

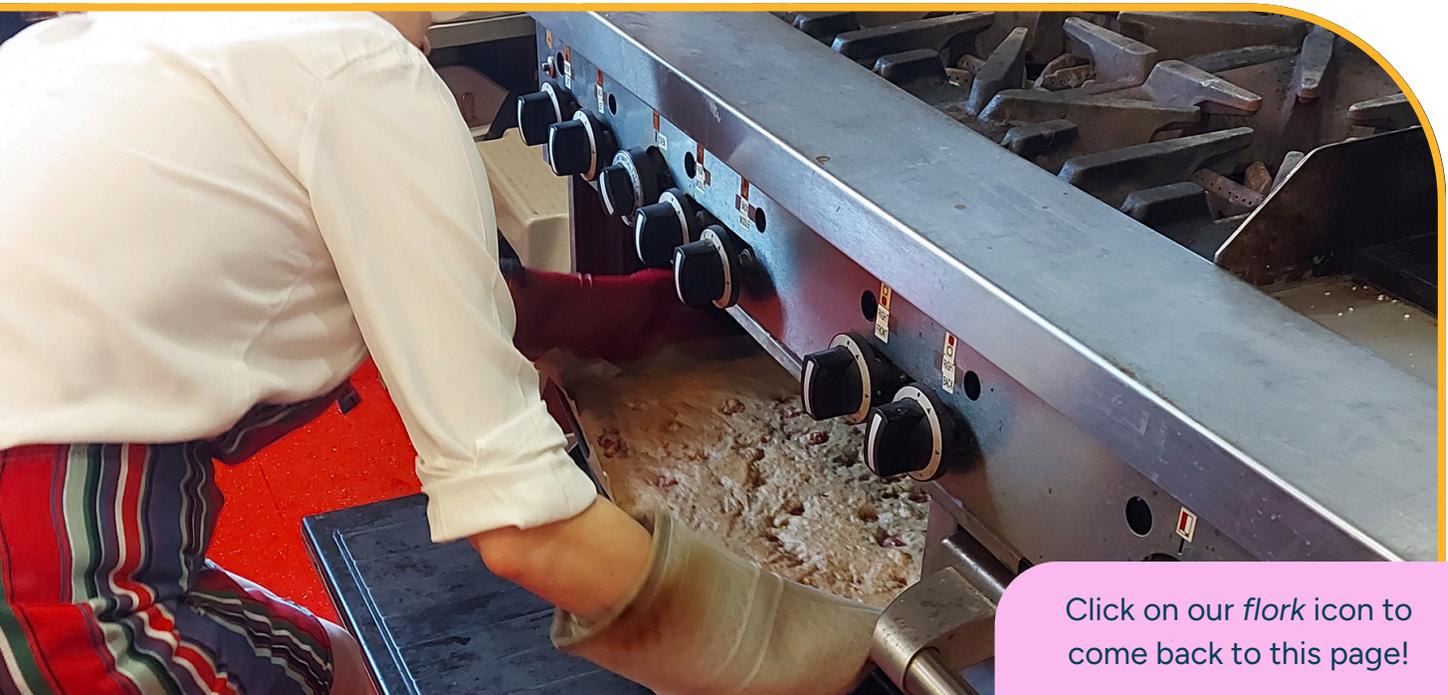


Literally Nutritious

2.0: Sheet Pan Recipes

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Introduction

Literally Nutritious was born out of the need to support a variety of literacies that impact health and wellbeing, including nutritional, health, and reading literacies. Tri Country Regional Centre for Education (TCRCE) partnered with Nourish Nova Scotia to develop and facilitate Literally Nutritious, TCRCE's first virtual nutrition literacy program, highlighting simple and delicious recipes.

Comprehensive programs like Literally Nutritious can play a significant role in providing students with the knowledge, skills, confidence, and competence to become health literate and positively enhance their growth and development.

Goals of Literally Nutritious

1. Introduce students to a variety of simple and nutritious sheet pan recipes that can be used in the classroom or at home.
2. Create hands-on cooking experiences providing the opportunity for students to develop and/or refine their kitchen skills, including knife skills such as chopping, dicing, and slicing.
3. Support the development of knowledge, skills, and confidence to support overall food literacy.



Pancakes

Prep Time: 15 minutes

Cook Time: 15 hours

Servings: 12



Soy
Free



Vegetarian



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.)

Cut out this list to use when grocery shopping!

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.



whole
wheat flour



salt



baking soda



baking powder



eggs



oil



buttermilk



pancake syrup



toppings (like
frozen fruit)



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



Dairy
Free



Nut
Free



Egg
Free



Soy
Free



Vegan

You Will Use

- 2 tsp (10 mL) Instant yeast*
- 1 ¾ Cups (440 mL) Warm water
- 4 ¼ Cups (1.125 L) All-purpose flour, divided
- 2 tsp (5 mL) Salt
- 6 Tbsp (120 mL) Oil

*1 pack = 30 mL

Cut out this list to use when grocery shopping!

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



05:00

2



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

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).

4



5



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.

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



Nut Free



Egg Free



Soy Free

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
- Salt
- Salsa (optional)

Cut out this list to use when grocery shopping!



garlic powder



chili powder



cumin



cayenne pepper



chicken breast



oil



salt



bell pepper



onion



lime



flour tortillas



avocado



salsa

You Will Need

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

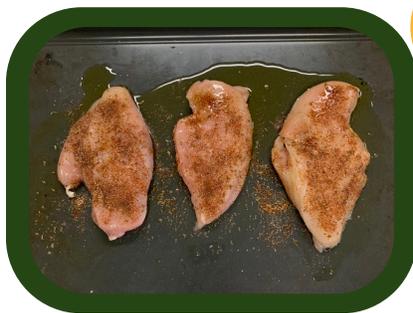
Tips and Tricks

- 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.

1



2



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.

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



Dairy
Free



Nut
Free



Gluten
Free



Soy
Free

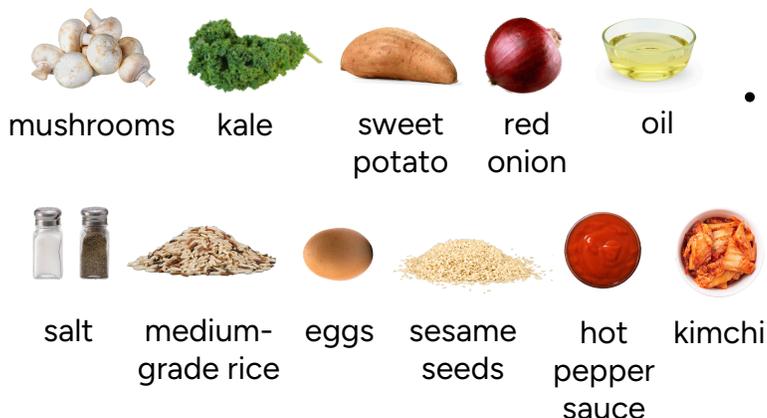


Vegetarian

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)

Cut out this list to use when grocery shopping!



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



Preheat oven to 450°F.

2



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



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

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



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



(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



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



Nut
Free



Soy
Free

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

Cut out this list to use when grocery shopping!



russet
potato



oil



salt &
pepper



green beans



mayonnaise



hot pepper
sauce



breadcrumbs



butter



haddock
fillets

You Will Need

- 10" x 15" baking pan
- Knife
- Cutting Board
- 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.



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

Cut out this list to use when grocery shopping!



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.

1



Wash and prepare vegetables: roughly chop potatoes, peel and chop carrots, chop cabbage, slice zucchini...



dice onion, mince garlic.



2



Add all ingredients except cannellini beans and cheese in a slow cooker. Stir.

3



Cover and cook on LOW for 6 hours.

4



Add cannellini beans. Stir. Cover and cook on LOW for 1 hour or until vegetables are tender.

5



Remove and discard bay leaf. Serve and top with cheese (optional).



Additional Resource List

Food Safety

Knife Skills

Holding your knife properly is an important cooking skill. This video about [Basic Knife Skills](https://youtu.be/G-Fg7I7G1zw) (https://youtu.be/G-Fg7I7G1zw) is a great introduction to proper knife use and can help with teaching participants safe and effective ways to chop, mince, and more!

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 err 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](#)

Cooking Tips

This [Cooking Tips and Terms](#) document provides a list of helpful tips to get started with cooking.

This [Cooking with Kids](#) document gives ideas for food skills to develop by age and sample recipes.

Nourish Nova Scotia Website

Check out the [Nourish Nova Scotia website](https://www.nourishns.ca/) (https://www.nourishns.ca/) for further resources about food literacy, cooking, and more!

