

## One Pan Magic Meals

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Got a sheet pan in your kitchen? When time is of the essence, it is nice to have a quick and easy meal recipe on hand. That's where sheet pan meals come in handy. A basic sheet pan is like a blank canvas to create easy, tasty and nutritious meals in your oven. Not only are sheet pan dinners easy and delicious, but they leave you with very little clean up to do afterwards!



While there are many recipes online, you can easily create your own sheet pan meal. The formula is simple: sheet pan + a protein + vegetables + oil and seasonings = a tasty meal! The sheet pan is a rimmed baking sheet and has low sides that help air circulate over and around the food.

For easiest clean-up, line the sheet pan with foil. Any pan with low sides will work and you can mix veggies with oil and seasoning right on the pan. The key with sheet pan meals is to trim or cut each ingredient to the appropriate size so everything cooks at the same speed. Vegetables that take longer to cook should be sliced thinly. Make sure ingredients are spaced nicely, so you don't overcrowd the pan. Overcrowding creates steam and keeps food from browning. We want food to brown because it improves flavor.

Proteins that work well include boneless chicken breasts, thighs and drumsticks, pork chops, salmon and other fish, kielbasa and smaller cuts of beef. Less tender cuts of meat don't work as well. Make sure you season well. Use oil, salt and pepper, and other spices and herbs. Seasoning mixtures and sauces also provide flavor. Sprinkle on fresh herbs and citrus juices at the end of the cooking time.

Stagger entry times of ingredients if necessary. Potatoes may take longer to cook than other vegetables and some proteins, so let them cook for 10 to 15 minutes first then add other ingredients. Shrimp and fish also cook quickly, so let vegetables cook a bit first before adding seafood. Tender vegetables should be added later as well.

For more information about these programs and others, contact the Wildcat Extension District offices at: Crawford County, 620-724-8233; Labette County, 620-784-5337; Montgomery County, 620-331-2690; Wilson County, 620-378-2167; Pittsburg Office, Expanded Food and Nutrition Education (EFNEP), 620-232-1930. Wildcat District Extension is on the Web at <http://www.wildcatdistrict.ksu.edu>. Or, like our Facebook page at [www.facebook.com/wildcat.extension.district](http://www.facebook.com/wildcat.extension.district).

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