



Simple Sheet Pan Meals



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Short on time and looking for a quick, easy and delicious recipe to make for dinner? Look no further than these sheet pan meals! Sheet pan meals are perfect for a busy weeknight dinner. And, with just one pan, cleanup is a breeze!

All you need to get a sheet pan meal on the table is a little bit of creativity. Mix it up with your favorite protein, veggies, and spices for a meal that is uniquely yours!

Store any sheet pan leftovers in an airtight container in the refrigerator for 4-5 days. To reheat, simply place your leftovers in a microwave-safe dish and microwave on high for 30 seconds at a time until warm.



General Recipe

Follow the steps below for some sheet pan meal inspiration and you'll have your own nutrition packed meal in no time!

Step 1

Preheat your oven to 400 degrees F

Step 2

Choose a filling protein

Step 3

Chop an array of fiber-rich vegetables

Step 4

Arrange all ingredients on a sheet pan

Step 5

Add olive oil, seasonings & spices and mix until well-coated

Step 6

Bake, serve and enjoy!

The following recipes contain:

- Less than 70 grams of carbohydrates per serving and is suitable for individuals following a carb-conscious diet
- Less than 700 milligrams of potassium and phosphorus per serving and is suitable for individuals following a kidney-friendly diet
- Less than 700 grams of sodium per serving and is suitable for individuals following a heart-healthy diet

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55 minutes



6 servings

All-American

Lemon Garlic Chicken & Veggies

Recipe adapted from
www.carlsbadcravings.com

Ingredients

2 lb boneless skinless
chicken thighs
1 lb potatoes, diced
3 cups broccoli florets

Lemon Garlic Marinade

1/3 cup olive oil
3 Tbsp lemon juice
3 cloves garlic, minced
1 Tbsp Dijon mustard
3 tsp all-purpose
seasoning

Optional

1/2 tsp paprika, ground
cumin, and/or dried thyme



Nutrition Facts

387 kcal, 23 g CHO, 2 g fiber, 22 g fat, 28 g pro,
112 mg Ph, 664 mg K, 319 mg Na

Instructions

1. Preheat the oven to 400 degrees F.
2. Make your marinade: Combine olive oil, lemon juice, garlic, mustard, and seasonings in a freezer size sealable bag. Add chicken and let it marinate for 20 minutes.
3. Add chopped/diced potatoes to a large baking sheet, drizzle with olive oil and add a sprinkle of all-purpose seasoning. Toss until evenly coated. Bake at 400 degrees F for 15 minutes.
4. After 15 minutes, remove the sheet pan from the oven and add the broccoli. Lightly drizzle with olive oil and a sprinkle of all-purpose seasoning.
5. Add the marinated chicken to the pan.
6. Bake uncovered at 400 degrees for 18-22 minutes or until the chicken reaches an internal temperature of 165 -175 degrees F.

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45 minutes



6 servings

Mediterranean

Chicken Ratatouille

Recipe adapted from
www.loveandlemons.com

Ingredients

3 cups eggplant, cut into 1-inch cubes
3 cups chopped zucchini or yellow squash
2 cups tomatoes, chopped
2 cups canned chickpeas, drained & rinsed
1 yellow or red onion, sliced into strips
1 red onion, sliced
4 cloves garlic, minced
2 Tbsp olive oil, divided
2 tsp dried oregano, divided
2 lb boneless skinless chicken thighs
2 tsp white or red wine vinegar



Nutrition Facts

307 kcal, 22 g CHO, 6 g fiber, 8 g fat, 38 g pro,
98 mg Ph, 479 mg K, 266 mg Na

Instructions

1. Preheat the oven to 400 degrees F.
2. Spread the vegetables across a large baking pan.
3. Drizzle 1 Tbsp olive oil and 1 tsp oregano over the vegetables.
4. Add the chicken thighs on top of the vegetables.
5. Drizzle the remaining olive oil and oregano on the chicken.
6. Bake at 400 degrees F for 15 minutes.
7. After 15 minutes, remove the sheet pan from the oven and drizzle the white or red wine vinegar over the chicken and vegetables.
8. Put the sheet pan back in the oven and bake for an additional 15 minutes or until the chicken reaches an internal temperature of 165 -175 degrees F.

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30 minutes



6 servings

Tex-Mex

Chicken Fajitas

Recipe adapted from
www.everyday-delicious.com

Ingredients

Chicken & Veggies

2-4 tsp lime juice
2 Tbsp olive oil
2 Tbsp taco seasoning or
chipotle seasoning
2 lb chicken breasts, cut into
1-inch strips
4 bell peppers, sliced
1 onion, sliced

Tortillas & Toppings

6 corn tortillas, 6" diameter
1 cup shredded cheese
1 cup plain Greek yogurt
1 avocado, sliced

Optional

Jalapeño peppers



Nutrition Facts

408 kcal, 22 g CHO, 5 g fiber, 5 g fat, 44 g pro,
248 g Ph, 393 g K, 293 mg Na

Instructions

1. Preheat the oven to 400 degrees F.
2. Mix lime juice with olive oil and seasoning.
3. Toss chicken and vegetables until evenly coated.
4. Spread chicken and vegetables onto a sheet pan and bake for 15 minutes or until the chicken reaches an internal temperature of 165 -175 degrees F.
5. Serve with a small tortilla. Top with shredded cheese, Greek yogurt, and avocado. Enjoy!