

Seasonal Eating
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Sheet Pans Make Easy Meals
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One dish meals have always been popular for easy preparation and quick cleanup. The current trend in these one pot wonders is sheet pan dinners. Proteins and vegetables are all roasted in the oven together on a sheet pan. These are the perfect meals for winter.

Start with a sturdy sheet pan. Sheet pans have sides about an inch high to catch any juices. These versatile pans can be used for roasting vegetables and meats, making sheet cakes and general baking. I have several and use them almost daily. Just make sure they are of good quality and heavy to help cook foods evenly. The half sheet pan size is perfect for most ovens.

To make cleanup even easier and keep foods from sticking, line the pan with either a silicone liner, parchment paper or foil.



When selecting your meal items, consider the temperature and times at which the ingredients cook. Fish and shrimp pair well with quicker cooking vegetables like asparagus and tomatoes while chicken breasts pair well with longer cooking vegetables like potatoes and winter squash. You can adjust the timing by either starting longer cooking items first to give them a head start or by cutting the vegetables smaller for quicker cooking.

The sheet pan dinner below features chicken breasts with new red skinned potatoes and sliced mushrooms. The chicken is topped with a rub of brown sugar with chili powder and other spices. It gives the chicken a good color and punch of sweet chili flavor that's not too spicy. You may need to remove the chicken slightly before the potatoes so that it doesn't overcook. Check the chicken by sliding an instant read thermometer into the side of the chicken breast horizontally at 25 minutes. It should read 165 degrees F. when done.

The Bedford County Family and Community Education Clubs (FCE) will feature a program on sheet pan dinners in January. To find out more information about the clubs or how to join, visit the Bedford County Extension website (bedford.tennessee.edu) or call 684-5971.

Sweet Chili Chicken with Ranch Potatoes and Mushrooms

2 tablespoons brown sugar
1/2 teaspoon kosher salt
1/2 teaspoon chili powder
1/2 teaspoon garlic powder

1/2 teaspoon paprika
1/4 teaspoon onion powder
1/4 teaspoon dry mustard
1/4 teaspoon dried oregano
1/4 teaspoon dried thyme
2-3 boneless, skinless chicken breasts
5 tablespoons olive oil, divided
1/2 packet ranch salad dressing mix
12 ounces new red potatoes
8 ounces mushrooms, sliced
Kosher salt

Stir together brown sugar, kosher salt, chili powder, garlic powder, paprika, onion powder, dry mustard, oregano and thyme. Place chicken breasts on a parchment or silpat lined baking sheet. Divide sugar mixture among the breasts and spread over the tops. In a medium bowl, stir together 3 tablespoons of the olive oil with the ranch dressing mix. Cut new potatoes into halves or quarters (depending on size) and toss with oil mixture. Pour onto one side of the baking sheet. Toss the mushrooms with the remaining 2 tablespoons of olive oil and a generous pinch of salt. Pour onto the other side of the baking sheet. Bake at 400 degrees for 25-35 minutes. Check to see if the chicken is cooked through at 25 minutes and remove if done. Continue cooking until potatoes are tender, if needed.