

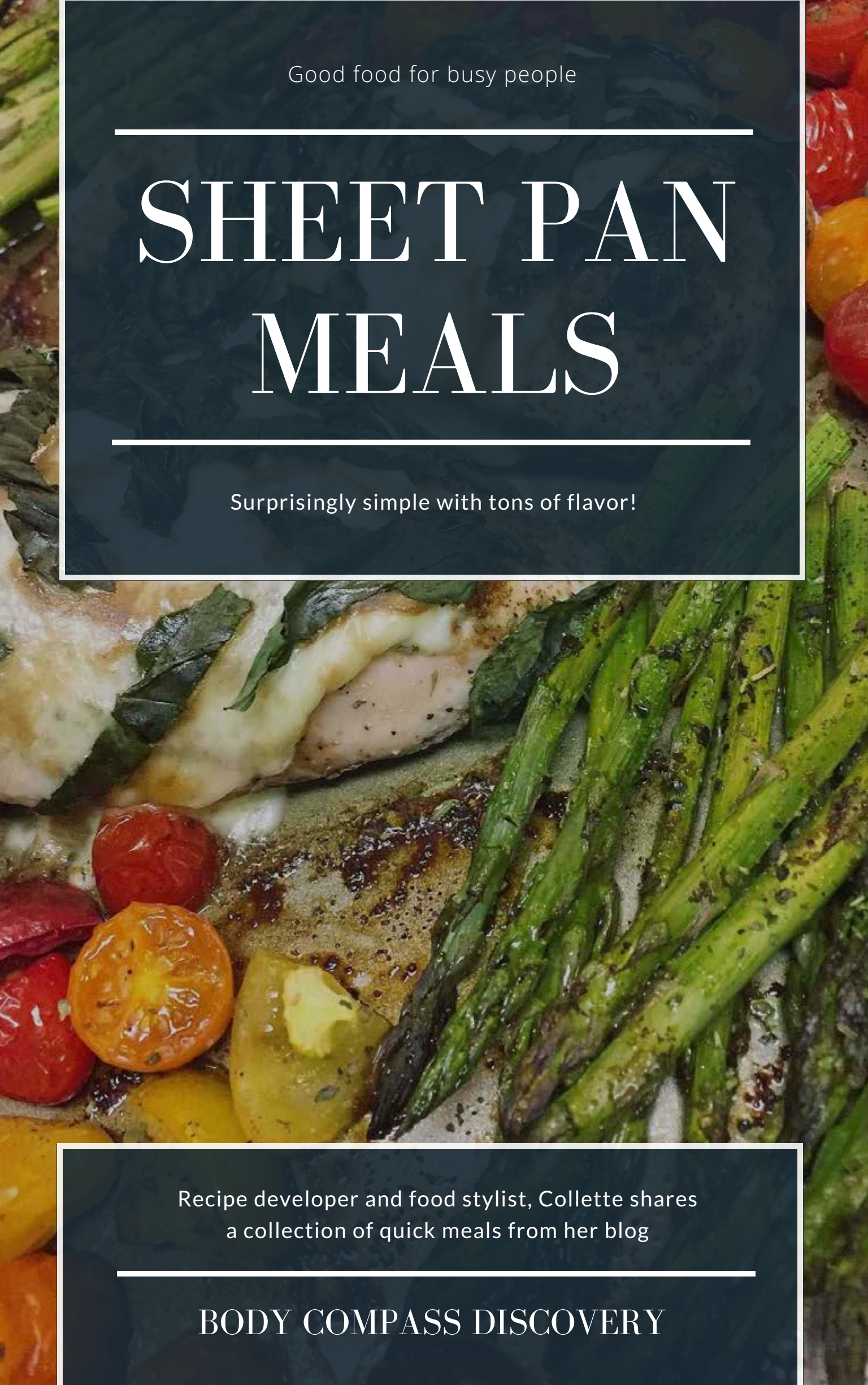
Good food for busy people

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# SHEET PAN MEALS

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Surprisingly simple with tons of flavor!



Recipe developer and food stylist, Collette shares  
a collection of quick meals from her blog

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BODY COMPASS DISCOVERY





# parmesan dijon pork

- 2 pork chops
  - 1 small russet potato
  - 1 cup baby carrots
  - 2 tbsp dijon mustard
  - 1/2 cup parmesan cheese
  - 2 tbsp olive oil
  - 1 garlic clove
  - 1 tsp thyme
  - 1/2 onion
  - 1 tsp sea salt/pepper
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- Mix dijon with the cheese, minced garlic, oil and seasonings.
- Coat the pork chops with mixture.
- Dice the potatoes and arrange with carrots and onion on a non-stick pan.
- Drizzle the veggies with oil and some additional seasonings.
- Bake at 425F for 20 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 20 MIN**  
**SERVING SIZE: 2**





# peanut Thai chicken

- 2 (4oz) chicken breasts  
(boneless/skinless)
  - 1 head broccoli
  - 1 cup baby carrots
  - 2 stalks green onions
  - 1 tbsp sesame oil (or coconut oil)
  - 2 cloves garlic
  - 1/4 cup peanut butter
  - 2 tbsp soy sauce
  - 1 tsp ginger
  - 1 lime
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- Slice the chicken in to strips and chop up the broccoli and onion.
- Mix the peanut butter, soy sauce, oil and seasonings in a bowl.
- Arrange the meat and veggies on a greased or non-stick pan.
- Drizzle with the mixture and top with the green onions and lime juice.
- Bake at 400F for 20 minutes..

**PREP TIME: 10 MIN**  
**COOK TIME: 20 MIN**  
**SERVING SIZE: 2**





# blackened tilapia

- 2 tilapia filets
- 1 zucchini
- 1 can of corn
- 2 tbsp butter (melted)
- 1 tsp oregano
- 1 tsp thyme
- 1 lemon
- 3 tsp paprika
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sea salt/pepper

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-Cut the zucchini in to rounds.

-Coat the tilapia and veggies in butter and sprinkle with seasonings.

-Place all onto non-stick pan.

-Bake at 400F for 15 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 15 MIN**  
**SERVING SIZE: 2**





# shrimp fajitas

- 1 lb shrimp
  - 3 bell peppers (multi-colored)
  - 1 small onion
  - 1 lime
  - 2 tbsp avocado oil
  - 3-4 tsp fajita seasoning  
(cumin, chili, paprika, garlic)
  - 2 tsp cilantro
  - 1 tsp sea salt/pepper
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- Peel the fresh shrimp then slice the bell peppers and onion.
- Arrange all on to non-stick pan.
- Coat with the oil and lime, then sprinkle with the seasonings.
- Bake at 425F for 15 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 15 MIN**  
**SERVING SIZE: 2**





# bruschetta chicken

- 2 (4oz) chicken breasts (boneless/skinless)
- 1 bunch asparagus
- 1 cup cherry tomatoes
- 1/2 bunch basil leaves
- 2 slices mozzarella cheese
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tsp italian seasoning
- 1 tsp onion powder
- 1 tsp garlic powder
- 1 tsp sea salt/pepper

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-Cut up the veggies

-Place all on to non-stick pan.

-Drizzle with olive oil and sprinkle with the seasonings.

-Place the mozzarella cheese and then fresh basil on top of the chicken.

-Sprinkle balsamic over everything.

-Bake at 400F for 25 minutes.

**PREP TIME: 5 MIN**  
**COOK TIME: 25 MIN**  
**SERVING SIZE: 2**





# caribbean salmon

- 2 (4oz) salmon filets
- green beans
- 1/2 cup chopped pineapple with juice
- 1/2 small onion
- 2 tsp thyme
- 2 tsp parsley
- 1 tsp ginger
- 1 tsp brown sugar
- 2 cloves garlic
- 1 tbsp red pepper flakes
- 2 tbsp soy sauce
- 1 tbsp coconut oil
- 1/4 cup sliced almonds
- 1 tsp sea salt/pepper

-Place salmon filets on top of a bed of green beans on a non-stick pan.

-Melt the coconut oil and combine with soy sauce, minced garlic and onion, pineapple chunks with juice and the seasonings.

-Pour the mixture over the salmon and green beans

-Bake at 375F for 18 minutes

-Add the almonds on top for the last few minutes of cook time.

**PREP TIME: 10 MIN**  
**COOK TIME: 20 MIN**  
**SERVING SIZE: 2**





# fig jam chicken

- 2 tbsp fig jam
  - 2 (4oz) chicken breasts  
(boneless/skinless)
  - 1 nectarine
  - 1 bundle asparagus
  - 1 tbsp Parmesan cheese
  - 1/2 lemon
  - 1 tbsp olive oil extra virgin
  - 2 tbsp walnuts
  - 3 tsp rosemary
  - 1 tsp sage
  - 1 tsp sea salt/pepper
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-Combine fig jam with a little olive oil, lemon and rosemary. Coat the chicken and place on a non-stick pan.

-Cut the nectarine into slices and set aside for later. Cut the ends off the asparagus and discard. Lay the asparagus tips around the chicken.

-Drizzle the asparagus with a little olive oil and some lemon juice, then sprinkle on the herbs and a dash of salt and pepper.

-Bake at 350F for 30 minutes..

-When there are about 5 minutes left add in the nectarines and walnuts, then top with some parmesan cheese.

**PREP TIME: 5 MIN**  
**COOK TIME: 30 MIN**  
**SERVING SIZE: 2**





# miso ginger white fish

- 4 baby bok choy
- 1 cup mushrooms
- 2 filets white fish  
(mahi mahi or similar)
- 4 tbsp soy sauce
- 2 tbsp miso
- 2 tsp ginger
- 2 tbsp brown sugar
- 1 clove garlic
- 2 tsp sesame seeds

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- Slice the bok choy in half lengthwise and lay on non-stick pan.
  - Thinly slice mushrooms and spread around the greens.
  - To make the sauce mix equal parts miso with hot water first and then add in soy sauce, ginger, garlic and brown sugar. Pour over everything.
  - Bake at 400 for 15-20 minutes.
  - Sprinkle with the sesame seeds.

**PREP TIME: 5 MIN**  
**COOK TIME: 15 MIN**  
**SERVING SIZE: 2**





# apple cider drumsticks

- 4 chicken drumsticks
- 1 small green apple
- 1/3 cup red grapes (seedless)
- 2 oz goat cheese crumbles
- 1 tbsp apple cider vinegar
- 3 tbsp applesauce (unsweetened)
- 1 tbsp honey
- 1 tbsp olive oil extra virgin
- 2 tsp rosemary
- 2 tsp sage
- 1 tsp sea salt/pepper

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-Cube up the apple. Spread both fruits on a non-stick pan and drizzle some olive oil.

-Mix wet ingredients and seasonings together and coat the chicken drumsticks. Layer on top of the fruit.

-Bake at 400F for about 40 minutes.

-When there is 10 minutes left crumble the goat cheese on top.

**PREP TIME: 10 MIN**  
**COOK TIME: 40 MIN**  
**SERVING SIZE: 2**





# herb flank steak

- 1 flank steak
  - 1 head cauliflower
  - 1 lb green beans
  - 1/2 red onion
  - 2 cloves garlic
  - 2 tsp parsley
  - 2 tbsp butter
  - 1 tbsp worcestershire
  - 2 tsp chipotle dry rub  
(chile powder, brown sugar, paprika)
  - 1 tsp sea salt/pepper
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-Marinate steak for 30 minutes before you start or while you prep the veggies by pouring the worcestershire over the meat and rubbing with the chipotle seasoning.

-Slice the onion, chop the cauliflower and snap the green beans.

-Spread the veggies on a non-stick pan and pour melted butter with minced garlic and parsley on top. Sprinkle with sea salt/pepper. Place the steak in the center of the pan.

- Bake at 420F for 10 minutes. Turn oven to broil and cook on high another 2 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 15 MIN**  
**SERVING SIZE: 2**





# mediterranean chicken

- 4 chicken thighs
- 1 cup brussels sprouts
- 1 cup cherry tomatoes
- 1/2 onion
- 2 tbsp pine nuts
- 2 tbsp parmesan cheese
- 2 tbsp olive oil extra virgin
- 1/2 lemon
- 1 tbsp red pepper flakes optional
- 2 cloves garlic
- 1 tsp basil
- 1 tsp parsley
- 1 tsp oregano
- 3/4 tsp paprika
- 1 tsp sea salt/pepper

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-Combine the lemon and olive oil with all the seasonings, parmesan cheese and minced garlic.

-Chop up some small brussels sprouts and cherry tomatoes in half. Place the veggies on a non-stick pan and coat with about 1/3 of the marinade.

-Take the raw chicken and apply the mixture evenly to each, then set on the bed of veggies.

-Cook at 400 for 35 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 35 MIN**  
**SERVING SIZE: 2**



The background of the entire page is a close-up photograph of sheet pan nachos. The nachos are a mix of ingredients including tortilla chips, shredded cheese, chicken, corn, black beans, and various vegetables like radishes and bell peppers. The lighting is warm, highlighting the textures of the food.

# sheet pan nachos

- pre-cooked fajita chicken
  - 1 can black beans
  - 1 can corn
  - 1 cup radishes
  - orange bell pepper
  - 2 jalapeños
  - fresh cilantro
  - 1 cup shredded cheese  
(Mexican blend)
  - 1 bag tortilla chips
  - 3 tsp taco seasoning  
(chili powder, onion powder, garlic  
powder, cumin, oregano, pepper)
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-Put a layer of chips on non-stick pan.

-Wash and slice the radishes, bell  
peppers and jalapeños.

-Top chips with the pre-cooked  
chicken and all veggies, then sprinkle  
with the seasoning, chopped cilantro  
and cheese.

-Bake at 350F for 15 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 15 MIN**  
**SERVING SIZE: 2**





# creamy cucumber salmon

- 2 (4oz) salmon fillets
- 1 yellow tomato
- 1 red beet
- 1/4 medium cucumber
- 3 fresh dill sprigs
- 1/4 cup (2%) plain Greek yogurt
- 2 Tbsp lemon juice
- 1 tsp ea salt /pepper

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- Peel and cube the beet. Slice the tomato in to chunks.

-Place salmon and veggies on a non-stick pan. Lightly season and drizzle with lemon juice.

-Bake at 375F for 18 to 22 minutes.

-While salmon is baking, make cucumber sauce by combining cucumber, dill, yogurt, sea salt and pepper in a medium bowl. Mix well.

-Top salmon with cucumber sauce.

**PREP TIME: 10 MIN**  
**COOK TIME: 20 MIN**  
**SERVING SIZE: 2**





# orange chicken

- 1 cup baby carrots
- 2 small sweet potatoes
- 1 medium red onion
- 2 (4oz) chicken breasts (boneless/skinless)
- 1/4 cup orange juice
- 2 medium oranges
- 2 fresh rosemary sprigs
- 1 tsp sea salt/pepper

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-Peel the sweet potato and slice in to thin rounds. Thinly slice the onion.

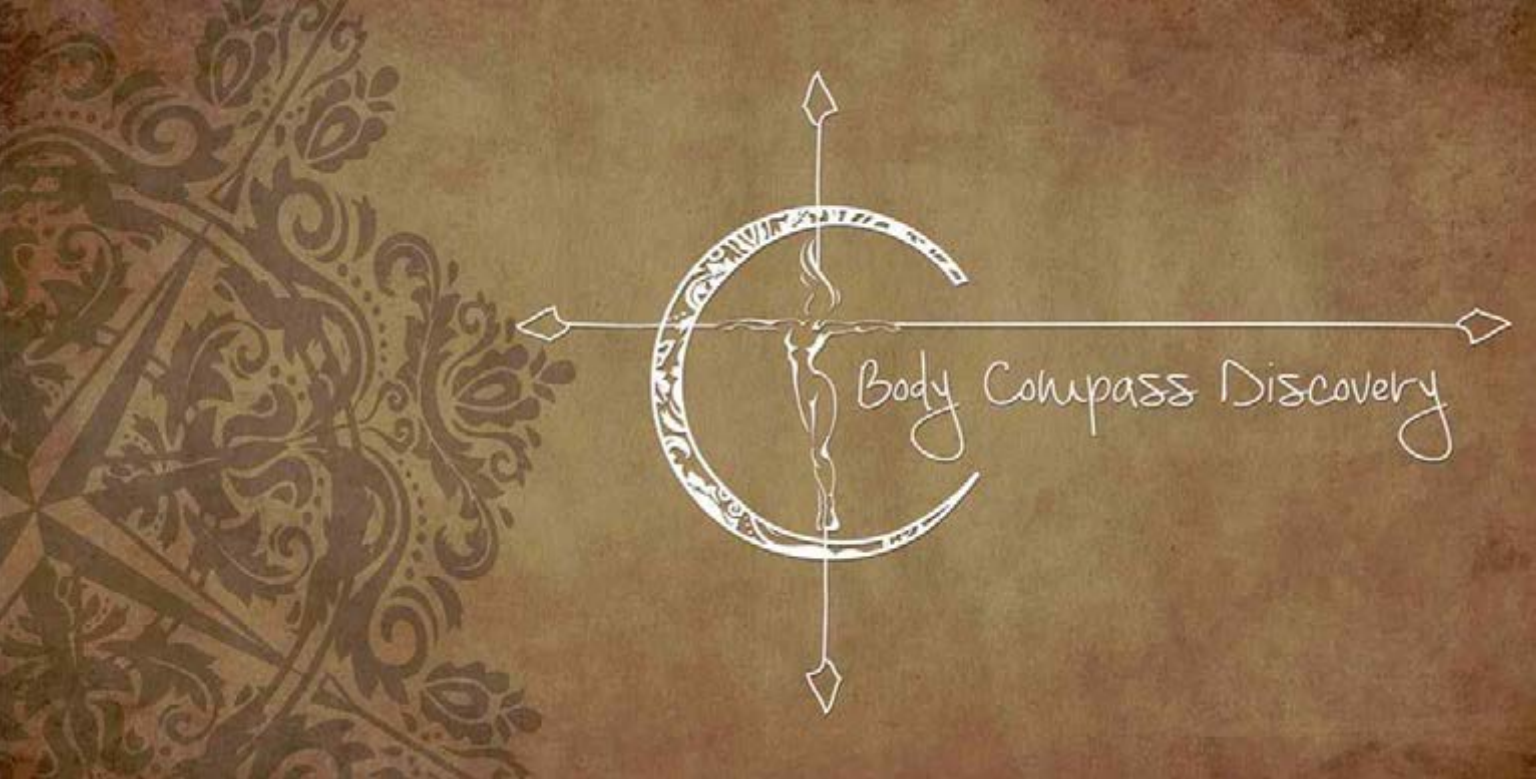
-Arrange carrots, sweet potatoes, onion, and chicken on non-stick pan.

- Top all with orange juice, sliced oranges, rosemary, and sprinkle of sea salt and pepper.

-Bake at 375F for 40 minutes.

**PREP TIME: 10 MIN**  
**COOK TIME: 40 MIN**  
**SERVING SIZE: 2**





You can find more recipes over on the blog!

[WWW.BODYCOMPASSDISCOVERY.COM](http://WWW.BODYCOMPASSDISCOVERY.COM)

I eat a balanced diet and share recipes that are customizable for all. I really try to focus on minimal ingredients and meals that can be prepped in 10 minutes and cooked in about 30 minutes. Of course it varies, but the main point is they are healthy and not boring!

Sheet pan dinners are one of my favorite ways to cook clean with a busy schedule. Enjoy!



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