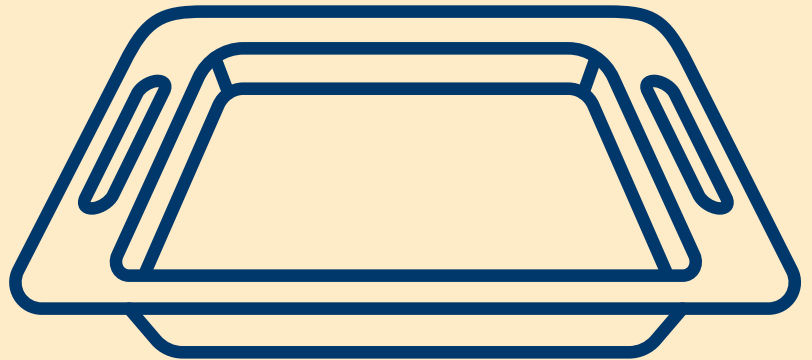


Literally Nutritious 2.0



Sheet Pan Cooking



Brought to you by...



Tri-County
Regional Centre for Education



Pancakes

Prep Time: 15 minutes
Cook Time: 15 minutes
Servings: 12

You Will Use

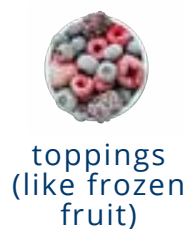
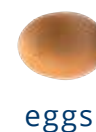
- 3 ½ Cups (875 mL) Whole wheat flour
- 1 tsp (5 mL) Salt
- 1 tsp (5 mL) Baking soda
- 2 ½ tsp (12.5 mL) Baking powder
- 4 Eggs
- ⅓ Cup (80 mL) Oil
- 3 Cups (750 mL) Buttermilk
- ¾ Cup (175 mL) Pancake syrup
- 2 Cups (500 mL) Toppings (fruit, nuts/seeds, etc.)

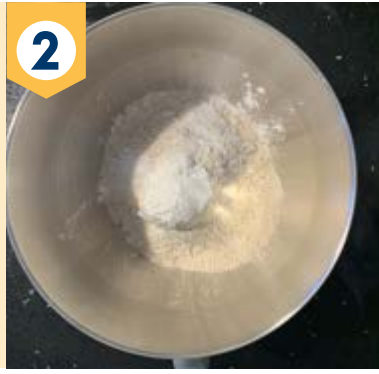
You Will Need

- 10" x 15" Baking pan
- Large bowl
- Whisk (or fork)
- Oven mitts
- Parchment paper

Tips and Tricks

- Leftovers? Once cooled, slice into portions, wrap in plastic wrap or tinfoil and put in the freezer to keep fresh!
- Make your own buttermilk by adding 1 Tbsp of vinegar or lemon juice per 1 cup of your milk of choice.
- Try a low-sugar pancake syrup if you are looking to reduce the sugar content of this dish.





1. Preheat oven to 425°F.

2. (a) **Whisk** flour, salt and baking soda and powder in a bowl; (b) add eggs, oil, buttermilk and 2 Tbsp of syrup; **mix** well and (c) pour into parchment-lined pan.



3. (a) Add any toppings that can be baked into the batter; and (b) bake for 12-15 minutes or until cooked through. Add any additional toppings, slice and serve with the remaining pancake syrup.



Focaccia Bread

Prep Time: 3 hours
Cook Time: 30 minutes
Servings: 12

You Will Use

- 2 tsp (10 mL) Instant yeast*
- 1 $\frac{3}{4}$ Cups (440 mL) Warm water
- 4 $\frac{1}{4}$ Cups (1.125 L) All-purpose flour, divided
- 2 tsp (5 mL) Salt
- 6 Tbsp (120 mL) Oil

*1 pack = 30 mL

You Will Need

- 10" x 15" baking pan
- Small bowl
- 2 Large bowls
- Kitchen towel
- Whisk (or fork)
- Flipper
- Oven mitts

Tips and Tricks

- This recipe is versatile for many meals. Here are some suggestions:
 - Top with pesto, tomato and cheese for a speedy pizza.
 - Serve with soup or chili.
 - Top with a seed or nut butter and banana for a quick breakfast.
- Leftovers? Once cooled, slice into portions, wrap in plastic wrap or tinfoil and put in the freezer to keep fresh!



instant yeast



water



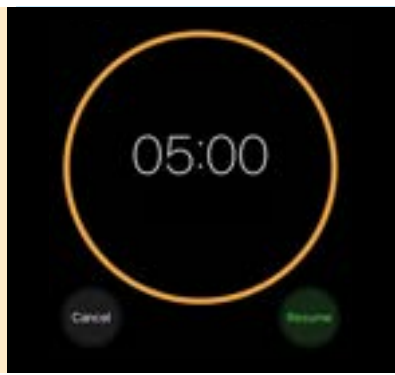
all purpose flour



oil



salt



1. Prepare yeast: (a) Sprinkle yeast over warm water in a small bowl. (b) **Whisk** together briefly and set aside for 5 to 10 minutes.

2. Make dough: (a) **Whisk** 4 cups of flour and salt in a large bowl and add the yeast water. (b) Using your hands, mix until a shaggy dough forms. Set aside for 10 minutes.



3. Knead dough: (a) Grease a second large bowl with 1 Tbsp of oil. (b) Turn the dough out onto a floured surface. (c) Knead the dough* with floured hands until smooth, about 10 minutes. (d) Form the dough into a ball, place it in the oiled bowl, cover with a kitchen towel, and set aside for 2 hours (until it has doubled in size).

**Push dough into the countertop with the heel of your hand, turning a quarter turn with each push.*



4. Second rise: (a) Grease your baking pan with 3 Tbsp oil and transfer dough to the pan. (b) Using lightly oiled fingers, press dimples into the focaccia and stretch it to the corners of the pan. Let rise, uncovered, in a dry, warm spot for 30-60 more minutes.

5. Bake: (a) Preheat oven to 450°F. Carefully drizzle remaining 2 Tbsp oil over the focaccia. (b) Bake until puffed and lightly golden-brown all over, 25-30 minutes.



Chicken Fajitas

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 4

You Will Use

- 1 tsp (5 mL) Garlic powder
- 1 tsp (5 mL) Chili powder
- 1 tsp (5 mL) Ground cumin
- ½ tsp (2.5 mL) Cayenne pepper
- 3 (~525 g) Chicken breasts
- 4 Tbsp (60 mL) Oil, divided
- 4 Bell peppers (any colour), sliced
- 1 Onion, sliced
- Juice of 1 lime
- 8 6-inch Flour tortillas
- 1 Large avocado, sliced
- Salt
- Salsa (*optional*)

You Will Need

- 10" x 15" baking pan
- Cutting Board
- Knife
- Flipper
- Small bowl
- Oven mitts

Tips and Tricks

- Cook chicken until it reaches an internal temperature of 165°F.
- Use a pre-made fajita spice blend to save time.
- Try greek yogurt, sour cream or shredded cheddar cheese in place of avocado.
- Money-saving tips:
 - Use bone-in chicken legs or thighs instead of chicken breast, just ensure bones are removed before serving.
 - Use one or two green peppers rather than orange, red or yellow.



garlic powder



chili powder



cumin



cayenne pepper



chicken breast



oil



salt



bell pepper



onion



lime



flour tortillas



avocado



salsa



1. Prepare chicken: **(a)** Preheat oven to 375°F. Stir together garlic powder, chili powder, cumin and cayenne pepper. **(b)** Arrange chicken breasts on the pan, drizzle with 2 tablespoons oil and rub in with your fingers on both sides. Season generously with salt on both sides, then season chicken with mixed spices on both sides.

2. Prepare vegetables: **(a)** Slice peppers and **(b)** slice red onion.



3. Bake: **(a)** Arrange sliced peppers and onions on the pan around the chicken breasts. Drizzle the remaining 2 Tbsp oil. Season with salt. **(b)** Bake for 20 minutes until chicken is cooked through and vegetables are lightly charred. **(c)** Drizzle fresh lime juice over the pan and slice chicken into thin strips.

4. Place chicken, peppers, and onion onto a tortilla; add sliced avocado and other toppings and enjoy!



Bibimbap

Prep Time: 10 minutes

Cook Time: 25 minutes

Servings: 4

You Will Use

- 1 Cup (250 g) Mushrooms, roughly chopped
- 3 Packed Cups (750 g) Kale, roughly chopped
- 1 Medium sweet potato, sliced
- 1 Small red onion, sliced
- 6 Tbsp (90 mL) Oil
- 4 Cups (1 kg) cooked medium-grain brown or white rice
- 4 Eggs, large
- 2 tbsp (30 mL) Sesame seeds
- 4 tsp (20 mL) Hot pepper sauce
- Salt and pepper
- Kimchi, to serve (optional)



mushrooms



kale



sweet potato



red onion



oil



salt & pepper



medium-grain rice



eggs



sesame seeds



hot pepper sauce



kimchi

You Will Need

- Two 10" x 15" baking pans
- Cutting Board
- Knife
- Flipper
- Small bowl
- Parchment paper
- Oven mitts

Tips and Tricks

- Bibimbap is a mixed rice dish from Korea with endless variations.
- Cold, leftover rice is actually ideal to use in this recipe!
- Looking to try a more traditional hot pepper sauce? Mix 2 parts gochujang, a savory and spicy Korean condiment, with 1 part oil, 1 part sugar and a dash of vinegar.
- Kimchi is a spicy Korean fermented cabbage. It can be found at most major grocery stores.
- Don't crowd the vegetables on the pan; this will cause them to steam rather than roast.
- Money-saving tips:
 - Cremini or button mushrooms are often less expensive than shiitake or oyster varieties.
 - Only have one sheet pan? Remove the cooked vegetables and use that pan to bake the eggs, rice and sesame seeds or cook in a frypan on the stove.



1

1. Preheat oven to 450°F.



2

2. Prepare vegetables: (a) **Roughly chop** mushrooms, (b) **roughly chop** kale, and (c) **slice** sweet potato into half-moon shapes.



2

2. *Cont.* (d) **Slice** red onion into half moons.



3

3. Arrange vegetables on parchment-lined tray in four sections, drizzle with 3 Tbsp oil, season with salt and pepper, and toss to coat.



4

4. Bake for 20-25 minutes until the sweet potato is fork-tender, the onion and mushrooms are slightly caramelized and the kale is crispy but not burnt.



5

5. (a) Meanwhile, drizzle remaining 3 Tbsp oil on a second pan; cover one half with rice and crack eggs on the other half and sprinkle sesame seeds all over. (b) In last 5 minutes of other tray baking, put into oven and cook both for another 5 minutes or so until egg whites are solid and yolks are runny.



6

6. Divide into 4 even portions. Drizzle each bowl with 1 tsp hot pepper sauce and more sesame seeds if desired. Enjoy!



Fish and Chips

Prep Time: 20 minutes

Cook Time: 30 minutes

Servings: 4

You Will Use

- 650 g Russet potatoes, roughly chopped
- 2 Tbsp (30 mL) Oil
- 3 Cups (450 g) Small green beans, trimmed
- ½ Cup (125 mL) Mayonnaise
- 1 tsp (5 mL) Hot pepper sauce
- ½ Cup (40 g) Breadcrumbs
- 2 Tbsp (30 mL) Butter, melted
- 4 Haddock fillets (~675 g)
- Salt and pepper

You Will Need

- 10" x 15" baking pan
- Cutting Board
- Knife
- Flipper
- Oven mitts

Tips and Tricks

- Cook fish until it reaches an internal temperature of 145°F.
- Add some chopped dill pickles to the spicy mayo dip to make a spicy tartar sauce!
- Money-saving tips:
 - Use frozen or canned green beans rather than fresh ones, or use another roasting vegetable like carrots that are on sale.
 - Use frozen fish versus fresh.
 - Replace the haddock with any other white fish you enjoy that is on sale.



russet potato



oil



salt & pepper



green beans



mayonnaise



hot pepper sauce



breadcrumbs



butter



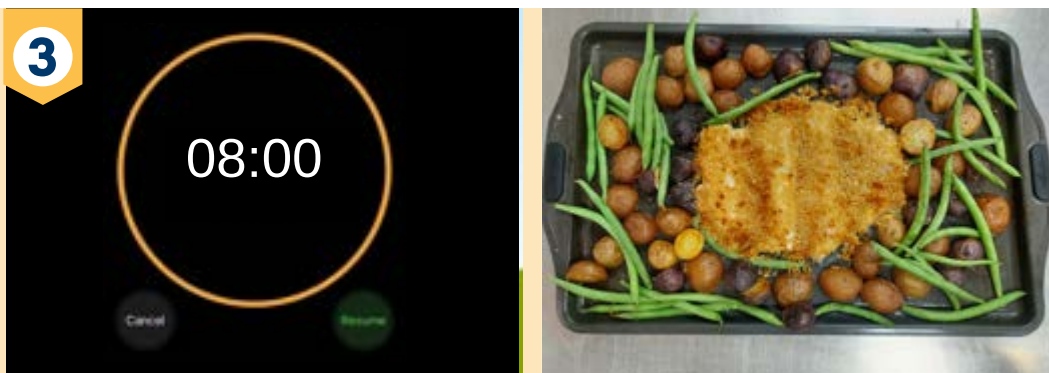
haddock fillets



1. (a) Preheat oven to 450°F. (b) Scrub potatoes and roughly chop, then toss in 1 Tbsp oil and season with salt and pepper. (c) Bake potatoes for 20 minutes in preheated oven. (d) In the meantime, trim green beans, toss in 1 Tbsp oil and season with salt and pepper.



2. (a) In a small bowl, combine the mayonnaise and hot pepper sauce. Set aside. (b) In another bowl, combine the breadcrumbs and butter. Set aside. (c) Remove potatoes from the oven; cut haddock into 4 pieces, season lightly with salt and add to the tray alongside potatoes. (d) Add green beans to tray. Brush fish with 1 Tbsp spicy mayo and cover with breadcrumbs.



3. (a) Bake for 8 to 10 minutes or until the fish is fully cooked through and the breadcrumbs are lightly golden. (b) Serve the fish and vegetables with the remaining spicy mayo and enjoy!



Unstuffed Cabbage Rolls

Prep Time: 20 minutes
Cook Time: 50 minutes
Servings: 4

You Will Use

- 6 Cups (1.5 kg) Green cabbage, sliced
- 2 Tbsp (30 mL) Oil
- 2 Cups (454 g) Ground beef
- 1 tsp (5 mL) Garlic powder
- 1 tsp (5 mL) Onion powder
- ¼ tsp (1 mL) Ground dried bay leaves
- ½ Onion, medium, diced
- 2 Garlic cloves, minced
- 1 Egg
- 1 Cup (250 g) Cooked medium-grain brown or white rice
- 2 ½ Cups (500 mL) Pasta sauce
- Salt and pepper

You Will Need

- 10" x 15" baking pan
- Cutting Board
- Knife
- Flipper
- Medium bowl
- Oven mitts
- Tinfoil

Tips and Tricks

- Cold, leftover rice is actually ideal to use in this recipe!
- Cook beef until it reaches an internal temperature of 160°F.
- Make sure to core your cabbage and slice it into ~1cm thick pieces so it cooks evenly.
- Money-saving tips:
 - Swap half of the ground beef for ground pork or cooked brown or green lentils.



green cabbage



oil



ground beef



garlic powder



onion powder



dried bay leaf



onion



garlic



egg



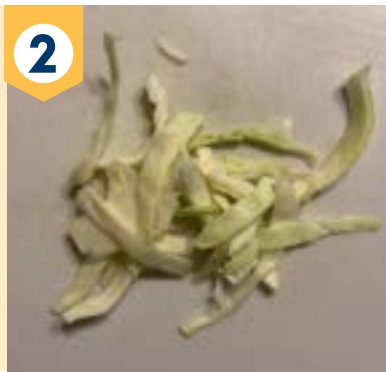
medium-grain rice



pasta sauce



salt & pepper

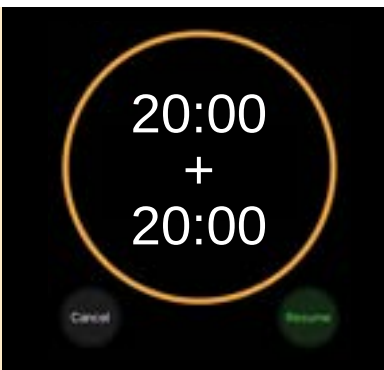


1. Preheat oven to 400°F.

2. (a) **Slice** cabbage, (b) place onto rimmed baking sheet with oil, and season with salt and pepper. (c) Bake for 10 minutes.



3. Prepare meat: (a) Add beef to a medium bowl and season with salt, pepper, garlic powder, onion powder and bay leaves. (b) **Dice** onion and add to beef. (c) **Mince** garlic and add to beef. (d) Add egg, rice and ½ cup sauce, **mix** well and shape into four 1-inch thick oval patties.



4. (a) Remove cabbage from oven and **mix** in 1 cup sauce. (b) Top cabbage with beef patties and pour the remaining cup of sauce over the patties. Top with tinfoil. (c) Bake for 20 minutes, remove tinfoil and bake for another 20 minutes or until beef patties are cooked through. (d) Serve and enjoy!

Ready, Set, Cook!



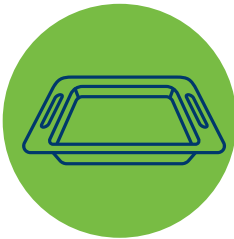
1) Handwashing – It is important to wash your hands with warm soapy water before and after preparing food. Rewash your hands often, especially after handling raw meat.



2) Create a clean work space – Clear a section of your table or countertop and clean the area well. Use separate cutting boards for raw meat and other ingredients.



3) Go over the recipe – As you read, ensure you have all the ingredients, understand each step, and have enough time to cook the recipe. On the next page are descriptions of some cooking terms found in this booklet. Terms have been bolded in the recipes as a reminder to return to page 14 as needed.



4) Gather your equipment – Get all the tools and ingredients you need to cook the recipe. For each recipe, you will need your sheet pan, a flat rectangular metal pan on which foods can be cooked in an oven.



5) Cook! – Great cooking skills develop with practice over time. Remember that all ovens are different and you may need to adjust the cooking time of a recipe or rotate the pan halfway through cooking to get the best results. Preparing food together is also a great way to spend time with family and loved ones. Learn more about cooking with kids here: bit.ly/3ItMcI9



6) Clean up – Properly dispose of all organic (food) waste, recycling, and garbage. Wash surfaces and kitchen equipment. Wash dishes. Always turn off the oven when finished.

Chop: Cutting food into medium-sized squares. Chopped items do not have to be even, but aim for about 1 inch (2.5 cm).



Dice: Cutting food into small similar-sized pieces. Aim for about ½ inch (about 1 cm).



Peel: Using a vegetable peeler or a knife to remove enough of the outer skin of a vegetable or fruit to reveal the inside.



Seed: Cutting a vegetable or fruit in half and scooping out all the seeds inside.



Mix: Stirring ingredients together using a circular motion. Mixing quickly is often called **whisking** and can be done with a fork or whisk.



Roughly chop: Cutting food into large-sized chunks that are roughly the same size.



Mince: Cutting food into the smallest pieces you can, usually ⅛ inch (about 0.5 cm).



Sear/Brown: Cooking the surface of meat at medium to high heat for a short amount of time until browned on the outside.



Slice: Cutting food into long thin strips.



**Sending you some
encourage-MINT
for your kitchen
adventures!**



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