

# Nutrition Corner

Bring healthy recipes to the community!!

## Design Your Own One Pan Dinner

prepared By Chef Pam Carter-Coleman

### INGREDIENTS



#### **Pick your protein:**

4 chicken thighs OR

4 individual portions of salmon or other meaty fish OR

4 portabella mushrooms

#### **Pick your potatoes:**

1 pound, cut into ½ pieces: Redskin, Yukon gold, Fingerling, or sweet potatoes

\*Easy short cut-Use the potatoes in the steamable bags. Microwave according to the package directions and stop at the lowest cook time.

#### **Pick your vegetables:**

1 bag fresh or frozen green beans, broccoli, brussel sprouts or any favorite that roasts well.

\*Easy short cut-If frozen use the steamable bags. Microwave according to the package directions and stop at the lowest suggested cook time to keep the vegetables from being too soft when baking in the oven.

#### **Pick your seasonings:**

This is a time to explore your spice rack. Use as many of your savory spices that do not contain salt-lemon pepper, garlic powder, onion powder, Cajun seasoning, pepper and more. Only use salt once or you may substitute salt with 1 seasoning that contains salt. Cinnamon and brown sugar work well on sweet potatoes.

\*Easy short cut-You can use onion soup mix or ranch dressing dry mix and omit the salt.

#### **Pick your optional flavors:**

Bourbon soy glaze, Teriyaki marinade, honey mustard, balsamic glaze & more!

#### **Other ingredients:**

2 Tablespoons light oil or Cooking spray

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### RECIPE



**Serves 2-4 people**

1. Preheat the oven to 425 degrees. Line a baking sheet with sides with parchment paper. Spray with cooking spray.
2. Arrange the protein on one side of the pan. If vegetables are raw add the vegetables and potatoes on the other side of the pan.
3. Season protein, vegetables, and potatoes well with your selection of seasonings on both sides. Toss the potatoes and vegetables with oil.
4. Roast for 40 minutes.

**Note:** If vegetables are pre-cooked add to the pan and season during the last 20 minutes of cooking. Toss with oil.

5. After 40 minutes remove the pan and brush on your optional flavors to protein and vegetables. Suggestions: Asian-bourbon soy or teriyaki; spicy/savory-honey mustard or balsamic glaze. If you are using sweet potatoes cinnamon can be added when first placed on the pan and a tablespoon of brown sugar added at the end when other flavors are added to avoid burning.
6. Return pan to the oven and bake for an additional 5-10 minutes or until protein is cooked.