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Pan-tastic!

Sheet pan dinners simplify mealtime with easy prep and quick cleanup.

Sheet Pan Cod with Sweet Potatoes and Olives

Serves 4. Prep time: 55 minutes; 15 minutes active.

1 pound sweet potatoes, sliced $\frac{1}{2}$ inch thick
 $\frac{1}{2}$ cup Kalamata olives, halved
1 15-ounce can of artichoke hearts, drained and rinsed
1 tablespoon fresh rosemary, chopped
2 teaspoons fresh lemon zest
 $\frac{1}{4}$ cup extra virgin olive oil, divided
 $\frac{3}{4}$ teaspoon salt, divided
4 6-ounce cod fillets
1 tablespoon fresh lemon juice
 $\frac{1}{4}$ cup fresh parsley, chopped
Black pepper

1. Heat the oven to 425°F. Add the sweet potatoes, olives, artichoke hearts, rosemary and lemon zest to a sheet pan, then drizzle with three tablespoons of the olive oil. Sprinkle with $\frac{1}{2}$ teaspoon of the salt and toss to coat.
2. Roast the sweet potato mixture for 15 minutes. The sweet potato slices should be tender when pierced with a paring knife. Turn the potato slices with a spatula, then top with the cod fillets. Drizzle the cod with the remaining olive oil, sprinkle with remaining salt, then return to the oven for 10 to 12 minutes, or until the fish is opaque and flakes easily.
3. Drizzle the fish with lemon juice, sprinkle with parsley and pepper, and serve one cod filet and about one cup of vegetables per person.



Italian Sausage with Fall Veggies

Serves 4. Prep time: 1 hour; 15 minutes active.

2 medium parsnips, peeled and sliced
1 small sweet potato, cubed
1 small red onion, thinly sliced
4 cloves garlic, peeled and chopped
1 tablespoon fresh sage (or 1 teaspoon dried)
 $\frac{1}{2}$ teaspoon freshly ground black pepper
 $\frac{1}{2}$ teaspoon salt
2 teaspoons vegetable oil
1 pound uncooked plant-based or Italian meat sausages
 $\frac{1}{2}$ bunch kale, stemmed and chopped

1. Heat the oven to 400°F. In a large roasting pan, combine the parsnips, sweet potato, red onion, garlic, sage, pepper and salt, and drizzle with vegetable oil. Toss to coat. Pierce each sausage link four times on one side with a paring knife, then turn over and pierce four more times. Place the sausages on the vegetables and cover the pan tightly with foil.
2. Bake for 20 minutes, then uncover the pan, stir and turn the sausages, and roast for 15 minutes longer, uncovered. The vegetables should be tender when pierced with a paring knife; if the vegetables are in larger chunks, they may need more time to cook. When the vegetables are tender, add the kale to the hot pan and stir, then roast for 10 minutes longer. Serve hot.



Roasted Cauliflower and Potatoes with Feta

Serves 4. Prep time: 45 minutes; 15 minutes active.

- 1 small cauliflower
- 2 medium Yukon Gold potatoes, unpeeled
- 1 large carrot
- 2 tablespoons olive oil
- 1 teaspoon paprika
- ½ teaspoon salt
- 4 ounces feta cheese, crumbled
- ½ cup chopped parsley

1. Heat the oven to 425°F. Slice the cauliflower into large florets with a knife so that the flat side of the florets can make full contact with the pan and caramelize during baking. Dice the potatoes into ½-inch cubes and slice the carrots crosswise, about ⅓-inch thick.
2. Place on a large rimmed baking sheet, drizzle with olive oil and sprinkle with paprika and salt. Toss vegetables to coat and spread out on the pan.
3. Bake for 30 minutes, shaking and turning the pan halfway through. When the vegetables are tender and easily pierced with a knife, remove from the oven and toss with feta and parsley. Serve hot.



Sheet Pan Steak with Blue Cheese and Broccoli

Serves 2. Prep time: 20 minutes.

- 8 ounces button mushrooms, halved or quartered
- 1 small red bell pepper, cored and sliced vertically
- 3 cups broccoli florets
- 2 tablespoons olive oil, divided
- 1 tablespoon balsamic vinegar
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground black pepper
- 8-ounce ribeye or strip steak, about one inch thick
- 2 tablespoons crumbled blue cheese

1. If your broiler element is at the top of the oven, move the top rack to 6 inches below the broiler. Place the mushrooms, peppers, broccoli and half the salt on the sheet pan and drizzle with half of the olive oil. Toss to coat. Move the vegetables to the sides of the pan, making room in the center for the steak. If desired, cut the steak into two even portions. Rub the steak with the remaining olive oil and sprinkle both sides with remaining salt and pepper. Place in the center of the pan.
2. Broil the steak for 4 minutes, then take the pan out and turn the steak, and broil for 5 minutes longer. Remove from the broiler; transfer the steak and vegetables to plates, and sprinkle steak with blue cheese.

One Pan Lemon Chicken

Serves 4 to 6. Prep time: 5 hours total; 20 minutes active.

3 tablespoons olive oil
2 tablespoons fresh lemon juice
1 tablespoon lemon zest
1 tablespoon fresh rosemary, chopped
½ teaspoon salt
½ teaspoon black pepper
2 pounds boneless, skinless chicken thighs
(about 6 to 8)
1 medium sweet potato, unpeeled,
cut crosswise in ½-inch slices
1 large parsnip, sliced in rounds
1 large onion, cut in 8 wedges
½ cup chopped fresh parsley

Make endless combinations of oven-roasted vegetables and proteins: The sheet pan method works well with fish, chicken or beef, and you can always take the veggies-only route.

1. In a storage container large enough to hold the chicken pieces, whisk the olive oil, lemon juice and zest, rosemary, and salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours.
2. Heat oven to 425°F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160°F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.

