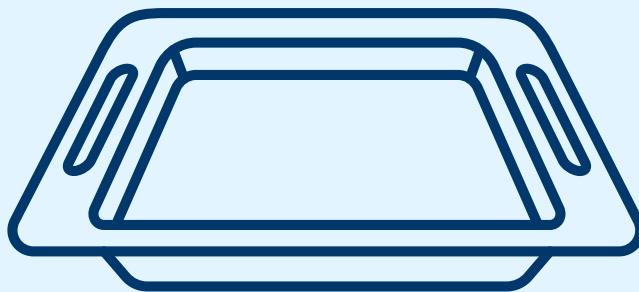


# Literally Nutritious 3.0

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## Sheet Pan Cooking



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## 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 the *Common Cooking Terms* page 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/3tMcI9](https://bit.ly/3tMcI9)



## 6) Clean up

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

# Common Cooking Terms



## CHOP

Cut food into medium-sized pieces. Chopped items do not have to be even, but aim for about 1 in (2.5 cm).



## BEAT

Mix rapidly by hand or a mixer to combine ingredients or add air into the mixture.



## DICE

Cut food into small similar-sized pieces. Aim for about ½ in (about 1 cm).



## PEEL

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



## DRIZZLE

Slowly pour liquid.



## MIX

Stir ingredients together using a circular motion.



## SLICE

Cut food into long thin strips or thin slices.



## WHISK

Mix or blend ingredients together very quickly using a circular motion.



## DRAIN

To pour liquid or from food through a strainer or colander.



## DIVIDED

Ingredient will not be added into the recipe all at once.

# Using a Food Thermometer

Using a food thermometer is the best way to ensure foods are safely cooked and have reached the appropriate internal temperature.

To use, place the thermometer in the thickest part of the food item. It's always best to test in a few areas, and er on the side of caution – thermometers may be off by a degree.

Different foods items are safe to eat at different internal temperatures. Be sure to reference a Canadian source for the safe internal temperature of your food items.

**[Health Canada resource for food temperatures](#)**



**You  
rock!**

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



# Cornbread



Servings: 50



Prep Time: 5 minutes



Cook Time: 20 -25 minutes

## Allergy Considerations



## You Will Use

- 18" x 13" Sheet pan
- Parchment paper
- Large bowl
- Spatula, whisk or fork
- Oven mitts
- Food thermometer
- Knife (for cutting into portions)

## Tips and Tricks

- Serve as a side with soups and stews, or at breakfast with cheese and fruit.
- Leftovers? Once cooled, slice into portions, place in a freezer-safe bag and put in the freezer to keep fresh for up to 6 months!

## You Will Need

- 4 cups (1 L) Cornmeal
- 3 cups (750 mL) Whole wheat flour
- 2 ½ Tbsp (37.5 mL) Baking powder
- ¾ cup (175 mL) Granulated sugar
- 2 tsp (10 mL) Salt
- 6 Eggs
- ⅓ cup (79 mL) Oil
- 3 cups (750 mL) Milk



cornmeal



whole wheat flour



baking powder



sugar



salt



eggs



oil



milk



### Step 1

Preheat oven to 350°F.



### Step 2

Line sheet pan with parchment paper.



### Step 3

In a large bowl, mix cornmeal, flour, baking powder, sugar, and salt.



### Step 4

Add eggs, oil, and milk.  
Whisk to combine.



### Step 5

Pour onto sheet pan and smooth into an even layer.



### Step 6

Bake for 20-25 minutes or until internal temperature reaches 200°F. Let cool and cut into squares.



# Cheesy Sweet Potato Rounds



Servings: 4 - 6



Prep Time: 10 - 15 minutes



Cook Time: 25 - 30 minutes

## Allergy Considerations



## You Will Use

- 18" x 13" Sheet pan
- Parchment paper
- Knife
- Cutting board
- Mixing spoon
- Large bowl
- Oven mitts

## Tips and Tricks

- This is the perfect *clean out the fridge* meal! Top potato rounds with leftover diced meat or vegetables like bell peppers, onions or broccoli.
- Serve with other nacho toppings like sour cream, avocado or cilantro.
- Don't have sweet potato? Try white or red potatoes.
- Don't have sour cream? Use plain greek yogurt!

## You Will Need

- 2 Medium sweet potatoes
- 1 Tbsp (15 mL) Oil
- 1 tsp (5 mL) Cumin
- ½ tsp (2.5 mL) Salt
- 1 tsp (5 mL) Chili powder
- 1 x 15 oz can (443 mL) Black beans, drained and rinsed
- 1 ½ cup (375 mL) Cheese, shredded
- ½ cup (125 mL) Salsa
- 1-2 cups (250-500 mL) chopped spinach (optional)



sweet potato



oil



cumin



salt



chili powder



black beans



shredded  
cheese



salsa



spinach



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Adapted from [Bucket List Tummy](#)  
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### Step 1

Preheat oven to 400°F.



### Step 2

Line sheet pan with parchment paper.



### Step 3

Wash and slice potatoes into about ¼-inch thick circles (about the thickness of a pencil). *\*No need to peel if short on time.*



### Step 4

Mix potatoes with oil, cumin, salt and chili powder. Place in even layer on sheet pan.



### Step 5

Bake for 20 minutes or until soft when poked with a fork.



### Step 6

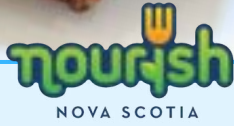
Remove from oven and top with beans, cheese, spinach (if using) and salsa.



### Step 7

Place back in oven until the cheese is melted, about 5-8 minutes. Serve warm.





# Banana Chocolate Chip Cake



Servings: 24

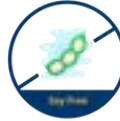


Prep Time: 10 minutes



Cook Time: 20-25 minutes

## Allergy Considerations



## You Will Use

- 18" x 13" Sheet pan
- Parchment paper
- Large bowl
- Whisk, fork or electric beater
- Oven mitts
- Food thermometer
- Knife (for cutting into portions)

## Tips and Tricks

- Forgot to soften your butter? Microwave for 5 seconds at a time until soft. If frozen, grate the butter using a cheese grater. Alternatively, swap butter for the same amount of canola oil.
- Add frosting to make this an awesome slab cake for celebrations!
- Vanilla extract can contain low amounts of alcohol. Alcohol-free substitutes can include vanilla sugar or almond extract (if the dish does not need to be nut-free).

## You Will Need

- 1 cup (250 mL) Unsalted butter, softened
- 1 ¼ cups (295 mL) Packed brown sugar
- ¾ cup (177 mL) Granulated sugar
- 1 tsp (5 mL) Vanilla
- 2 Large eggs
- 1 ⅓ cups (329 mL) Very ripe banana, mashed (~3 medium)
- 2 ¾ cups (650 mL) All-purpose flour
- 1 tsp (5 mL) Baking soda
- 1 tsp (5 mL) Salt
- 1 ¼ cups (295 mL) Mini semisweet chocolate chips, divided



butter



brown sugar



sugar



vanilla



eggs



banana



flour



baking soda



salt



chocolate chips



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Adapted from [Bellyfull](#)  
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### Step 1

Preheat oven to 350°F.



### Step 2

Line sheet pan with parchment paper.



### Step 3

In a large bowl, beat the butter, brown sugar and white sugar until creamy.



### Step 4

Add in the vanilla, eggs, and mashed banana. Mix well.



### Step 5

Beat in the flour, baking soda, and salt until just combined. Mix in 1 cup of mini chocolate chips.



### Step 6

Spread batter evenly onto the sheet pan and sprinkle remaining ¼ cup of mini chocolate chips on top.



### Step 7

Bake for 20-25 minutes or until the internal temperature reaches 200°F. Let cool and cut into squares.

# Sweet Potato Chickpea Curry



Servings: 4 - 6



Prep Time: 10 -15 minutes



Cook Time: 30 minutes

## Allergy Considerations



## You Will Use

- 18" x 13" Sheet pan
- Parchment paper
- Vegetable peeler (optional)
- Knife
- Cutting board
- Large bowl
- Mixing spoon
- Oven mitts

## Tips and Tricks

- Swap out chickpeas for white kidney beans or try squash instead of sweet potato.
- To save remaining tomato paste, scoop out 1-Tbsp portions of the remaining paste onto a sheet pan or ice cube tray and chill in the freezer for about 2 hours. Once frozen solid, store 1-Tbsp portions in a freezer-safe bag and put in the freezer for up to 6 months.
- We've heard chopped spinach is a great addition to this dish!

## You Will Need

- 2 Medium sweet potatoes
- 1 Small onion
- 3 Tbsp (45 mL) Oil
- 1 ½ Tbsp (23 mL) Tomato paste
- 1 Tbsp (15 mL) Garam masala
- ½ tsp (2.5 mL) Chili powder
- 2 x 15 oz cans (886 mL) Chickpeas, drained
- 1 can (400 mL) Coconut milk
- Salt and pepper to taste
- Rice or flatbread for serving



sweet potato



onion



oil



tomato  
paste



garam  
masala



chili powder



chickpeas



coconut  
milk



salt and  
pepper



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### Step 1

Preheat oven to 350°F.



### Step 2

Line sheet pan with parchment paper.



### Step 3

Wash and peel sweet potato, cutting into 1-inch chunks.



### Step 4

Thickly slice the onion.



### Step 5

In a large bowl, mix all ingredients **except the coconut milk**.



### Step 6

Spread the mixture evenly on sheet pan. Bake for about 30 minutes or until sweet potatoes are soft when poked with a fork.



### Step 7

Remove from oven and drizzle with coconut milk.



### Step 8

Toss well and serve.

# Tofu and Broccoli



Servings: 4 - 6



Prep Time: 10 - 15 minutes



Cook Time: 20 minutes

## Allergy Considerations



## You Will Use

- 18" x 13" Sheet pan
- Parchment paper
- Knife
- Cutting board
- Clean kitchen towel
- Vegetable peeler
- Large bowl
- Mixing spoon
- Medium bowl
- Oven mitts

## Tips and Tricks

- Squeezing some of the water out of the tofu helps it crisp up in the oven.
- Microwaving thickens the sauce. You can skip this step if you're short on time or whisk in a pinch of cornstarch instead.
- Serve with a side of flatbread or rice.

## You Will Need

- 1 Package firm tofu, drained
- 1 Head of broccoli
- 3 Tbsp (45 mL) Oil, divided
- ¼ tsp (1.25 mL) Salt
- ½ tsp (2.5 mL) Garlic powder
- ⅓ cup (79 mL) Ketchup
- 1 Tbsp (15 mL) Soy sauce
- ¼ tsp (1.25 mL) Chili powder
- Rice or flatbread for serving



firm tofu



broccoli



oil



salt



garlic powder



ketchup



soy sauce



chili powder



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### Step 1

Preheat oven to 425°F.

### Step 2

Line sheet pan with parchment paper.

### Step 3

Cut tofu lengthwise into two pieces and wrap in a clean kitchen towel. Put a heavy object on top to help squeeze out excess water. Leave while you prep the vegetables.



### Step 4

Cut broccoli, including the stems, into bite size pieces. (Use a vegetable peeler to peel the top layer of tough skin off the broccoli stems).

### Step 5

Mix broccoli with 2 Tbsp oil and 1/4 tsp salt in a medium bowl.

### Step 6

In microwave safe bowl, mix garlic powder, 1 tbsp oil, ketchup, soy sauce and chili powder. Microwave in 30 seconds then mix with fork. Do this four times (2 mins total).



### Step 7

Remove tofu from towel and cut into 1/2 inch pieces. Gently add tofu to broccoli mixture along with sauce and combine all ingredients.

### Step 8

Place evenly on sheet pan and bake for 20 minutes until broccoli begins to crisp.

### Step 9

Serve warm with flatbread or on rice.



# Meatloaf Dinner



Servings: 4 - 6



Prep Time: 15 minutes



Cook Time: 30 minutes

## Allergy Considerations



## You Will Use

- Two 18" x 13" sheet pans
- Parchment paper
- Knife
- Cutting board
- Vegetable peeler
- Large bowl
- Spatula (for flipping)
- Oven mitts
- Food thermometer

## Tips and Tricks

- Try using frozen broccoli instead of fresh, or swap the broccoli for a vegetable of your choosing—just adjust the cooking time accordingly.
- Don't crowd the vegetables on the pan; this will cause them to steam rather than roast.
- Leftover meatloaf makes a great sandwich!
- Don't forget to rewash hands after handling raw meat.

## You Will Need

- 1 Head of broccoli
- 2 Medium sweet potatoes
- 3 Tbsp (45 mL) Oil, divided
- Salt and pepper to taste
- 1 lb. (454 g) Ground beef
- 2 Large eggs
- ½ cup (125 mL) Breadcrumbs
- 3 Tbsp (45 mL) BBQ sauce, divided
- ½ tsp (2.5 mL) Paprika
- ¼ tsp (1.25 mL) Garlic powder
- ½ tsp (2.5 mL) Salt



broccoli



sweet potato



oil



salt and pepper



ground beef



eggs



breadcrumbs



BBQ sauce



paprika



garlic powder



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Adapted from [Budget Bytes](#)  
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### Step 1

Preheat oven to 400°F.



### Step 2

Line two sheet pans with parchment paper.



### Step 3

Cut broccoli, including the stems, into bite size pieces. (Remove top layer of tough skin off the broccoli stems) Set aside.



### Step 4

Peel the sweet potato and cut into thin fries. Place on sheet pan. Mix with 2 tbsp oil and salt and pepper to taste.



### Step 5

In a large bowl, mix ground beef, egg, breadcrumbs, 1 Tbsp BBQ sauce, paprika, garlic powder, and salt. Mix the ingredients with clean hands or a fork until well combined.



### Step 6

Divide the meatloaf mixture in two and shape each half into a flattened oval. Place on second sheet pan and top each loaf with 1 Tbsp BBQ sauce.



### Step 7

Cook sweet potato and meatloaf for 15 minutes. After the 15 minutes remove from oven, flip sweet potatoes and add broccoli to the pan. Drizzle 1 Tbsp oil on vegetables. (Keep meatloaf pan in the oven)



### Step 8

Return vegetables to the oven and roast for 15 more minutes. Cook until sweet potatoes are tender and meatloaf has reached internal temperature of 160°F. Serve warm.