



5-1-0 Sheet Pan Plan

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I AM SIMPLY SHERRI

If you are anything like me, the idea of making a simple and delicious dinner, using one sheet pan, with little to no clean up is the best idea ever! It sounds simple enough, and really it is easy, convenient and delicious. you just need to follow a few simple guidelines to make your meal awesome every time! You can't throw everything you want on the pan and throw it in the oven. Well, you can ALMOST DO THAT! Follow these SIMPLY SHERRI sheet pan guidelines and your dinner prep will become so easy. Once you understand the simple rules to follow, you can enjoy my **5 delicious sheet pan recipes, using 1 sheet pan, with 0 hassle.**

1. When Prepping, Aim for Uniform Sizes

Cut vegetables to the same size and shape (too large and they won't cook through, too small and they'll burn). Look for meat cuts of the same thickness so they'll cook evenly.

2. Preheat the Pan

Place the baking sheet in the oven as it preheats to create a sizzling surface for the food; this will create a browned crust.

3. Keep Moisture Out

Excess water is the enemy of sheet pan cooking because the oven has to work harder to evaporate moisture before it can brown and cook the food. Pat meat and rinsed veggies dry before cooking even if adding a sauce or spice mixture.

4. Think About How You Position Each Item

Place whole proteins in the center of the sheet pan (where they'll absorb the most heat), and scatter the vegetables on both sides.

5. Don't Overcrowd the Ingredients

Allow room on the pan for air to circulate. If food is packed too tightly, any moisture that's released won't evaporate— giving you soggy results.

6. Test for Doneness

It's hard to tell when meats are done when you can't prod them throughout cooking as you would on a stovetop. Take their temp with a meat thermometer.

Crispy Asian Tofu with Broccoli and Snap Peas

4 SERVINGS 30 MINUTES



INGREDIENTS

15 ozs Organic Firm Tofu (Each package is a slightly different size. Assuming yours is roughly 15 oz, go with it)
2 tbsps Sesame Oil (Plus 1 tsp, divided)
2 tbsps Cornstarch
2 tbsps Soy Sauce (Or coconut aminos - gluten free)
3 Garlic Cloves (Finely minced)
1 tbsps Ginger (1-inch, peeled and grated)
1 tbsps Honey (Or maple syrup)
4 cups Broccoli (florets only)
1 cup Snap Peas
1 Red Or Yellow Bell Peppers (thinly sliced)

DIRECTIONS

- 01 Preheat the oven to 425 degrees F. Lightly coat a large baking tray with cooking spray. Place baking tray in the oven while preparing other ingredients.
- 02 Prepare your tofu by wiping away any excess moisture on the outside. Wrap the tofu in a towel or several paper towels and place it on a plate. Top the tofu with something heavy (a cast iron skillet works great) and then let it sit for 15-30 minutes to release as much moisture as possible.
- 03 While the tofu is being pressed, put the broccoli on the baking tray and toss with 1 tablespoon of the sesame oil and a sprinkle of salt. Bake for 5 minutes.
- 04 Meanwhile, unwrap the tofu and cut into cubes. Toss the tofu in 1 tablespoon of sesame oil and then sprinkle with cornstarch.
- 05 Push the broccoli to one side and line the tofu pieces up on the other side. Bake for 15 minutes.
- 06 Whisk together the soy sauce, garlic, ginger, honey, and the remaining teaspoon of sesame oil.
- 07 Take the baking tray out of the oven and toss the Snap peas and peppers in with the broccoli. Flip the tofu over and pour the sauce on top reserving 1-2 tablespoons.
- 08 Pour the remaining 1-2 tablespoons of sauce over the veggies and toss to coat. Bake for 10 additional minutes.
- 09 Serve with cilantro and sesame seeds and enjoy!

Easiest Baked Chicken and Veggies

4 SERVINGS 30 MINUTES



INGREDIENTS

1 1/2 lbs Chicken Breast (Boneless, skinless, cut into bite-sized pieces)
1 1/2 lbs Broccoli (Cut into bite-sized florets)
2 Red Or Yellow Bell Peppers (Cut into 1-inch chunks)
3 tbsps Olive Oil
4 Garlic Cloves (Smashed)
1 tbsp Rosemary Leaves (Coarsely chopped; or 1 tsp dried Italian seasoning or Italian herb blend)
1 tsp Kosher Salt
1/4 tsp Ground Black Pepper

DIRECTIONS

- 01** Arrange a rack in the middle of the oven and heat to 500°F. Place a rimmed baking sheet in the oven while it is heating.
- 02** Place all the ingredients in a large bowl and toss to combine. Remove the hot baking sheet from the oven. Place one sheet of parchment paper. Add the chicken and vegetable mixture and arrange into a single layer.
- 03** Return to the oven and turn the heat down to 475°F. Roast, stirring halfway through, until the chicken is cooked through and the vegetables are tender, 15 to 20 minutes total.

Sheet-Pan Lemon Pepper Salmon

4 SERVINGS 20 MINUTES



INGREDIENTS

1 Salmon Fillet (1 lb)
1 tbsp Lemon Juice
2 tbsps Olive Oil
2 Garlic Cloves (Minced)
1 tsp Onion Powder
Salt And Pepper
2 tps Dijon Mustard
1 lb Asparagus
2 Zucchini (Sliced)
12 Cherry Tomatoes (Halved)
Olive Oil

DIRECTIONS

- 01 Preheat oven to 400 F. Place a rimmed baking sheet in the oven while it's heating up.
- 02 In a bowl combine lemon juice, olive oil, garlic, onion powder, salt, pepper, and dijon mustard.
- 03 Line a baking pan with foil, and place the salmon fillets down the middle. Spread the marinade evenly over the fillets.
- 04 Toss the zucchini, asparagus, and cherry tomatoes with olive oil and salt and pepper. Place the vegetables on either side of salmon. Bake for 15 minutes.

NOTES

THIS RECIPE IS GREAT WITH OTHER FISH

ie: Arctic Char, Snapper, Chilean Sea Bass, Cod as well as a great marinade for chicken!

Tuscan Sheet Pan Gnocchi

4 SERVINGS 25 MINUTES



INGREDIENTS

8 1/2 ozs Marinated Sun Dried Tomatoes (1 jar)
1 lb Potato Gnocchi (Shelf-stable, or frozen)
2 tbsps Olive Oil
1/2 tsp Kosher Salt
1/4 tsp Ground Black Pepper
5 ozs Baby Spinach (About 5 packed cups)
1/4 cup Parmesan Cheese

DIRECTIONS

- 01 Heat oven to 400° F. Place a rimmed baking sheet in oven while it's heating.
- 02 Drain 1 (8.5-ounce) jar oil-packed marinated sun-dried tomatoes, thinly slice them, and place on a rimmed baking sheet.
- 03 Add 1 pound fresh, shelf-stable, or frozen potato gnocchi. Drizzle with 2 tablespoons olive oil, season with 1/2 teaspoon kosher salt and 1/4 teaspoon freshly ground black pepper, and toss well to combine.
- 04 Spread out in an even layer and roast, stirring halfway through, until gnocchi are plump, 18 to 20 minutes total.
- 05 Remove from oven, sprinkle with 5 ounces baby spinach (about 5 packed cups), and toss gently. Return to oven and roast until spinach is just wilted, 2 to 3 minutes more.
- 06 Sprinkle with grated Parmesan cheese.

Mediterranean Sheet Pan Chicken

6 SERVINGS 1 HOUR



INGREDIENTS

2 Packages Chicken Breast Tenders (Boneless)
1/4 cup Extra Virgin Olive Oil
1 tbsp Honey
4 Garlic Cloves (Minced or grated)
1 tbsp Smoked Paprika
2 tsps Ground Cumin
1/2 tsp Crushed Red Pepper Flakes
1 Lemon (Juiced)
1 tsp Kosher Salt And Pepper
2 Yellow Potato (Medium, sliced thinly into rounds)
2 tbsps Balsamic Vinegar
1/2 cup Pitted Kalamata Olives
1/2 Red Onion (cut into wedges)
4 ozs Feta Cheese (Cubed)

DIRECTIONS

- 01 Preheat the oven to 425 degrees F. Place a rimmed baking sheet in the oven while it's heating up.
- 02 On a rimmed baking sheet, combine the chicken, 2 tablespoons olive oil, honey, garlic, paprika, cumin, crushed red pepper, the juice of 1 lemon, and a pinch each of salt and pepper. Toss well to evenly coat the chicken. Add the potatoes, olives, balsamic vinegar, feta and red onion, and drizzle with olive oil, salt and pepper. Arrange everything in an even layer. Add the juiced lemon halves. Transfer to the oven and roast for 40-45 minutes, tossing halfway through cooking until the chicken is cooked through and the potatoes are tender.
- 03 Serve with quinoa, rice, pita bread, or anything else you prefer!