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## One Sheet Pan

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# Sheet Pan Shakshuka

Pete and Gerry's



4 servings



30 minutes

## INGREDIENTS

1 tablespoon canola oil or olive oil

1/2 large onion, sliced

1 yellow bell pepper, diced

1 green bell pepper, diced

1 tablespoon minced garlic

2 teaspoons ground paprika

1 teaspoon ground cumin

1 teaspoon salt

1/2 teaspoon freshly ground black pepper

One 28-ounce can diced tomatoes

6 ounces tomato paste

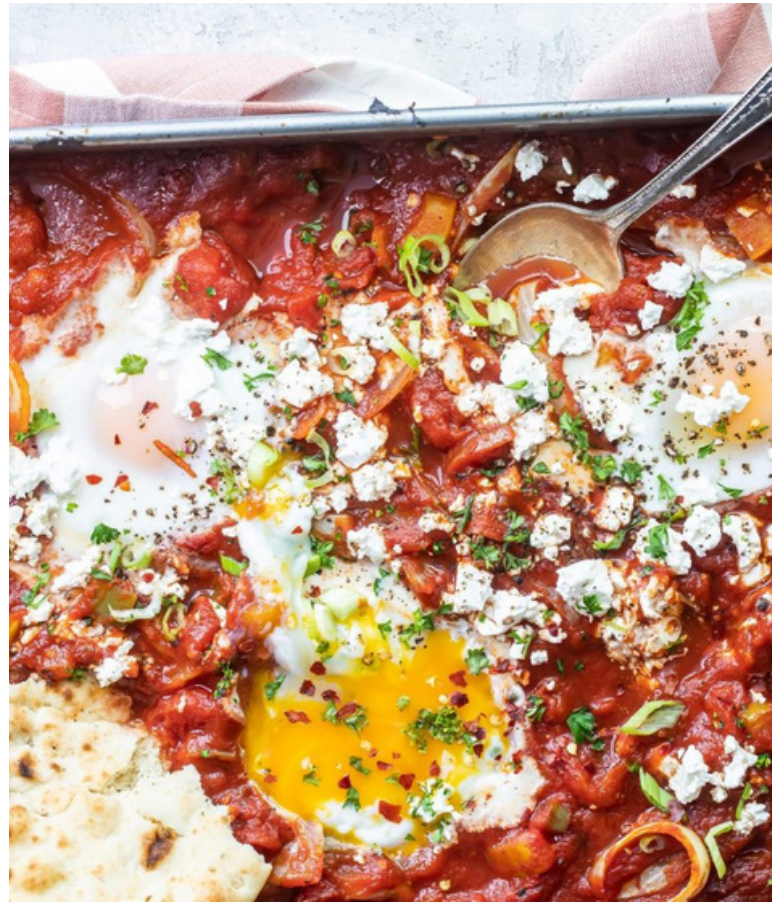
1 cup chicken or vegetable stock

3-4 Eggs

1/2 cup crumbled feta cheese

Fresh chopped parsley, for garnish

Pita bread, for serving (optional)



## INSTRUCTIONS

1. Preheat oven to 400F. Heat oil in a medium-sized skillet over low heat. Add the diced onion and sauté, stirring occasionally, until it starts to soften. Add both diced peppers, garlic, paprika, cumin, salt, and pepper, and stir well while cooking for 2 additional minutes.
2. Transfer sautéed ingredients to a deep 9" x 13" pan. Pour tomatoes (undrained) into the pan, followed by the tomato paste and stock. Use a spoon or spatula to mix well, then bake for 20 minutes, or until the sauce begins to bubble.
3. After 20 minutes, remove the pan from the oven and make a shallow well in the tomato sauce for each egg to sit in. Crack the eggs into their respective wells and place the pan back in the oven for 10 more minutes, or until the egg yolks begin to cloud over with the egg whites. The yolks should remain soft and runny.
4. Once the eggs are done, remove the pan from the oven and garnish with the crumbled feta and chopped parsley. Serve immediately by scooping each egg into a bowl along with plenty of sauce. Serve with warm pita bread if desired.

### NUTRITIONAL INFORMATION

Calories 320

Fat 14g

Protein 16g

Sugars 17g

Carbohydrates: 37g

# Brussels Sprouts & Sweet Potato Sheet Pan Hash

Walder Wellness



4 servings



45 minutes

## INGREDIENTS

1.5 lbs brussels sprouts

1 large parsnip

1 large sweet potato

2 Tbsp olive oil

8 eggs

¼ cup blue cheese, crumbled

¼ cup fresh parsley, chopped

2 Tbsp fresh thyme, chopped

Salt + pepper, to taste



## INSTRUCTIONS

1. Preheat oven to 400F, with sheet pan (large baking sheet) inside.
2. Halve brussels sprouts and chop parsnip and sweet potato into small, 1-inch chunks. Place ingredients in a large mixing bowl and toss with olive oil, salt, and pepper.
3. Remove the hot sheet pan from oven and spread vegetables on top in an even layer. Return to the oven for 30 minutes, tossing halfway. The veggies are lightly browned and tender when done.
4. While the vegetables cook, poach all eggs and set aside on a paper towel.
5. Remove hash from oven and top with poached eggs. Sprinkle with fresh herbs, crumbled blue cheese, salt and pepper. Serve immediately (include 2 eggs per serving).

### NUTRITIONAL INFORMATION

Calories 347

Fat 19g

Protein 20g

Sugars 8.2g

Carbohydrates: 30g

# Sheet Pan Breakfast Sandwiches

Inquiring Chef



4 servings



30 minutes

## INGREDIENTS

4 English Muffins

2 Tablespoons Butter, softened

4 large Eggs

4 slices Cheese

Salt and Black Pepper

8 slices Cooked Bacon

Other toppings like arugula, spinach, hot sauce, etc.



## INSTRUCTIONS

1. Preheat oven to 400°F.
2. Line a sheet pan with parchment paper or foil
3. Slice open English muffins and spread them out in a single layer on the sheet pan. Spread the tops halves of the English muffins with butter (leave the bottom halves plain).
4. Using your fingers or a spoon, pull most of the bread out of the center of the bottom halves of the English muffins, forming a “nest” for the eggs.
5. Transfer the sheet pan to the oven and bake the English muffins until golden brown, 6 to 8 minutes.
6. Remove the pan from the oven. Crack an egg into each of the “nests” you made in the bottoms of the English muffins. Add cheese to the top halves of the English Muffins.
7. Return the pan to the oven and continue baking until the egg whites are firm and yolks are cooked to your liking, 7 to 10 minutes.
8. Season the eggs with some salt and pepper.
9. Add bacon and other toppings and then combine the top and bottom halves of the English muffins. Enjoy!

### NUTRITIONAL INFORMATION

Calories 395

Fat 21g

Protein 23g

Sugars 1g

Carbohydrates: 28g

# Sheet Pan Pancakes

Dinner then Dessert



8 servings



25 minutes

## INGREDIENTS

3 cups flour

2 tablespoons baking powder

2 tablespoons sugar

1/2 teaspoon salt

2 1/2 cups milk

2 large eggs

8 tablespoons unsalted butter , melted

1 cup strawberries , sliced

1 cup blueberries



## INSTRUCTIONS

1. Pre-heat the oven to 425 degrees.
2. Add the dry ingredients and whisk together, then add the wet and combine fully.
3. Spray a half-size baking sheet with baking spray and pour the pancake batter onto the pan, spreading evenly.
4. Put the strawberries and blueberries evenly over the batter and bake for 15 minutes until golden brown.

### NUTRITIONAL INFORMATION

Calories 454

Fat 9g

Protein 13g

Sugars 10g

Carbohydrates: 80g

# Sheet Pan Omelet

Melissa's Southern Style Kitchen

 12 servings  25 minutes

## INGREDIENTS

- 1 tablespoon salted butter melted
- ½ lb bacon cooked and crumbled or sliced
- 1 cup packed baby spinach, roughly chopped
- ½ cup red bell pepper diced
- 3 medium green onions chopped
- 1 cup shredded sharp cheddar cheese divided use (or a mix of your favorite cheese)
- 12 large eggs
- ½ cup light cream or whole milk
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 teaspoon granulated garlic
- ½ teaspoon onion powder
- few dashes hot sauce optional



## INSTRUCTIONS

1. Preheat oven to 350°F. Liberally spray a 15 x 10 x 1 inch jelly roll pan with cooking spray. Pour melted butter onto pan using a pastry brush to coat all sides.
2. Arrange bacon, spinach, green onions and bell pepper on pan. Sprinkle with ½ cup cheese.
3. In a medium size bowl, whisk together eggs, cream, salt, pepper, garlic and onion powder. Add a few dashes of hot sauce, if using. Pour evenly into pan. Sprinkle top with reserved cheese.
4. Place into oven and bake for 20 minutes. Check and gently shake pan to see if eggs are set. If not, bake for 5 more minutes and check again. You may broil for a few minutes at the end to brown the top, if desired.
5. Cut into 12 even square and serve on biscuits, as an egg sandwich on toast or bagels with your favorite breakfast sides.
6. Store chilled in an air tight container for up to 5 days. Reheat for 12-15 seconds in the microwave.

### NUTRITIONAL INFORMATION

Calories 207

Fat 17g

Protein 12g

Sugars 1g

Carbohydrates: 2g