

# 10 SHEET PAN FAMILY MEALS

Spread it out, bake it and dinner is served! Serve up one of these one-pan ideas for a healthy and delicious meal that's as easy to cook as it is to clean up.



1

## FAJITAS

Toss vegetables and your plant-based protein of choice with olive oil and seasonings. Add tortillas to the pan five minutes before cooking is complete.

2

## BAKED PASTA

Spread out gnocchi or ravioli along with your vegetable picks. Bake with olive oil, garlic and seasonings or tapenade.

3

## STIR FRY

Use the same mix you'd throw into your wok, along with your favorite hoisin or teriyaki sauce.

4

## PIZZA

Roll out your dough and stretch it to fit the pan. Add your family's traditional toppings and bake.

5

## NACHOS

Spread out a layer of chips and top with your go-to nacho fixings!

6

## STUFFED POTATOES

Prick and lay out spuds along with vegetables, beans and dairy-free cheese.

7

## BAKED SQUASH

Halve acorn or spaghetti squash and top with vegetables and dairy-free cheese or sauce.

8

## BOWLS

Toss vegetables, beans or legumes with a marinade or spices. When done roasting, serve over grains with a creamy sauce.

9

## SALADS

Roast vegetables and tempeh or tofu. When done baking, sprinkle on top of a bed of lettuce and drizzle with dressing.

10

## MIXED PLATE

Baste vegetable steaks (cauliflower and Portobello mushrooms) along with vegetables, potatoes and tofu or tempeh slices with your favorite sauce or marinade (pesto, chimichurri, tapenade).