



WINNER, WINNER! SHEET PAN DINNER!

1. PICK YOUR PROTEIN:

- Chicken breast
- Chicken thighs
- Chickpeas
- Pork tenderloin
- Salmon
- Sausage
- Tofu

2. PICK 2-3 VEGETABLES:

- Asparagus
- Beets
- Bell peppers
- Broccoli
- Brussels sprouts
- Butternut squash
- Carrots
- Cauliflower
- Cherry tomatoes
- Potatoes
- Sweet potatoes
- Zucchini



Image credits: Heather Ramsdell

3. PICK YOUR SEASONING:

- Dried herbs
- Garlic
- Lemon juice
- Salt and pepper

4. COOK:

- Preheat oven to 400° F.
- Toss selected ingredients in 2-3 teaspoons of olive or avocado oil until they are lightly coated.
- Approximate cooking time varies depending on items used. Use charts on the next page to help determine cooking times*.

****Combining foods with different cooking times:*** Put foods that cook longer in the oven first and add faster-cooking foods toward the end.

APPROXIMATE PROTEIN COOKING TIMES

PROTEIN	COOKING TIME AT 400° F
SALMON	8 – 12 minutes
CHICKEN BREAST, BONELESS	20 – 30 minutes
SAUSAGE, WHOLE	20 – 35 minutes
CHICKEN THIGHS, BONELESS	25 – 40 minutes
TOFU (1" CUBES)	30 – 45 minutes
CHICKPEAS, CANNED	40 – 55 minutes
PORK TENDERLOIN, WHOLE	45 – 60 minutes

APPROXIMATE VEGETABLE COOKING TIMES

VEGETABLE	COOKING TIME AT 400° F
ASPARAGUS, WHOLE	8 – 15 minutes
BROCCOLI	10 – 15 minutes
BRUSSELS SPROUTS, HALVED	20 – 30 minutes
POTATOES	25 – 35 minutes
BEETS	25 – 40 minutes
BUTTERNUT SQUASH	25 – 40 minutes
CAULIFLOWER	25 – 45 minutes
CHERRY TOMATOES, WHOLE	25 – 50 minutes
SWEET POTATOES	30 – 40 minutes
CARROTS	30 – 45 minutes
BELL PEPPERS	30 – 45 minutes
ZUCCHINI OR SUMMER SQUASH	40 – 55 minutes

SOURCES:

- [*How to Make a Sheet Pan Dinner*](#)
- [*Super-Easy Sheet Pan Dinner Ideas*](#)

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