

Quick and Easy Everyday One-Pan Meals

Prosciutto Chicken with Baby Tomatoes

Serves: 4

Preparation Time: 10 minutes plus 1 hour marinating time

Cooking Time: 40 minutes

Ingredients

- 4 chicken breast halves, skinless and boneless
- 4 cherry tomato vines (about 2 cups cherry tomatoes)
- 1 cup pearl onions, trimmed
- 1 lemon, zested
- 4 prosciutto slices

For marinade

- ½ cup balsamic vinegar
- 1 tablespoon olive oil
- 1 tablespoon Dijon mustard
- 3 cloves garlic, or more to taste, minced
- Salt and pepper, to taste

Directions

1. Combine marinade ingredients and marinate chicken, refrigerated, for 1 to 4 hours. Bring to room temperature before cooking.
2. Preheat oven to 400°F. Line a sheet pan.
3. Wrap a slice of prosciutto around each chicken breast. Secure with kitchen thread or toothpick if needed.
4. Add leftover marinade to the bottom of the sheet pan. Arrange chicken in a single layer, and add pearl onions around the chicken. Sprinkle with the lemon zest on top and bake for 20 minutes.
5. Add tomatoes and bake until chicken is done and tomatoes start to open up, about 10-15 minutes.

Nutrition (per serving)

Calories 356, Carbs 10.1 g, Fat 10.4 g, Protein 47.9 g, Sodium 290 mg

Sheet Pan Philly Cheese Steak

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 23–25 minutes

Ingredients

- 1–1½ pounds flank steak
- Salt and pepper, to taste
- Garlic powder, to taste
- 1–2 tablespoons olive oil, divided
- 2 tablespoons Worcestershire sauce, divided
- 1 Spanish onion, sliced
- 1 medium green bell pepper
- 8 slices white American or provolone cheese
- 4 hoagie buns
- Butter at room temperature

Directions

1. Preheat oven to 350°F. Line and grease a sheet pan.
2. Place onion and bell pepper on sheet pan. Drizzle and coat with about half the olive oil and about half the Worcestershire sauce. Season with salt, pepper. Push vegetables toward the edges to make space for the flank steak.
3. Position the flank steak on the sheet pan. Rub the remaining oil and Worcestershire sauce all over its surface. Season with salt and pepper.
4. Bake for 15 minutes and then transfer to top rack and broil to brown (about 3–5 minutes).
5. Remove from oven. Let rest briefly and then slice into thin strips. Put oven at off.
6. Put the beef strips with the vegetables and place them back in the oven to keep warm.
7. Butter the inside of the buns and place on a baking sheet. Add 2 provolone slices to each of the hoagies.
8. Crank the oven back to broil. Let the bread toast for about 1 to 2 minutes, or until the cheese has melt.
9. Remove from the oven and assemble the sandwiches by adding a generous amount of the steak and vegetables to each bun. Serve warm.

Nutrition (per serving)

Calories 493, Carbs 6.6 g, Fat 31.7 g, Protein 43.5 g, Sodium 651 mg

Shrimp-Asparagus Roast

Serves: 3–4

Preparation Time: 5 minutes

Cooking Time: 15–20 minutes

Ingredients

- ¼ cup parmesan cheese, grated

For asparagus

- 1 pound asparagus, woody ends trimmed off
- 2 tablespoons olive oil
- Salt and pepper, to taste

For shrimp

- 1 pound raw shrimp, shelled
- 1 tablespoon olive oil
- Zest of one lemon
- 1–2 teaspoons red pepper flakes, or to taste
- Salt and pepper, to taste

Directions

1. Preheat oven to 425°F. Line and grease a sheet pan.
2. In a bowl, combine ingredients for shrimp. Set aside
3. Lay asparagus on a baking sheet and drizzle or brush with olive oil.
4. Season with salt and pepper.
5. Place in oven and let bake for 10 to 15 minutes.
6. Place the shrimp in the sheet pan with the asparagus.
7. Cook until shrimp are pink and opaque (about 5 minutes).
8. Sprinkle with grated parmesan and serve.

Nutrition (per serving)

Calories 280, Carbs 9.4 g, Fat 10 g, Protein 38.4 g, Sodium 836 mg

Salmon with Chili and Lime

Serves: 4

Preparation Time: 10 minutes

Cooking Time: 15–20 minutes

Ingredients

- 4 6-ounce salmon steaks
- 12 mini bell peppers (preferably in assorted colors)
- 1 large onion, cut into wedges
- 1 lime, sliced

For marinade

- Juice of 2 limes
- ¼ cup fresh parsley, chopped
- 2 tablespoons olive oil
- 2 tablespoons water
- 3 cloves garlic, minced
- 1 teaspoon red pepper flakes, or to taste
- 1 teaspoon cumin
- 1½ teaspoons salt
- 1 tablespoon honey

Directions

1. Preheat oven to 375°F. Line and grease a sheet pan.
2. Arrange salmon steaks in center of sheet pan.
3. In a bowl, whisk marinade ingredients together well.
4. Drizzle about ¾ of the marinade over the salmon, coating well.
5. Drop the bell pepper and onion into the remaining marinade and toss to coat.
6. Surround salmon with marinated peppers and onion.
7. Bake until salmon flakes easily (about 15–20 minutes). If desired, remove salmon from oven to rest. Transfer sheet pan with peppers and onion to top rack and let broil until the edges of the vegetables begin to caramelize or char a little.
8. Serve with lime wedges.

Nutrition (per serving)

Calories 459, Carbs 17.8 g, Fat 29.3 g, Protein 36.1 g, Sodium 958 mg

Simple Savory Pork Roast

Serves: 6

Preparation Time: 10 minutes

Cooking Time: 1 hour

Ingredients

- 3-4 pounds pork shoulder roast
- 4 cloves garlic, halved and crushed
- 3 tablespoons olive oil, divided
- 2 pounds vegetables of choice (like broccoli florets, cherry tomatoes, carrot, onion, diced sweet potato, trimmed green beans or asparagus, potato wedges, Brussels sprout wedges, etc.)

For spice rub

- 1 tablespoon dried rosemary
- ½ teaspoon dried thyme
- ½ teaspoon dried parsley
- 1 pinch red pepper flakes
- ½ teaspoon salt, or to taste
- ¼ teaspoon black pepper

Directions

1. Preheat oven to 350°F. Line and grease sheet pan.
2. Cut slits on the pork loin and insert the garlic halves.
3. Rub 1½ tablespoons of olive oil over pork loin.
4. Combine spice rub ingredients and spread evenly over pork loin.
5. Place on sheet pan and cover with a sheet of foil.
6. Bake for 30 minutes.
7. Meanwhile, put remaining oil in a large bowl. Add vegetables and toss to coat. Sprinkle vegetables liberally with salt and pepper, tossing gently.
8. Remove the sheet pan from the oven. Take foil cover off and surround pork loin with the vegetables.
9. Bake until pork loin reaches internal temperature of 145°F and vegetables are tender (about 30 minutes). If vegetables are not done, transfer pork loin to a rack or chopping board and bake vegetables a little longer.
10. Tent the pork loin with foil and let sit for 10 minutes before slicing.
11. Serve sliced pork loin with vegetables. Drizzle with any pan juices, if desired.

Nutrition (per serving)

Calories 386, Carbs 10.4 g, Fat 19.7 g, Protein 36.5 g, Sodium 684 mg

Ratatouille with Goat Cheese

Serves: 3–4

Preparation Time: 20 minutes

Cooking Time: 30–40 minutes

Ingredients

- 1 12-ounce can tomato puree
- 3 cloves garlic, chopped finely
- 1 small onion, chopped finely
- 2 tablespoons fresh basil leaves, chopped, plus extra for garnish
- 2 tablespoons fresh parsley, chopped
- Salt and pepper, to taste
- 2 tablespoons unsalted butter, diced
- 1 large zucchini, sliced into thin rounds
- 1 large yellow squash, sliced into thin rounds
- 1 large eggplant, sliced into thin rounds
- 1 large red bell pepper, seeded, quartered and sliced
- 2 tablespoons extra virgin olive oil
- 1 tablespoon fresh thyme leaves (or 1 teaspoon dried)
- 4 ounces soft goat cheese, crumbled

Directions

1. Preheat the oven to 375°F.
2. Spread tomato puree evenly over sheet pan.
3. Sprinkle with next 6 ingredients (through butter).
4. Arrange the vegetable rounds, alternately overlapping each other in rows, over the tomato mixture, tucking the bell pepper slices in between.
5. Drizzle or brush with olive oil
6. Sprinkle with thyme, salt and pepper.
7. Bake until tomato mixture begins to bubble and vegetables are tender (about 30 minutes).
8. Sprinkle crumbled cheese on top and transfer to top rack.
9. Broil to melt cheese (about 1 minute).
10. Garnish with chopped parsley.
11. Serve.

Nutrition (per serving)

Calories 288, Carbs 23.5 g, Fat 20.2 g, Protein 9.3 g, Sodium 780 mg

***These recipes and more are found in Louise Davidson's *Sheet Pan Cooking: From Oven to Table, Quick & Easy, Everyday, One-Pan Meal Recipes*. To get your copy, click on the cover below or click [here](#).

