



Literally Nutritious

3.0: Sheet Pan Recipes

Table of Contents

Introduction	2
Cornbread	3
Cheesy Sweet Potato Rounds	5
Banana Chocolate Chip Cake	7
Sweet Potato Chickpea Curry	9
Tofu and Broccoli	11
Meatloaf Dinner	13
Additional Resource List	15



Click on our *flork* icon to come back to this page!



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 slow cooker 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.



Cornbread

Prep Time: 5 minutes

Cook Time: 20-25 hours

Servings: 50



Nut
Free



Soy
Free



Vegetarian



You Will Use

- ☐ 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

Cut out this list to use when grocery shopping!

You Will Need

- 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!



cornmeal



whole
wheat flour



baking
powder



sugar



salt



eggs



oil



milk

1



Preheat oven to 350°F.

2



Line sheet pan with parchment paper.

3



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

4



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

5



Pour onto sheet pan and smooth into an even layer.

6



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



Cheesy Sweet Potato Rounds

Prep Time: 10-15 minutes
Cook Time: 25-30 minutes
Servings: 4-6



Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegan

You Will Use

- ☐ 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)

Cut out this list to use when grocery shopping!



sweet
potato



oil



cumin



salt



chili
powder



black beans



shredded
cheese



salsa



spinach

You Will Need

- 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!



1



Preheat oven to 400°F.

2



Line sheet pan with parchment paper.

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.

4



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

5



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

6



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

7



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



Banana Chocolate Chip Cake

Prep Time: 10 minutes

Cook Time: 20-25 minutes

Servings: 24



Nut
Free



Soy
Free



Vegetarian

You Will Use

- ☐ 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 ½ 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

Cut out this list to use when grocery shopping!



butter

brown
sugar

sugar

vanilla

eggs



banana

flour

baking
soda

salt

chocolate
chips

You Will Need

- 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).



1



Preheat oven to 350°F.

2



Line sheet pan with parchment paper.

3



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

4



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

5



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

6



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

7



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



Sweet Potato Chickpea Curry

Prep Time: 10-15 minutes

Cook Time: 30 minutes

Servings: 4



Dairy
Free



Nut
Free



Egg
Free



Gluten
Free



Soy
Free



Vegan

You Will Use

- ☐ 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

Cut out this list to use when grocery shopping!



sweet
potato



onion



oil



tomato
paste



garam
masala



chili
powder



chickpeas



coconut
milk



salt &
pepper

You Will Need

- 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!



1



Preheat oven to 350°F.

2



Line sheet pan with parchment paper.

3



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

4



Thickly slice the onion.

5



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

6



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

7



Remove from oven and drizzle with coconut milk.

8



Toss well and serve.



Tofu and Broccoli

Prep Time: 10-15 minutes

Cook Time: 20 minutes

Servings: 4-6



Dairy
Free



Nut
Free



Egg
Free



Vegan



You Will Use

- ☐ 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

Cut out this list to use when grocery shopping!

You Will Need

- 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.



firm tofu



broccoli



oil



salt



garlic
powder



ketchup



soy sauce



chili powder



1



Preheat oven to 425°F.

2



Line sheet pan with parchment paper.

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.

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).

5



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

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).

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.

8



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

9



Serve warm with flatbread or on rice.



Meatloaf Dinner

Prep Time: 15 minutes

Cook Time: 30 minutes

Servings: 4-6



Dairy
Free



Nut
Free

You Will Use

- ☐ 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

Cut out this list to use when grocery shopping!



broccoli



sweet
potato



oil



salt &
pepper



ground
beef



eggs



breadcrumbs



BBQ
sauce



paprika



garlic
powder

You Will Need

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

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.



1



Preheat oven to 400°F.

2



Line sheet pan with parchment paper.

3



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

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.

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.

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.

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)

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.



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-Fg7l7G1zw) (https://youtu.be/G-Fg7l7G1zw) 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 food 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!

