to just spice up your plate – add a dash of each of these spices to get these flavor combinations...

1. **Italian Blend:** Basil + Oregano
2. **Savory Blend:** Rosemary + Sage
3. **Tex-Mex Blend:** Chili Powder+ Cumin+ Paprika + Oregano + Cayenne
4. **Asian Blend:** Ginger + Garlic + Red Pepper Flakes
5. **Indian Blend:** Curry + Cumin + red pepper flakes for heat or garlic powder for savory
6. **Sweet Blend:** Cinnamon + Nutmeg