

One-Pan Meals

One-Pan Meals save time, make cleanup easy, and don't require expensive equipment or fancy ingredients. To build your One-Pan Meal, select vegetables, protein, oil, and seasonings. Then roast or saute until everything is golden brown. Bulk up your meal by adding salad greens or a pre-cooked grain. Finish it off with condiments and toppings for an extra punch of flavor. The recipe below creates enough for 2 meals. Scale up or down as you need.

Items added after cooking
ingredients in steps 1-3.

5 Condiments and Toppings

Greek yogurt



Shredded cheese



Green onions



Fresh herbs



Soy sauce



Hummus



Sriracha



Salsa



4 Serve with 4 handfuls



Salad greens



Cooked brown rice



Cooked whole wheat pasta



Cooked quinoa

3 Seasoning: 2 tablespoons oil, herbs and spices to taste



Oil



Dried peppers



Fresh garlic



Dried herbs



Salt



Pepper

2 Protein: 4 handfuls of beans or 2 palm-sized pieces of meat or seafood



Beans



Tofu



Salmon
filet



Cod/
halibut
filet



Shrimp



Chicken
breast



1 Vegetables: 4 handfuls



Bell peppers



Sweet
potato



Broccoli



Cauliflower



Carrots



Brussels sprouts

Squash



Zucchini



Eggplant



Kale



OR



One-Pan Meals Roasting Guide

Vegetables and Fruits

- When working with vegetables, make sure they are cut to the same size.
- Be sure to coat vegetables with oil and seasonings for maximum flavor.
- Dense vegetables—potatoes, winter squashes—take the longest to cook.
- Water-filled vegetables— asparagus, broccoli, peppers— take less time. If you are looking to caramelize these types of vegetables, it can take longer because the moisture needs to evaporate first.

400°F pre-heated oven

Less than  15

- Asparagus, whole
- Bok choy
- Broccoli
- Corn kernels
- Green beans
- Green onions
- Kale
- Sugar snap peas

 15 to 30

- Apples, sliced
- Artichoke hearts
- Brussels sprouts, halved
- Carrots, sliced
- Cherry tomatoes, whole
- Leeks
- Mushrooms
- Okra
- Pineapple rings
- Summer squash
- Zucchini

 30 to 45

- Beets
- Butternut squash
- Cabbage
- Carrots, whole
- Cauliflower
- Corn on the cob
- Eggplant
- Garlic head
- Pears, sliced
- Peppers
- Potatoes
- Sweet potatoes

 45 to 60

- Cherry tomatoes, caramelized
- Summer squash, caramelized
- Zucchini, caramelized

Proteins

- Round out your meal with protein: meat, fish, or plant-forward options. Aim for 2–3 ounces per serving, or the size of your palm.
- If cooking poultry, remember that dark meat takes longer to cook than white meat, and bone-in chicken longer than boneless.
- As with vegetables and fruit, cut your proteins into smaller pieces for quicker cooking.

400°F pre-heated oven

Less than  15

- Cod
- Salmon
- Shrimp
- Tilapia

 15 to 30

- Black beans, canned, drained and rinsed
- Chicken breast, boneless
- Edamame, from frozen

 30 to 45

- Chicken breasts, bone-in
- Chicken thighs, boneless or bone-in
- Tofu, cut into half-inch pieces

 45 to 60

- Garbanzo beans, canned, drained and rinsed

RECOMMENDED COOKING TEMPERATURES

Use a digital thermometer to ensure your food is safely cooked to the correct temperature.

145°F:

Fish, eggs, beef, pork, lamb

158°F:

Ground beef

165°F:

Chicken, turkey

Cut into half-inch pieces unless otherwise noted.