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One Sheet Pan

Dinner

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Healthy Sheet Pan Sausage & Veggies

The Cooking Jar



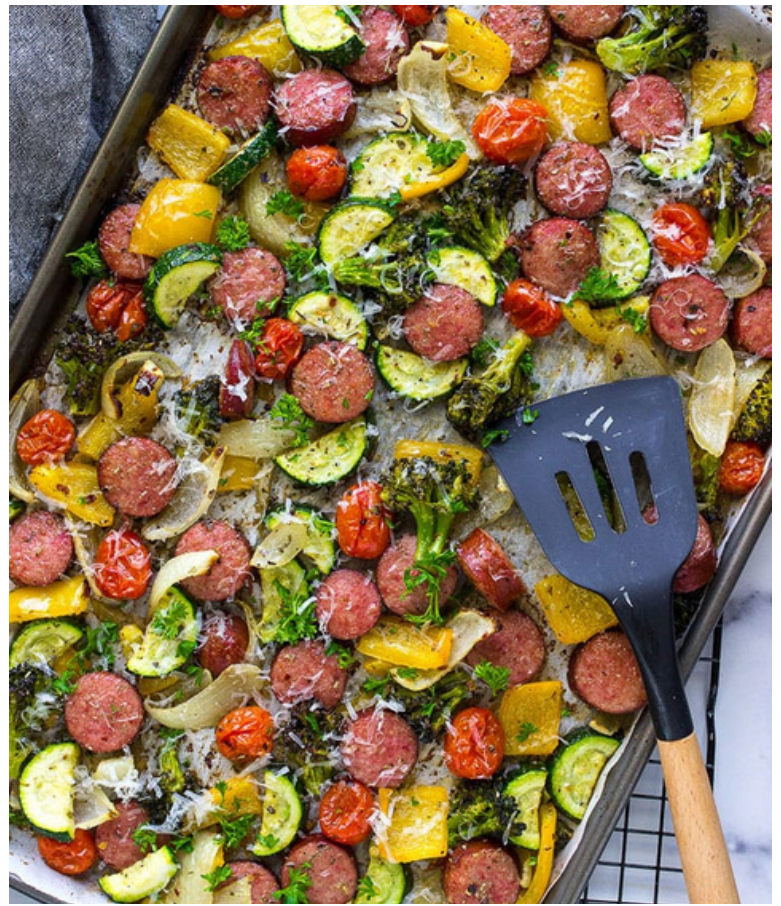
4 servings



40 minutes

INGREDIENTS

- 1 (12-14 oz.) sausage/kielbasa, sliced into 1/2" rounds
- 1 yellow/red/green bell pepper, chopped or 6 mini sweet bell peppers
- 1 medium yellow onion, chopped
- 1 zucchini, cut into half moons
- 1 cup cherry/grape tomatoes
- 2 cups broccoli
- 3 tablespoons olive oil
- 1 tablespoon Italian seasoning
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- Salt and pepper to taste
- 1 teaspoon red pepper flakes (optional for heat)
- Toppings:**
- Grated fresh Parmesan cheese (optional)
- Fresh parsley, chopped (optional)



INSTRUCTIONS

1. Line a baking sheet with aluminum foil or parchment paper.
2. Add the sausage, bell pepper, onions, zucchini, tomatoes and broccoli to a large mixing bowl. Drizzle with olive oil and add the remaining ingredients. Toss to mix everything thoroughly.
3. Move everything to the prepared sheet pan and spread it all out evenly in a flat layer.
4. Bake at 400°F for 30 minutes, tossing halfway through for even cooking.
5. Dish and serve hot sprinkled with optional toppings.
6. Enjoy!

NUTRITIONAL INFORMATION

Calories 336

Fat 26g

Protein 14g

Sugars 3g

Carbohydrates: 15.5g

Mini Italian-Style Meatloaf Sheet Pan

Modern Proper

 6 servings  60 minutes

INGREDIENTS

1 pound ground beef, 80/20
1/2 pound ground pork
3/4 cup bread crumbs
2 large eggs, beaten
3/4 cup whole milk
2 tsp sea salt
1 tsp Italian seasoning
1/4 tsp ground black pepper
1 tsp garlic powder
1 tsp onion powder
1/4 cup ketchup
2 Tbsp Brown sugar
2 tsp Worcestershire sauce
1 tsp water
1/2-3/4 lb broccoli, florets
1/2-3/4 lb baby potatoes, halved
2 Tbsp extra virgin olive oil



INSTRUCTIONS

1. Preheat the oven to 350°F.
2. Grease a large rimmed baking sheet, set aside.
3. In a large bowl mix together the ground beef, pork and breadcrumbs until fully combined.
4. In a medium-sized bowl, whisk the eggs together with the milk, 1 1/4 teaspoon salt, Italian seasoning, pepper, garlic powder, and onion powder.
5. Stir the whisked egg mixture, and 3 tablespoons ketchup into the meat, until fully combined. Use a stand mixer for this step if you have one.
6. In a small bowl mix together the remaining 1 tablespoon ketchup, brown sugar, Worcestershire sauce and water until fully combined.
7. Place the broccoli and potatoes on the baking sheet and drizzle with olive oil and remaining 3/4 teaspoon salt. Toss to coat evenly and spread it all out on the baking sheet. Divide the meat into 6 pieces and create an oval about 4" by 3". Nestle them between the broccoli and potatoes.
8. Using a pastry brush, brush the brown sugar sauce over the tops of the meatloaves.
9. Bake in the oven for 30 minutes until the internal temperature of the meatloaf registers 160°F with an instant read thermometer.

NUTRITIONAL INFORMATION

Calories 414

Fat 14g

Protein 40g

Sugars 9g

Carbohydrates: 30g

Sheet Pan Pizza

A Family Feast



8 servings



1 hour

INGREDIENTS

Dough

½ pound sweet Italian sausage, removed from casings

2 tablespoons cream cheese

1 cup almond flour

¼ cup coconut flour

1 ½ cups shredded mozzarella cheese

¼ cup freshly grated Parmesan cheese

2 whole large eggs

Toppings

1 tablespoon olive oil

1 medium onion, sliced

1 medium Bell pepper sliced, (any bell pepper, green, red, yellow or orange)

8 ounces baby spinach

2 tablespoons fresh garlic passed through a garlic press

½ cup pizza sauce (leave out the sugar)

½ cup shredded sharp cheddar cheese

2 cups shredded mozzarella cheese



INSTRUCTIONS

1. Preheat oven to 375 degrees F.
2. In a medium bowl mix uncooked sausage meat, cream cheese, almond flour, coconut flour, 1 ½ cups mozzarella cheese, Parmesan cheese and eggs.
3. Spray a quarter sheet pan (13×9-inch) with kitchen pan spray.
4. Press the mixture into the pan making an even edge all the way around.
5. Bake 12 minutes, turning pan half way through baking.
6. While crust is baking, in a medium skillet with the olive oil over medium heat, saute onions and peppers for ten minutes until slightly soft. Add spinach and cook one minute to wilt.
7. Add garlic and remove from heat.
8. When crust comes out of oven, spread pizza sauce on bottom, top with cooked vegetables from pan, sprinkle on cheddar and mozzarella and bake for about 25 minutes, or until browned and melty. Place under the broiler for a minute if you desire it to be more browned.
9. Cut into eight portions and serve.

NUTRITIONAL INFORMATION

Calories 359

Fat 16.6g

Protein 29.1g

Sugars 5g

Carbohydrates: 13.1g

Sheet Pan Ginger Soy Glazed Salmon

Eat Yourself Skinny



4 servings



15 minutes

INGREDIENTS

4 (6 oz) Alaska salmon fillets, fresh or frozen, thawed

1 lb. fresh green beans

2 cups carrots, cut into 2-inch pieces

1 Tbsp olive oil

Salt and pepper, to taste

Ginger soy glaze:

- 1/4 cup reduced-sodium soy sauce
- 2 Tbsp sweet chili sauce
- 1 Tbsp honey
- 1 Tbsp grated ginger
- 2 cloves garlic, minced
- 1 Tbsp chopped green onions



INSTRUCTIONS

1. Preheat oven to 400 degrees F.
2. Place salmon (skin side down), green beans and carrots in a single layer on a prepared baking sheet. Drizzle green beans and carrots with olive oil and sprinkle with a little salt and pepper.
3. In a small bowl, whisk together soy sauce, sweet chili sauce, honey, ginger, garlic and green onions. Spoon sauce over salmon fillets and bake in the oven for 8 to 10 minutes. Turn the broiler on and cook for an additional 2 to 3 minutes, until edges of salmon are crisp.
4. Serve immediately and enjoy!

NUTRITIONAL INFORMATION

Calories 392

Fat 11.3g

Protein 47.2g

Sugars 15.4g

Carbohydrates: 24.9g

Ratatouille Sheet Pan Dinner With Sausage

Modern Proper



6 servings



55 minutes

INGREDIENTS

1 (20 oz) package mild Italian sausage (turkey, chicken,

pork or vegan sausage substitute links)

½ onion, sliced

1 small zucchini, sliced ½" sliced

1 small yellow squash, ½" sliced

1 small eggplant, ½" sliced

1 pint cherry or grape tomatoes

4 garlic cloves, thinly sliced

½ cup olive oil

1 tsp salt

1 tbsp fresh basil, packed, minced

1 tbsp fresh thyme, packed, minced

creamy polenta, for serving, optional



INSTRUCTIONS

1. Heat oven to 400°F.
2. Place the onion, zucchini, yellow squash, eggplant, tomatoes and garlic on a rimmed baking sheet. Drizzle with ½ cup olive oil, sprinkle with salt and fresh thyme. Toss until evenly coated.
3. Nestle the sausages into the veggies. Bake for 40 minutes until the vegetables are very tender and the sausage is browned.
4. Sprinkle with fresh basil.

NUTRITIONAL INFORMATION

Calories 360

Fat 30g

Protein 17g

Sugars 7g

Carbohydrates: 12g