

# 50 CODE RED SHEET PAN RECIPES



CRISTY "CODE RED" NICKEL

# INTRO

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Hey, congratulations on grabbing your copy of 50 Code Red Sheet Pan Recipes!

Not only are sheet pan recipes a ton of fun to make, you can cook a ton of food at once, which comes in pretty handy when you don't like to cook, need to meal prep, or are feeding a family.

There's something for everyone in these recipes: Chicken, fish, shrimp, turkey, beef, pork, loads of veggies (including zucchini pizzas), and even a sheet pan dessert your kids and family will love.

Make sure you also check out the last page, where I show you where to get my favorite ingredients used in several recipes.

Enjoy!

- Cristy "Code Red" Nickel



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**FISH & SHRIMP**  
**SHEET PAN**

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# MEDITERRANEAN BAKED HALIBUT WITH VEGETABLES

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## INGREDIENTS

### *For The Sauce*

- Zest of 2 lemons
- Juice of 2 lemons
- 1 cup Code Red Olive Oil
- 1 1/2 Tbsp freshly minced garlic
- 2 tsp dill weed
- 1 tsp seasoned salt (plus more for later)
- 1/2 tsp ground black pepper
- 1 tsp dried oregano
- 1/2 to 3/4 tsp ground coriander

### *For The Fish*

- 1 lb fresh green beans
- 1 lb cherry tomatoes
- 1 large yellow onion sliced into half moons
- 1 1/2 lb halibut fillet, sliced into 1 1/2-inch pieces

## DIRECTIONS

1. Preheat the oven to 425° F.
2. In a large mixing bowl, whisk the sauce ingredients together. Add the green beans, tomatoes, and onions and toss to coat with the sauce.
3. With a large slotted spoon or spatula, transfer the vegetables to a large baking sheet (21 x 15 x 1 inch baking sheet, for example).
4. Keep the vegetables to one side or one half of the baking sheet and make sure they are spread out in one layer.
5. Now, add the halibut fillet strips to the remaining sauce, toss to coat. Transfer the halibut fillet to the baking sheet next to the vegetables and pour any remaining sauce on top.
6. Lightly sprinkle the halibut and vegetables with a little more seasoned salt.

7. Bake in oven for 15 minutes. Then transfer the baking sheet to the top oven rack and broil for another 3 minutes or so, watching carefully. The cherry tomatoes should begin to pop under the broiler.
8. When ready, remove the baked halibut and vegetables from the oven.

## TIPS

- As with any fish, do not overcook halibut. It is ready when it flakes easily. Serve immediately; if it sits too long, halibut will turn a bit dry.
- If halibut is not available to you, a different white fish fillet will also work. Cod and sole are two good options. Adjust baking time according to thickness of fish.

 Submitted by Caitlin Madison

# SHEET PAN CAESAR SALMON WITH ROASTED TOMATOES & ARTICHOKES

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## INGREDIENTS

- 4 salmon fillets (5 oz each)
- 5 Tbsp Caesar vinaigrette, divided
- 1/4 tsp pepper, divided
- 2 cups grape tomatoes
- 1 can (14 oz) water-packed artichoke hearts, drained and quartered
- 1 medium yellow pepper cut into 1-inch pieces

## DIRECTIONS

1. Preheat oven to 425° F.
2. Place salmon on half of a 15x10x1-inch baking pan coated with cooking spray. Brush with 2 Tbsp vinaigrette; sprinkle with 1/8 tsp pepper.
3. In a large bowl, combine tomatoes, artichoke hearts and sweet pepper. Add the remaining vinaigrette and pepper, then toss to coat. Place tomato mixture on remaining half of pan.
4. Roast until fish just begins to flake easily with a fork and vegetables are tender, 12-15 minutes.

# SHEET PAN SALMON & ASPARAGUS

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## INGREDIENTS

- 16 oz salmon (whole fillet or cut into four 4 ounce portions)
- 2 Tbsp mayonnaise
- 1 tsp dijon mustard
- 1 Tbsp Code Red Olive Oil
- 1 lb fresh asparagus, ends trimmed
- 1/2 tsp Redmond Real Salt
- 1/4 tsp black pepper
- 2 lemons
- 2 Tbsp chopped parsley, to garnish

## DIRECTIONS

1. Preheat the oven to 325° F.
2. Rinse and pat dry your salmon fillets.
3. Run your finger gently over the fillets and remove any bones.
4. Combine mayo and dijon mustard in a small bowl and mix together.
5. Brush mayo mixture over the top of the salmon.
6. Place the asparagus on the sheet pan and drizzle with olive oil.
7. Toss with tongs or your hands to coat the asparagus in the oil.
8. Spread the asparagus out on the pan, leaving room in the center for the salmon.
9. Place the salmon on pan, mayo side up.
10. Cut the lemons in half and place them, cut side up, somewhere on the sheet pan.
11. Sprinkle food with salt and pepper.
12. Bake for 18 minutes (for whole fillet) or 12-15 minutes (for 4 ounce portions), or until the thickest part of the fillet reads 145° F on a thermometer.
13. Remove from oven and squeeze the desired amount of juice from the lemons over the asparagus and salmon – removing any seeds.
14. Garnish with parsley and serve warm or chilled.

 Submitted by Lori Hawryluk

# SHEET PAN COD & ASPARAGUS

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## INGREDIENTS

- 4 cod fillets (4 oz each )
- 1 lb fresh thin asparagus, trimmed
- 1 pint cherry tomatoes, halved
- 2 Tbsp lemon juice
- 1-1/2 tsp grated lemon zest

## DIRECTIONS

1. Preheat oven to 375° F.
2. Place cod and asparagus in a 15x10x1-inch baking pan brushed with oil.
3. Add tomatoes, cut sides down.
4. Brush fish with lemon juice; sprinkle with lemon zest.
5. Bake until fish just begins to flake easily with a fork, about 12 minutes.
6. Remove pan from oven; preheat broiler. Broil cod mixture 3-4 inches from heat until vegetables are lightly browned, 2-3 minutes.

# SHEET PAN AVOCADO CRAB BOATS

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## INGREDIENTS

- 5 medium ripe avocados, peeled and halved
- 1/2 cup mayonnaise
- 2 Tbsp lemon juice
- 2 cans (6 oz each) lump crab meat, drained
- 4 Tbsp chopped fresh cilantro, divided
- 2 Tbsp minced chives
- 1 serrano pepper, seeded and minced\*
- 1 Tbsp capers, drained
- 1/4 tsp pepper
- 1/2 tsp paprika
- Lemon wedges

**NOTE:** Serrano peppers are hot--use gloves for prepping. Also remove serrano peppers if you cannot tolerate spicy foods

## DIRECTIONS

1. Preheat broiler. Place 2 avocado halves in a large bowl; mash lightly with a fork. Add mayonnaise and lemon juice; mix until well blended. Stir in crab, 3 Tbsp cilantro, chives, serrano pepper, capers and pepper. Spoon into remaining avocado halves.
2. Transfer to a sheet pan. Sprinkle with paprika. Broil 4-5 inches from heat for 3-5 minutes. Sprinkle with remaining cilantro; serve with lemon wedges.

 Submitted by Lori Hawryluk

# ONE SHEET SHRIMP FAJITAS

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## INGREDIENTS

- 1 ½ pound raw peeled and deveined shrimp
- ¼ red onion, sliced
- ½ yellow pepper
- ½ red pepper
- ½ green pepper
- ½ purple pepper (I love color so I do half of each color I can find to equal 2 whole peppers or more, if you're a pepper lover like I am)
- 1 Tbsp minced garlic (more or less to taste)
- 1 Tbsp olive oil (I use Code Red Olive Oil)
- 2 Tbsp cilantro, chopped - (I'm not a cilantro fan, so I use less)
- 1 lime sliced in quarters
- 1 tsp chili powder
- ½ tsp cumin
- Trader Joe's or your preferred brand taco seasoning, to taste
- Redmond Real Salt and pepper to taste

## DIRECTIONS

1. Preheat oven to 425° F.
2. Place shrimp, cilantro and veggies in medium bowl.
3. Coat with olive oil.
4. Sprinkle with seasonings and toss.
5. Line a baking pan with foil and grease with a touch of olive oil.
6. Spread the contents on the pan.
7. Bake for 8 minutes.
8. Broil for an additional 2 minutes.
9. Remove from oven and squeeze the fresh lime over all.
10. Serve warm. Recipe serves 4.

I serve mine on a bed of lettuce and top with guacamole and sour cream. ENJOY!

 Submitted by Debbie Toavs

# FAUX HONEY/GARLIC SHRIMP & BROCCOLI SHEET PAN

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## INGREDIENTS

- 2 lbs thawed or fresh raw shrimp (cleaned/peeled/deveined)
- 12 oz broccoli – I use the heads only
- Drizzle of Code Red Olive Oil or avocado oil
- Redmond Real Salt and pepper to taste

### *For The Sauce*

- 4 cloves garlic (1.5-2 Tbsp minced)
- ¼ cup Lankato Maple Syrup
- 1/8 cup coconut aminos
- 2 Tbsp G Hughes Sweet Chili Sauce
- 1 Tbsp lemon juice
- ½ tsp fresh minced ginger
- 2 tsp sesame seeds

## DIRECTIONS

1. Pre-heat oven to 400° F. Whisk together your sauce and set aside.
2. Roughly chop broccoli into florets, leaving a bit of stem if using the whole plant.
3. Place broccoli on a baking sheet, drizzle with oil and massage into florets. Add salt and pepper to taste. Roast at 400° F for 15 minutes.
4. Prep shrimp as needed, tail can be left on or taken off based on your preference.
5. In a bowl, combine half your sauce with the shrimp and toss to coat. Allow to marinate until the 15 minute mark has passed for the broccoli. Move broccoli to one end of the pan and add shrimp to the other side.
6. Return sheet pan to oven and bake an additional 8-10 minutes, until shrimp are pinkish, opaque and curled.
7. The remaining sauce may be heated in a saucepan until simmering and reduced into a thick sauce or drizzle over shrimp and broccoli as is. Enjoy while hot. I serve this with steamed cauliflower rice.

 Submitted by Debbie Toavs

# OLD BAY SHRIMP AND SAUSAGE SHEET PAN DINNER W/GARLIC AIOLI SAUCE

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## INGREDIENTS

### *For The Shrimp/Sausage*

- 1 lb large, raw shrimp, peeled, deveined, tail on
- 1 lb chicken or pork ring sausage, fully cooked
- 1 lb asparagus, trimmed and cut into 3" pieces
- 2 medium shallots, cut into wedges
- 1 Tbsp Code Red Olive Oil
- 1 tsp Redmond Real Salt
- 2 tsp Old Bay Seasoning
- 1 lemon
- Pepper, to taste

### *For The Lemon Garlic Aioli Sauce*

- 1 cup Code Red Olive Oil
- 1 egg
- 1 garlic clove (1 Tbsp, minced)
- Zest of one lemon
- 1 Tbsp fresh lemon juice
- 1 tsp Redmond Real Salt

## DIRECTIONS

### *For The Shrimp/Sausage*

1. Toss asparagus and shallots with olive oil and salt.
2. Scatter them on a sheet pan with the chicken sausage, and roast for ten minutes.
3. Add the shrimp to the pan, and season everything with Old Bay and a little salt and pepper. Keep roasting!
4. While the sheet pan dinner bakes, make the aioli.
5. When the shrimp is cooked through—about 7 minutes later—pull the pan out and dig in!

### *For The Lemon Garlic Aioli Sauce*

1. Add olive oil, egg, garlic, lemon juice, and zest and salt to a mason jar. Using an immersion blender, mix it all together. It should begin to quickly emulsify and become thick. Make sure all the oil has been fully incorporated from top to bottom.
2. Heat oven to 400° F.
3. In a large bowl, toss asparagus and shallots in olive oil with ½ tsp salt.
4. Spread on baking sheet along with the sausage.
5. Place on center rack and roast for 10 minutes.
6. Remove pan from oven and add shrimp.
7. Season entire pan with remaining salt, pepper and Old Bay seasoning and squeeze lemon over the top.
8. Gently toss all ingredients on the pan and roast for an additional 6-8 minutes or until sausage is fully warmed and shrimp is pink.
9. Serve warm with the aioli! Serves 6.

 Submitted by Debbie Toavs

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# **SHEET PAN CHICKEN**

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# CARI'S CITRUS & GARLIC SHEET PAN CHICKEN

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## INGREDIENTS

### *For The Meat*

- 6 chicken thighs
- Redmond Real Salt and black pepper to taste
- 3 Tbsp of aminos (coconut or Bragg Liquid Aminos)
- 3 Tbsp fresh lemon juice from 1 lemon
- 2 Tbsp butter, melted
- 1/2 Tbsp finely chopped cilantro (optional)

### *For The Seasonings*

- 1 1/2 tsp Redmond Real Salt
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/2 tsp chili powder (leave out if sensitive to spice)
- 1/2 tsp cumin
- 1/2 tsp smoked paprika

### *For The Vegetables*

- 1 cup broccoli, cut up
- 1 lb bunch of asparagus, trimmed but leave it long

## DIRECTIONS

1. Preheat oven to 400° F.
2. Drizzle CODE RED OLIVE OIL onto a baking sheet lined with parchment paper or heavy duty foil.
3. Place chicken on sheet and season with salt and black pepper to taste.
4. In a small bowl, combine aminos, lemon juice, butter and cilantro together. Drizzle 1/3 of the sauce over the chicken.

5. Bake for 20 minutes. While this is baking, combine the seasonings in a small bowl and set aside.
6. After 20 minutes, remove baking pan from the oven, flip the chicken and place the asparagus and broccoli along the sides of the chicken. Sprinkle the chicken and vegetables with seasonings and drizzle sauce over the vegetables and some more on the chicken (save 1 tsp for the end).
7. Return the pan to the oven and bake for another 10-15 minutes, or once the chicken is cooked through. (CARI'S NOTE: you may have to take out the veggies early so they don't overcook. Keep an eye on them.)
8. Drizzle the chicken with additional sauce and turn the oven to broil for 2 minutes, until the chicken has a nice brown color. (CARI'S NOTE: be careful not to burn the chicken. Don't walk away.)

 Submitted by Cari Thompson

# SOUTHWEST CHICKEN WITH ACORN SQUASH

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## INGREDIENTS

- 3 medium acorn squash
- 6 tsp butter
- 2 cups cubed cooked chicken
- 1 can (4 oz) chopped green chiles
- 1/2 cup chopped celery
- 1/2 cup sour cream
- 1/3 cup chopped green onions
- 1 can (2-1/4 oz) sliced ripe olives, drained
- 1/2 tsp paprika
- 1/4 tsp pepper
- 1 medium ripe avocado, peeled and cut into 12 slices
- 6 Tbsp slivered almonds, toasted

## DIRECTIONS

1. Preheat oven to 350° F.
2. Cut each squash lengthwise in half; discard seeds. Cut a thin slice from bottom of each squash, so they'll lie flat. Place on a 15x10-inch baking sheet, cut side up. Fill each with 1 teaspoon butter.
3. Bake until fork-tender, 35-40 minutes.
4. Meanwhile, in a large bowl, combine chicken, chilies, celery, sour cream, green onions, olives, paprika and pepper; spoon into squash.
5. Bake until filling is heated through and squash is tender, 20-25 minutes.
6. Top with avocado and nuts.

# CRISPY CHICKEN THIGHS & ROASTED VEGETABLES

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## INGREDIENTS

- 20 cremini mushrooms, halved
- 1 large bag of broccoli florets
- 1 red bell pepper, seeded and sliced
- 1 yellow bell pepper, seeded and sliced
- 1 small red onion, sliced
- 2 Tbsp Code Red Olive Oil
- 2 Tbsp butter or ghee
- 8 chicken thighs with bone in & skin on
- Sea salt
- 1 whole head garlic, cloves separated and peeled
- 2 sprigs fresh rosemary

## DIRECTIONS

1. Preheat oven to 400° F.
2. Arrange the mushrooms, broccoli, bell peppers, and onion on a rimmed baking sheet and drizzle with olive oil.
3. Heat the butter in a large cast iron skillet over medium-heat. Season the chicken thighs on both sides with a little salt and pepper. Add the chicken thighs, garlic cloves and rosemary sprigs to the pan. Sear the chicken on both sides until the skin is crispy and golden brown. (The chicken will not be fully cooked at this stage.)
4. As the garlic starts to brown, remove it from the pan and place it on the baking sheet with the vegetables. Do the same with the rosemary sprigs.
5. Place the chicken thighs on top of the vegetables and pour any pan drippings over the top of everything.
6. Transfer the baking sheet to the oven and bake the chicken and vegetables for 20 minutes, until the chicken is cooked through and the vegetables are tender but not mushy.

 Submitted by Lori Hawryluk

# SUPER EASY CHICKEN & VEGETABLES

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## INGREDIENTS

- 1 lb bag baby carrots
- 10 oz bag ready to eat radishes
- 12 oz bag halved Brussels sprouts
- 6 chicken thighs
- 2 Tbsp Code Red Olive Oil
- 1 Tbsp minced garlic
- 1 tsp Italian herbs seasoning
- 1 tsp Redmond Real Salt
- 1/2 tsp pepper
- 1/2 tsp paprika

## DIRECTIONS

1. Preheat oven at 400°.
2. Slightly coat a baking pan with some olive oil or olive oil cooking spray.
3. Dump in all the vegetables.
4. Mix in a bowl the olive oil with all the spices.
5. Rub mixture all over chicken thighs.
6. Place chicken thighs and any remaining mixture over top of the vegetables.
7. Bake for about 45 minutes or until chicken is fully cooked.

 Submitted by Awilda Taveras

# SHEET PAN CHICKEN & VEGGIE BUNDLES

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## INGREDIENTS

- 4 boneless skinless chicken breast halves (4 ounces each)
- 1/2 pound sliced fresh mushrooms
- 1-1/2 cups fresh baby carrots
- 1 cup pearl onions
- 1/2 cup julienned sweet red pepper
- 1/4 tsp pepper
- 3 tsp minced fresh thyme
- 1/2 tsp Redmond Real Salt, optional
- Lemon wedges, optional

## DIRECTIONS

1. Preheat oven to 375° F.
2. Flatten chicken breasts to 1/2-inch thickness; place each on a piece of heavy-duty foil (about 12-inch square).
3. Layer the mushrooms, carrots, onions and red pepper over chicken; sprinkle with pepper, thyme and, if desired, salt.
4. Fold foil around chicken and vegetables and seal tightly. Place on a baking sheet.
5. Bake until chicken juices run clear, about 20 minutes. If desired, serve with lemon wedges.

For prepping ahead: Place the contents of each foil, including juices, in a container for storing; or try freezing.

 Submitted by Lori Hawryluk

# CHICKEN THIGHS & VEGGIES

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## INGREDIENTS

- 2 Tbsp salted butter or coconut oil, melted
- 2 cloves garlic, minced
- 1½ tsp Redmond Real Salt, divided
- 1 tsp black pepper, divided
- ¾ tsp ground cumin
- ½ tsp paprika
- 1/8 tsp cayenne pepper (optional)
- 6 skin-on bone-in chicken thighs
- 1 medium head cauliflower cut into 1-inch florets
- ½ lb Brussels sprouts, quartered
- 4 slices thick-cut bacon cut into 1-inch pieces
- 2 Tbsp Code Red Olive Oil

## DIRECTIONS

1. Preheat the oven to 450° F.
2. In a small bowl, stir together the melted butter, garlic, ¾ teaspoon of the salt, ½ tsp of the pepper, cumin, paprika, and cayenne. Brush the mixture over the tops of the chicken thighs.
3. In a large bowl, combine the cauliflower, Brussels sprouts, and bacon. Drizzle with the olive oil and sprinkle with the remaining ¾ tsp of salt and ½ tsp of pepper. Toss to coat well.
4. Spread the vegetables out in a rimmed baking sheet. Place the chicken thighs on top. Bake 35 to 40 minutes, until the center of the chicken thighs registers 165° F on an instant read thermometer.
5. Turn on the broiler and set the pan on the second highest rack of the oven. Broil 2 to 4 minutes to brown the chicken.

 Submitted by Caitlin Madison

# SHEET PAN CHICKEN FAJITAS

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## INGREDIENTS

### *Marinade*

- 1/2 cup coconut aminos
- 2 limes, juice of
- 1/2 cup cilantro, chopped
- 1 Tbsp cumin
- 1 Tbsp garlic powder
- 1 Tbsp chili powder
- 1 Tbsp ground pepper

### *Chicken*

- 2 lbs chicken breasts, sliced into 1 inch strips
- 1 red onion, sliced into thin strips
- 2 bell peppers, sliced into thin strips
- 3 cloves, garlic, minced
- 2 Tbsp Code Red Olive Oil, divided
- Redmond Real Salt and pepper

### *Toppings And Shells*

- Avocado slices
- Cilantro chopped
- Sour cream
- Salsa
- Lettuce leaves for shells, romaine, bibb etc.

## DIRECTIONS

1. Preheat oven to 400° F.
2. Mix all marinade ingredients together in a bowl or shallow dish.
3. Add chicken. Make sure it is coated well.
4. Set aside and let marinate while you prepare the other ingredients. (Can marinate chicken for up to 24 hours.)

5. Chop the onion, bell pepper and garlic.
6. Lightly grease a large sheet pan with 1 Tbsp of olive oil.
7. Spread the onion and bell pepper on the sheet pan. Drizzle with 1 Tbsp olive oil and lightly sprinkle garlic, salt and pepper over everything and toss well to coat.
8. Add chicken to the pan, mixed in with the veggies. Spread everything out evenly.
9. Bake for 15-18 minutes, or until the chicken is cooked through and the vegetables are cooked but still crisp.
10. Serve in lettuce leaves or as a salad and add favorite toppings.

 Submitted by Angi Johnson

# FIESTA CHICKEN BAKE

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## INGREDIENTS

- 1 large head of broccoli, chopped
- 2 chicken breasts
- 2 to 3 garlic cloves, chopped
- Heavy sprinkle taco seasoning

## DIRECTIONS

1. Toss together broccoli, garlic and taco seasoning and place in 8" x 8" baking dish.
2. Butterfly 2 chicken breasts.
3. Sprinkle taco seasoning on both sides and place on top of broccoli mixture.
4. Bake 350° F for 20 minutes.
5. Flip chicken.
6. Bake for 10 minutes or until chicken is cooked through.

 Submitted by Whitney Smith's brother, Kevin Tibbs

# PICK-YOUR-PROTEIN SHEET PAN FAJITAS

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## INGREDIENTS

- Chili powder
- Cumin
- Paprika
- Onion powder
- Garlic powder
- Redmond Real Salt
- Fresh lime
- Cilantro
- Steak OR chicken OR shrimp (or no protein for a veggie fajita)
- Onions
- Cherry tomatoes
- Broccoli slaw
- Bell peppers – we like to use a mix of red, orange and green
- Code Red Olive Oil
- Ghee

## DIRECTIONS

1. **MAKE THE SEASONING:** Start off by making the homemade fajita seasoning. It's a blend of chili powder, cumin, smoked paprika, onion powder, garlic powder and salt. Or if you already have a favorite brand of fajita seasoning, you can certainly use that instead.
2. **MARINATE THE MEAT:** Combine the olive oil, lime juice, cilantro and fajita seasonings for the meat marinade in a Ziploc bag. Add the meat, seal the bag and press so the flavors meld together. The great thing about this easy recipe is that you won't have to let the meat marinate all night if you're in a pinch or forgot. You simply allow it to sit while you get your other ingredients ready. Then cook your meat of choice.
3. **PREPARE THE VEGETABLES:** Cut the onions and bell peppers into thin slices. You are free to use whatever veggies you have on hand or what your family likes.
4. **BAKE:** Spread the vegetables onto one or divide into two baking sheets. Drizzle with olive oil and 1/3 of the seasoning. Toss to coat well. Roast the veggies for 10 minutes then remove the baking sheet from the oven. Combine with meat of choice and serve.

 Submitted by Madelyne Moore

# SHEET PAN CHICKEN STIR FRY

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## INGREDIENTS

- 1 pound chicken breast, cut into bite-sized pieces
- 1 red bell pepper, cut into thin strips
- 1 orange or other color pepper, cut into strips
- 2 cups of broccoli florets
- 2 carrots, thinly sliced
- 1 yellow onion, thinly sliced
- 2 garlic cloves, minced (I use pre-minced 2 Tbsp)
- Salt and pepper to taste (I use Redmond Real Salt)
- Crushed red pepper, optional – we love a little spice so I put a couple pinches in this
- Toasted sesame seeds, optional

## DIRECTIONS

1. Preheat oven to 425° F.
2. Line a sheet pan with foil and preheat for 15 minutes.
3. Combine chicken, peppers, broccoli, carrots, onions and garlic in a medium bowl.
4. Toss with 1 Tbsp olive or avocado oil and 1 Tbsp coconut aminos.
5. Carefully remove sheet pan from oven and transfer the chicken mixture and vegetables flat on the sheet.
6. Cook for 7-8 minutes, stir and cook for an additional 7-8 minutes or until chicken is fully cooked.
7. Remove from oven and season with crushed red pepper and coconut aminos to taste.
8. Serve warm. Serves 4.

 Submitted by Debbie Toavs

# SHEET PAN CHICKEN SHAWARMA

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## INGREDIENTS

- 1½ lbs boneless, skinless chicken thighs
- 3 cloves garlic, minced
- 2 tsp ground cumin
- 1 tsp ground coriander
- 1 1/2 tsp paprika (may substitute smoked paprika)
- 1/2 tsp turmeric
- 1 tsp Redmond Real Salt
- 1/4 tsp black pepper
- 3 Tbsp Primal Kitchen Avocado Oil, divided (may substitute Code Red Olive Oil)
- Juice of 1/2 lemon
- 1/2 medium red onion, thinly sliced lengthwise
- 2 small bell peppers, any color
- 4 cups riced cauliflower
- 4 cups chopped romaine lettuce
- 1 cup grape or cherry tomatoes, halved
- 1 small cucumber, diced
- Handful of chopped, fresh cilantro (optional)
- 1/3 cup Primal Kitchen Cilantro-Lime Dressing and Marinade

## DIRECTIONS

1. Place the chicken in a Ziploc bag or container with a lid.
2. Combine garlic, cumin, coriander, paprika, turmeric, salt and pepper in a small bowl. Add 2 Tbsp oil and juice of 1/2 lemon and stir to combine.
3. Pour marinade over chicken and massage to coat well. Refrigerate for at least 30 minutes and up to 48 hours.
4. When ready to cook, preheat the oven to 375° F.
5. Line a large rimmed baking sheet with parchment paper or a silicone baking mat.

 Submitted by Lori Hawryluk

# SHEET PAN CHICKEN FAJITAS SERVED IN LETTUCE LEAVES

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## INGREDIENTS

- 1 lb chicken tenders
- 1 green pepper
- 1 red pepper
- 1 sweet onion
- Lettuce leaves
- 2 roma tomatoes
- 1/2 cup Code Red Olive Oil
- 1 pkg fajita seasoning
- Guacamole
- Sour cream

## DIRECTIONS

1. Place oil, seasoning and chicken in a bowl. Stir to coat. Let sit for 1 hour.
2. Remove to a parchment lined sheet pan.
3. Cut peppers into strips and onions into wedges. Place in the bowl and get the seasoning soaked up with the veggies.
4. Turn them out onto the sheet pan, spread out.
5. Bake at 375° F for 30 minutes.
6. Cut tomatoes in small wedges.
7. Remove sheet pan from oven.
8. Serve in lettuce leaves with tomatoes, guacamole and sour cream.

 Submitted by Lorna Loveland

# SHEET PAN HARISSA CHICKEN + VEGGIES WITH LEMON AIOLI

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## INGREDIENTS

- 5-6 bone-in, skin-on chicken thighs
- 2 carrots, peeled and cut into 8 sticks
- 1/2 head cauliflower, cut into florets
- 1 lb Brussels sprouts, woody ends removed and halved
- 1/2 red onion, diced large
- 3 Tbsp Code Red Olive Oil
- 1 tsp curry powder
- 1/4 tsp ground cumin
- Salt and pepper, to taste
- 2+ Tbsp Mina Harissa
- 1/2 cup fresh dill leaves, for serving
- 1/2 cup fresh cilantro leaves, for serving

### *For The Lemon-Garlic Aioli*

- 4 Tbsp mayo
- 3 cloves garlic, minced
- Zest of 1/2 a lemon
- Juice of 1 lemon

## DIRECTIONS

1. Preheat oven to 425° F.
2. Place chicken, carrots, cauliflower, Brussels sprouts, and onion on a large sheet pan.
3. Drizzle with olive oil and, using your hands, toss to coat evenly.
4. Now season with the curry powder, cumin, and plenty of salt and pepper. Toss once more to coat evenly and spread contents across the sheet pan evenly.
5. Brush harissa on the tops (skin side) of the chicken thighs to coat the top.
6. Place in oven and bake for 45 minutes, checking in at 30 minutes and gently tossing the veggies at that time.

7. While the chicken is baking, combine all of the aioli ingredients in a food processor or just whisk until combined evenly.
8. Remove sheet pan when cook time is complete. Garnish with fresh cilantro and dill, and drizzle with the aioli.
9. Serve and enjoy!

 Submitted by Lori Hawryluk

# EASY CHICKEN AND BRUSSELS SPROUTS

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## INGREDIENTS

- 1 lb chicken breast
- 1 lb Brussel sprouts
- 1 Tbsp coconut oil
- 1 Tbsp bacon
- 2 Tbsp Redmond Real Salt
- 1 1/2 Tbsp Redmond Season Salt
- 1/2 Tbsp Redmond Garlic Salt

## DIRECTIONS

1. Preheat oven to 400° F.
2. Clean, slice and place Brussels sprouts in a bowl.
3. Melt bacon grease and pour over Brussels sprouts.
4. Add Code Red Olive Oil, 1 Tbsp season salt and garlic salt.
5. Stir and place in single layer on baking sheet.
6. Cut chicken breast into 1/2-inch strips and place in bowl with Brussels sprouts.
7. Melt coconut oil and pour over chicken.
8. Add 1/2 Tbsp season salt and stir.
9. Place in single layer on sheet.
10. Cool for 15 min then on broil for 5 minutes.
11. Add Redmond Real Salt to taste!

 Submitted by Lisa Cain

# SPATCHCOCK CHICKEN

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This sheet pan method cuts the cooking time of roasting a chicken by quite a lot. If you have never roasted your own chicken, you'll be amazed at how different the flavor is from the store-bought rotisserie chickens. This method also produces crispy chicken skin all around.

## INGREDIENTS

- 1 whole chicken (get the size that is best for your family; I usually aim for 3-5 pounds)
- Code Red Olive Oil or avocado oil
- 1 tsp granulated garlic
- 1 tsp Redmond Real Salt
- 1 tsp smoked paprika
- 1/4 tsp black pepper

## DIRECTIONS

1. Put the whole chicken on a cutting board with the breast facing down. Starting at the tail, cut along both sides of backbone with kitchen shears. Remove backbone. (I usually freeze it to use in stock recipes.)
2. Now, the chicken is cut with a long strip down the back. Open it like a book. Flip it breast side up. Pushing down **HARD** on each side of breasts with your hands until you hear the bone crack. Flatten chicken on a sheet pan. Tuck wings under by flipping the tips backward. This will prevent the tips from burning. Alternately, you can clip the tips with your kitchen shears.
3. Coat chicken with salt, pepper, desired spices and a very moderate amount of olive oil or avocado oil (1-2 Tbsp).
4. Roast at 450° F for about 35 minutes until juices run clear or meat is done by thermometer temperature.

 Submitted by Christine Romero

# NAKED SHEET PAN CHICKEN FAJITAS

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## INGREDIENTS

- 2 tsp chili powder
- 2 tsp ground cumin
- 2 tsp dried oregano
- 1 tsp smoked paprika
- Kosher salt and freshly ground black pepper, to taste
- 1 1/2 pounds boneless, skinless chicken breasts, cut into thin strips
- 1 red bell pepper, cut into strips
- 1 yellow bell pepper, cut into strips
- 1 orange bell pepper, cut into strips
- 1 red onion, cut into wedges
- 3 cloves garlic, minced
- 3 Tbsp Code Red Olive Oil
- 1/4 cup chopped fresh cilantro leaves
- 2 Tbsp freshly squeezed lime juice

## DIRECTIONS

1. Preheat oven to 425° F.
2. Lightly oil a baking sheet or coat with nonstick spray.
3. In a small bowl, combine chili powder, cumin, oregano, paprika, 1 1/4 tsp salt and 1 1/4 tsp pepper.
4. Place chicken, bell peppers, onion and garlic in a single layer onto the prepared baking sheet. Stir in olive oil and chili powder mixture; gently toss to combine.
5. Place into oven and bake for 25 minutes, or until the chicken is completely cooked through and the vegetables are crisp-tender. Stir in cilantro and lime juice.
6. Serve and enjoy!

 Submitted by Caitlin Madison

# CROWD PLEASER SHEET PAN CHICKEN FAJITAS

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## INGREDIENTS

### *For Seasoning*

- 2 tsp onion powder
- 1 tsp garlic powder
- 1 tsp cumin
- 1/2 tsp oregano
- 1/2 tsp paprika
- 1/2 tsp black pepper
- 3/4 tsp Redmond Real Salt

### *For Chicken & Vegetables*

- 2 large boneless, skinless chicken breasts
- 1 medium onion thinly sliced
- 1 red bell pepper sliced
- 1 green bell pepper sliced

### *Extras*

- Sour cream
- Cilantro
- Avocado/guacamole and/or lime

## DIRECTIONS

1. Preheat oven 425° F.
2. Mix all seasoning ingredients in small bowl.
3. Season both sides of chicken with seasoning. Set aside.
4. Arrange veggies evenly on a rimmed sheet pan.
5. Place chicken on top.
6. Bake until chicken is fully cooked and registers 165° F, about 22-30 min.

7. Remove chicken and allow it to rest 10 minutes.
8. If veggies aren't cooked enough to your liking, you can keep cooking while chicken rests.
9. Slice chicken.
10. Serve veggies and chicken with a dollop of sour cream, avocado, sprinkle of cilantro and a squeeze of lime.

This recipe is easy to make ahead and reheat. Or have all veggies sliced, seasoning pre-made ahead of time, then day-of add chicken and bake.

 Submitted by Marie Williamson

# PESTO CHICKEN & VEGGIES

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## INGREDIENTS

- 1 pound boneless and skinless chicken breasts, chopped into bite-size pieces
- 1-2 cup broccoli florets
- 1 bell pepper, chopped
- 1 large zucchini, chopped
- 1/4 cup basil pesto

## INSTRUCTIONS

1. Pre-heat oven to 425F.
2. In large bowl, combine chicken, veggies, and pesto until the chicken and veggies are coated well with pesto.
3. Transfer mixture to a large sheet pan and bake for 15-20 minutes.
4. Optional: Enjoy with cloud bread or Code Red flax muffin.

# SHEET PAN PROSCIUTTO CHICKEN

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## INGREDIENTS

- 1 lb boneless-skinless chicken breast halves
- Redmond Real Salt and pepper
- 4 tsp dijon mustard
- 5 oz prosciutto, two pieces for each chicken breast
- 1 lb asparagus, trimmed
- 1/2 lb cherry tomatoes
- 1 Tbsp Code Red Olive Oil
- 1 Tbsp red wine vinegar or balsamic vinegar
- 1 clove garlic, minced

## INSTRUCTIONS

NOTE: The chicken can be prepared the night before and refrigerated. Let it sit on the counter for about 30 minutes before cooking.

1. Preheat oven to 425° F and adjust the oven rack to the middle position. Line a sheet pan with aluminum foil or parchment paper. If using aluminum foil, spray with avocado oil cooking spray.
2. Trim asparagus. Mince the garlic and place into a small bowl. Add the vinegar, oil, 1/4 tsp Redmond Meal Salt and 1/8 tsp pepper.
3. Pat the chicken breasts dry and season well with salt and pepper. Spread each breast with 1 tsp of dijon mustard.
4. Lay down two pieces of prosciutto so they overlap just a little. Place a chicken breast, mustard side down, on top of the prosciutto and wrap prosciutto around the chicken. Place on sheet pan seam side down.
5. Pour vegetable marinade over the asparagus and toss to coat. Place asparagus on the sheet pan.
6. Put tomatoes into bowl and swirl them around to coat them in the remaining marinade. Place them on the sheet pan.
7. Roast the chicken in the oven for 20-30 minutes, depending on how thick and cold your chicken is. If the asparagus is thin, you may need to remove it before chicken is done.

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# **SHEET PAN BEEF**

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# JUICY STEAK BITES & VEGGIES

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## INGREDIENTS

*For Marinade/Vinaigrette*

- 1/3 cup balsamic vinegar (see note)
- 2 cloves garlic
- 1 sprig fresh rosemary, plucked from the stem
- 1/2 tsp Redmond Real Salt
- 1/2 tsp ground black pepper
- 1 tsp dijon
- 1/3 cup Code Red Olive Oil

*For Steak And Veggies*

- 1 lb Butcher Box sirloin steak tips, about 1-1/2" in diameter pieces (see note)
- 1 red onion, sliced into 1/4" rings
- 2 cups radishes, halved
- 1-1/2 tsp Redmond Real Salt, divided
- 2 tsp Code Red Olive Oil, divided
- 1 tsp ground black pepper
- 1 red bell pepper, de-stemmed and seeded, sliced
- 1 bunch asparagus, cut to 2"
- 1 summer squash or zucchini, sliced to 1/4" rings

## DIRECTIONS

*For Marinade*

1. In a high-speed blender place vinegar, garlic, rosemary, salt, pepper, dijon and blend until combined.
2. Once combined, slowly add in olive oil until it is fully emulsified. Set aside.

*For Steak And Veggies*

1. In a medium bowl, place steak tips with 1/2 of marinade and combine. Set aside.
2. Pre-heat oven to 400° F and lightly oil a rimmed baking sheet.

3. In a large bowl toss radishes and onions with 1 tsp of olive oil and 1/2 tsp of salt. Place on rimmed baking sheet and bake for 10 minutes.
4. To the bowl, add asparagus, peppers, zucchini, 1 tsp of olive oil, 1 tsp of salt, and place on rimmed baking sheet. Then toss around with onions and radishes.
5. Continue baking for 10-15 minutes, making sure radishes are cooked through. Remove from oven.
6. Pre-heat broiler on high for at least five minutes.
7. Move the vegetables to each side of the sheet pan. Place marinated steak in the center of the pan, and discard extra vinaigrette from bowl.
8. Place sheet pan on top rack below the broiler and broil for 5 minutes.
9. Flip sirloin tips to the other side and continue to broil for another 3 minutes, or until cooked through to your desired temperature. We cooked ours to about 135° F and let it come up to 145° F when resting.
10. Remove from oven and let rest for 5-10 minutes.
11. Serve hot with extra balsamic vinaigrette.

 Submitted by Caitlin Madison

# SHEET PAN STEAK KABOBS

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## INGREDIENTS

- 1 lb of steak
- 1/2 green pepper
- 1/2 red pepper
- 1 onion
- 15-20 whole mushrooms
- 1 pkg grape tomatoes
- Code Red Olive Oil
- Garlic powder
- Salt and pepper
- Skewers

## DIRECTIONS

1. Cut veggies and meat into bite size pieces. Don't cut the tomatoes.
2. Place meat and veggies in bowl with oil.
3. Place on the skewers, alternating different veggies and meat.
4. Sprinkle the spices on them once they are placed on the sheet pan.
5. Bake at 375° F for 25-30 minutes.
6. Remove from oven and serve with mayo or ranch dressing.

 Submitted by Lorna Loveland

# BETTER THAN TAKEOUT REBEL

## BEEF & BROCCOLI

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### INGREDIENTS

#### *Beef*

- 1 lb thinly cut flank steak or beef round steak – cut against the grain
- 2 Tbsp Bragg Liquid Aminos
- 1 tsp sesame oil
- 1 tsp baking soda
- 2 tsp rice vinegar – natural no sugar added
- 2 Tbsp avocado oil
- 2 cloves minced garlic

#### *Broccoli*

- 1 lb broccoli florets in bite sized pieces
- 2 cloves minced garlic
- 2 Tbsp avocado oil
- 1 tsp sesame oil
- 2 Tbsp rice vinegar – natural no sugar added

### DIRECTIONS

1. Cut meat into thin strips.
2. Place meat plus liquid aminos, sesame and avocado oils, rice vinegar and garlic in a Ziploc bag. Close bag and mix meat with sauce well. Allow to marinate for one hour to overnight.
3. When you are ready to cook, preheat oven to 425° F.
4. Place broccoli on a sheet pan and top with 2 cloves minced garlic, avocado and sesame oils plus rice vinegar. Mix well.
5. Spread out the veggies, so they can cook. If they are too close, they will steam.
6. Bake for 10-12 minutes stirring once at the halfway mark.
7. Place marinated meat on the pan. Spread it out among the broccoli. Bake for 10-12 more minutes. Stir and serve plain or on top of riced cauliflower.

 Submitted by Christine Romero

# LONDON BROIL WITH TOASTED BRUSSELS SPROUTS

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## INGREDIENTS

### *For The Marinade*

- 1 tsp Redmond Real Salt
- 1/2 tsp ground black pepper
- 2 cloves garlic, minced
- 4 sprigs fresh thyme (or use crushed in spice jar)
- 2 Tbsp avocado oil or Code Red Olive Oil

### *For The Meat*

- 1 to 1 1/2 lb London broil

### *For The Brussels Sprouts*

- 1 lb Brussels sprouts, halved
- 2 Tbsp Code Red Olive Oil
- 1/2 tsp Redmond Real Salt
- 1 tsp onion powder
- 4 slices bacon, chopped
- 2 Tbsp butter

## DIRECTIONS

1. In a casserole dish mix all of the marinade ingredients. Add the meat and flip it around in the marinade to get it all over. Cover and set in the fridge overnight, turning over once before cooking the next day (you can also marinate most of the day and eat it for meal 2).
2. When ready to cook, remove the meat from the fridge, let it rest at room temperature in the marinade for an hour.
3. In the meantime, preheat the oven to 400° F.
4. Add Brussels sprouts to a sheet pan, toss with oil, salt, and onion powder.
5. Arrange bacon pieces all over it and then distribute the butter in little clumps all over everything.

6. Roast on the middle rack for 30 minutes at 400° F.
7. Leaving the Brussels sprouts in the oven, set the oven to broil at the 30-minute mark, making sure your second oven rack is right under the broiler.
8. Add your London broil (in the casserole dish where it marinated, or move it to a sheet pan) and place it under the broiler. Cook for 4-5 minutes. Then use tongs to flip it over and cook it for another 4-5 minutes.
9. Remove everything from the oven. Move the meat over to a cutting board. Let it rest for 8-10 minutes before slicing against the grain.
10. Transfer the meat to the sheet pan with the Brussels sprouts and serve.

 Submitted by Lori Hawryluk

# SHEET PAN BEEF & BROCCOLI

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## INGREDIENTS

- 1.5 lb NY strip (or other preferred type of steak - top sirloin would work well), cut into 1-2 inch cubes
- 4-5 cups broccoli florets
- 1/3 cup coconut aminos
- 2 Tbsp toasted sesame oil
- 3 cloves minced garlic
- 1 tsp rice vinegar
- 1/2 tsp Redmond Real Salt
- 1 tsp grated ginger
- 1/2 tsp crushed red pepper

### *For The Sauce*

- 2 Tbsp coconut aminos
- 1 tsp xanthan gum
- 1 Tbsp water
- 1/4 tsp sea salt

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. Line a rimmed baking sheet with parchment paper for easy cleanup.
3. Add cubed steak to one bowl and broccoli florets to another.
4. Combine the coconut aminos, garlic, sesame oil, rice vinegar, ginger, crushed red pepper, and salt in a bowl and mix well.
5. Pour half of the mixture over the steak, and the remaining half over the broccoli. Mix both well.
6. Use tongs to remove the steak from the marinade and place it on the baking sheet. Place broccoli onto the baking sheet drizzled with any remaining sauce from the bowl. Spread everything out evenly and bake for 12-14 minutes or until the steak is cooked to desired doneness. Optional: broil for 1-2 minutes to crisp everything up a bit.
7. Transfer beef and broccoli to a bowl or plate, and pour any juices from the pan into a small saucepan.

8. Add the 2 Tbsp coconut aminos to the pan along with the 1/4 tsp sea salt. Mix the xanthan gum and water together to create a slurry. Bring the pot to a boil and add the slurry. Reduce heat to medium and stir until thickened.
9. Serve the beef and broccoli over cauliflower rice with the extra sauce, sesame seeds, and green onions if desired.

 Submitted by Lori Hawryluk

# OVEN SHEET PAN BEEF STEW

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## INGREDIENTS

- 1 lb ground beef
- 1 medium onion, chopped
- 2 cups carrots, cut in rounds
- 2 cups parsnips, cut in cubes
- 1 1/2 cup celery, cut in pieces
- 1 red pepper, chopped
- 1 16 oz can tomato sauce (no sugar added)
- 1 can water
- 2 Tbsp dry tapioca\*\* (not recommended for weight loss mode)
- 2 Tbsp Lakanto Monk Fruit sweetener
- 1 Tbsp worcestershire sauce

## DIRECTIONS

1. Crumble the hamburger in the bottom of the pan and put the chopped onion on top of the burger.
2. Combine all other ingredients together in a large bowl. Stir to coat with the sauces. Pour into a 9" x 13" pan.
3. Bake at 350° F for 2.5 hours or 250° F for 5 hours.
4. Stir the mixture 1/2 way through cooking time.
5. This is a thick meal. If you want it thinner, add another 8 oz can of tomato sauce.
6. Serve hot. Salt and pepper to taste.

 Submitted by Lorna Loveland

# EASY SHEET PAN BEEF & BROCCOLI

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## INGREDIENTS

- 1.5 lbs flank steak, thinly slice against the grain
- 4 cups broccoli
- 1 cup mushrooms

### *For The Marinade*

- 1/4 cup coconut aminos
- 1/2 tsp Redmond Real Salt
- 1/4 cup sesame oil
- 1/4 tsp black pepper
- 1/2 tsp xanthan gum (or desired amount for thickening)
- 1/4 tsp baking soda

### *For The Sauce*

- 2 Tbsp coconut aminos
- 1 Tbsp sesame oil
- 1 tsp fresh minced garlic
- 1 tsp fresh minced ginger
- 1/2 tsp xanthan gum (or desired amount for thickening)
- 1/2 tsp fish sauce (optional)

### *For Serving*

- 4 scallions, sliced
- Sesame seeds
- Red pepper flakes to taste
- Cauliflower rice

## DIRECTIONS

1. In a shallow dish, whisk together all the ingredients for the marinade. Toss the meat with the marinade, make sure it's all coated. Allow the meat to marinate 10-15 minutes while you prep the rest of the recipe, or refrigerate and marinate up to 8 hours (or overnight).

2. Preheat the oven to 425° F.
3. In a small bowl, mix together the sauce. On a large rimmed sheet pan, add the broccoli, pour over the sauce and toss to mix and coat well. Arrange the broccoli in a single layer on the sheet pan.
4. Using tongs, add the marinated beef to pan with broccoli. Leave room between everything or food will steam.
5. Place on the tray in the oven and bake for 10-15 minutes, until the steak is done to your liking and broccoli is just tender.
6. If you wish to brown everything up a little bit more, give the pan 2 minutes under the broiler, on high, until the steak and broccoli begin to lightly char.
7. Remove the pan from the oven. Add scallions and sesame seeds, red pepper flakes, if you'd like. Serve immediately right from the pan.
8. Optional Step: If you'd like to thicken the sauce from the pan further, once the meal is done cooking drain the sauce from the sheet pan into a small pot (you can also add the remaining marinade, but see above notes) and bring to a rolling boil. Cook the sauce for 5 to 7 minutes until it reaches the desired consistency, then pour it back over the beef and broccoli just before serving over cauliflower rice.

 Submitted by Tanya Childress

# SHEET PAN BEEF & VEGGIES

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## INGREDIENTS

*For The Marinade*

- 1 Tbsp minced fresh ginger
- 1 Tbsp minced fresh garlic
- 1/4 cup Bragg Liquid Aminos
- 1 Tbsp sesame oil
- 1 Tbsp approved Lakanto Monk Fruit sweetener

*For The Beef*

- 1 lb beef tenderloin or boneless ribeye, cut into 1 inch pieces
- Small-medium onion, sliced
- 2 cups chopped zucchini
- 1 cup chopped mushrooms
- 1/2 cup chopped red bell pepper
- 2 Tbsp Code Red Olive Oil
- 1/2 tsp Redmond Real Salt
- 1/4 tsp ground black pepper

## DIRECTIONS

1. Preheat oven to 425° F.
2. Combine all of the marinade ingredients in a medium sized bowl. Add the pieces of beef to the marinade, and stir to coat.
3. Combine all veggies on baking sheet. Add the oil, salt, and pepper and stir to coat the veggies.
4. Spread veggies out in single layer on the sheet and bake for 20 minutes.
5. Remove pan from the oven and move veggies to one side of the pan. Add beef to the pan, make sure all of the pieces are separated. Pour the marinade over the beef.
6. Put pan back in oven and cook for another 8 minutes, or until the meat is cooked to your liking. (Don't overcook or it will be dry and chewy.)
7. Remove from the oven, stir all together and serve over cauliflower rice if you would like.
8. Chicken or pork can be substituted for beef, if you prefer.

 Submitted by Angi Johnson

# SHEET PAN JALAPEÑO BACON BURGERS

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## INGREDIENTS

### *Burger Patties*

- 24 oz ground beef (80/20 chuck is best)
- 1 tsp Redmond Real Salt
- 1/4 tsp ground black pepper
- 1/2 tsp garlic powder

### *Burger Toppings*

- 6 slices raw bacon, cut in half
- 4 slices of onion (about 1/4 inch thick)
- 2 onions, seeded and sliced into rings

### *Sauce*

- 1/4 cup mayo
- 1 Tbsp sriracha hot sauce
- 1/2 tsp Worcestershire sauce
- 1 tsp monk fruit sweetener

## INSTRUCTIONS

1. Preheat oven to 425° F. Combine ground beef, Redmond Real Salt, pepper, and garlic powder in a medium bowl and mix well with your hands.
2. Form into 4 patties of about equal size and place on a large baking sheet.
3. Place the bacon, onion rings, and jalapeño slices on the same baking sheet.
4. Bake for 18 minutes. Next, combine mayonnaise, sriracha, Worcestershire sauce, and sweetener and stir well until smooth. Store in refrigerator until ready to serve.
5. Remove sheet pan from oven.
6. Build each burger with 1 patty, 3 pieces of bacon, 1 slice onion, desired amount of jalapeños and a generous drizzle of sauce. Serve immediately, over iceberg lettuce with dill pickle chips, if desired.

# SHEET PAN STEAK, MUSHROOMS & GREEN BEANS

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## INGREDIENTS

- 8 ounces button or cremini mushrooms
- 8 ounces green beans
- 1/4 cup ghee, melted
- 2 garlic cloves, minced
- Salt and pepper
- 1 1/2 lbs ribeye or New York strip, at least 1 inch thick each

## INSTRUCTIONS

1. Preheat oven to 425° F.
2. If your mushrooms are on the large side, be sure to quarter them. If they are small, just use them as is. Trim the green beans and cut in half.
3. Spread veggies on a rimmed baking sheet. Mix the ghee with the minced garlic and drizzle about half over the veggies. Sprinkle with salt and pepper and toss to combine. Roast the veggies for about 12 minutes.
4. Remove pan from the oven and preheat the broiler. Push the veggies to the side and nestle the steaks onto the pan. Drizzle with the remaining ghee and garlic. Season well with salt and pepper.
5. Broil 4 to 6 inches from the heat for about 5 minutes per side or until the steaks are done to your liking (this depends on how thick they are - 5 minutes per side is about right for medium rare steaks as long as they are 1 inch thick).

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# **SHEET PAN PORK**

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# SHEET PAN SAUSAGE & PEPPERS

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## INGREDIENTS

- Two beef smoked sausages (they are in a U-shape; I like Hillshire Farms brand)
- 4-5 yellow and red peppers
- 1 yellow onion
- 3 Tbsp Code Red Olive Oil or avocado oil
- 1 tsp dry basil
- 1 tsp dry rosemary
- 1/2 tsp dry oregano
- Pepper as desired

## DIRECTIONS

1. You'll need two sheet pans.
2. Clean the peppers and slice them into thin strips. Clean the onion and slice into thin strips. Place veggie mix on sheet pan with oil and herbs. Toss to coat.
3. Cut beef sausage into round coin shapes. Place sausage on second sheet pan.
4. Bake veggie mix oven at 375° F for 20-23 minutes. Stir veggies.
5. Put second sheet pan with the cut sausage in the oven.
6. Bake both for about 15 minutes more. Flip sausage coins around the 5-7 minute mark.
7. Combine sausage and pepper/onion mix into serving bowl, or you can keep them separate for picky kids.
8. Serve with pickled banana peppers or pickled jalapeños for extra zip.

**NOTE:** This recipe was created at high altitude in Denver. Adjust as needed for sea level or lower altitude. Typically, it is FASTER to cook items at lower altitude. Higher altitudes require hotter temps.

 Submitted by Christine Romero

# BRUSSELS SPROUTS W/EGGS & BACON

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## INGREDIENTS

- 2 Tbsp balsamic vinegar
- 1-2 Tbsp monk fruit sweetener
- 1 Tbsp Code Red Olive Oil
- 2 cloves garlic, minced
- Redmond Real Salt and black pepper, to taste
- 2 lbs Brussels sprouts, halved
- 4 slices bacon, diced

### *For The Eggs*

- 4 large eggs
- 1/4 tsp crushed red pepper flakes, or more, to taste
- Redmond Real Salt and black pepper, to taste
- 2 Tbsp chopped fresh chives

## DIRECTIONS

1. Preheat oven to 400° F.
2. Lightly oil a baking sheet or coat with Code Red-compliant nonstick spray.
3. In a small bowl, whisk together balsamic vinegar, monk fruit, olive oil and garlic; season with Redmond Real Salt and pepper, to taste.
4. Place Brussels sprouts and bacon in a single layer onto the prepared baking sheet. Stir in balsamic vinegar mixture.
5. Place in oven and bake for 10-12 minutes, or until tender.
6. Remove from oven and create 4 wells, gently cracking the eggs throughout. Keep the yolk intact.
7. Sprinkle eggs with red pepper flakes; season with Redmond Real Salt and pepper, to taste.
8. Place in oven and bake until the egg whites have set, approx. 7-9 more minutes.
9. Serve immediately, garnished with chives, if desired.

# CAKE PAN HAM & VEGGIES

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## INGREDIENTS

- 1 1/2 lbs ham, cubed
- 1 large head broccoli cut in small florets
- 4 carrots cut in rounds
- 2 parsnips cut in cubes
- Redmond Real Salt to taste
- Pepper to taste
- 1/2 cup melted butter
- 1/2 cup heavy whipping cream

## DIRECTIONS

1. Place all ingredients in a cake pan.
2. Mix butter and HWC together and drizzle over the ingredients.
3. Sprinkle the seasonings over the ingredients.
4. Bake at 350° F for 35-40 minutes. Stir 1/2 way through.
5. Remove from the oven and serve hot.

 Submitted by Lorna Loveland

# KIELBASA & CABBAGE SHEET PAN ROAST

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## INGREDIENTS

- 1 kielbasa
- 1 cabbage
- 1 onion
- Redmond Real Salt
- Pepper
- Code Red Olive Oil
- 2 Tbsp mustard
- 2/3 cup red wine vinegar
- 1/3 cup Code Red Olive Oil

## DIRECTIONS

1. Preheat oven to 375° F.
2. Slice kielbasa, cabbage and onion. Spread evenly on a sheet pan and season with Redmond Real Salt and pepper. Drizzle with olive oil. Bake for 25 minutes.
3. Whisk together mustard, vinegar and olive oil until combined and not separating.
4. When meal is ready, drizzle with vinaigrette and toss to coat. Serve warm.

# BACON AND EGGS FOR A CROWD

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## INGREDIENTS

- Non-stick Code Red-compliant cooking oil
- Bacon
- Eggs

## DIRECTIONS

1. Preheat oven to 370° F.
2. Spray a sheet pan with non-stick cooking oil.
3. Lay out bacon on sprayed sheet pan.
4. Cook in 370° F oven for 30 minutes (crispy bacon).
5. Drain on paper towel when done.
6. Crack eggs directly into bacon grease on sheet pan.
7. Cook for 7 minutes.
8. Cut eggs apart with spatula and serve.

 Submitted by Abbie Acuff

# SHEET PAN SAUSAGE & VEGGIES

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## INGREDIENTS

- 1 pkg Polska Kielbasa
- 1/4 cup Code Red Olive Oil
- 1 turnip
- 1/2 head cauliflower
- 1 head broccoli
- 1/2 butternut squash
- 1/4 tsp garlic
- 1/4 tsp chipotle pepper
- Redmond Real Salt (to taste)
- Pepper (to taste)

(You can use any veggie you want)

## DIRECTIONS

1. Cut all veggies into bite size pieces.
2. Cut sausage in 4" lengths and in 1/2 rounds.
3. Place veggies in a bowl, shake on spices, drizzle oil and stir well.
4. Cover a sheet pan with parchment paper. Place sausage in one corner, spread veggies on the remaining space.
5. Place sheet pan in 375° F oven for 25-30 minutes. Cook until desired tenderness.

 Submitted by Lorna Loveland

# ONE SHEET SAUSAGE & VEGGIES

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## INGREDIENTS

- 1/2 onion
- 1 small squash
- 1 small zucchini
- 6 oz broccoli florets
- 1/2 red pepper
- 14 oz smoked sausage
- 2 Tbsp Code Red Olive Oil
- 1 Tbsp Old Bay seasoning
- 1/2 tsp garlic powder
- 1/4 tsp pepper

## DIRECTIONS

1. Preheat oven to 400° F.
2. Cover sheet pan with parchment paper.
3. Wash and dry veggies, then cut them all the same size in approx one-inch chunks. It is important to cut them the same size so they cook evenly.
4. Combine all the veggies in a bowl.
5. Slice the sausage in one inch circles. Add the sausage to the bowl of veggies.
6. Add olive oil and seasonings. Stir until evenly coated.
7. Pour onto the sheet pan in a single layer.
8. Bake for 8 minutes then turn everything over and bake for another 8 minutes or until veggies reach desired doneness. Enjoy!

 Submitted by Charlene DeSalme

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**VEGGIES, HASH  
& MORE**

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# ROASTED ROOT VEGGIES

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## INGREDIENTS

- 3 lbs peeled mixed root veggies (carrots, parsnips, rutabaga, turnips, etc.)
- 1/4 cup Code Red Olive Oil
- 1 Tbsp chopped fresh thyme
- 1 Tbsp chopped fresh rosemary
- Redmond Real Salt & pepper to taste

## DIRECTIONS

1. Preheat oven to 400° F.
2. Line a baking sheet with parchment paper.
3. Cut the root vegetables into uniform size, approx. 2-inch squares. Place the vegetables on the baking sheet. Pour olive oil over the vegetables and sprinkle with remaining ingredients. Stir to evenly coat. Spread vegetables on the baking sheet, making sure not to crowd them.
4. Roast until golden brown and fork tender, about 60 minutes. Turn them a couple times with a metal spatula throughout the cooking time. Best served hot.

**BONUS TIP:** after roasting these veggies you can blend (in a blender or with immersion blender stick) with a little chicken stock and cream to turn it into a soup if you want!

 Submitted Whitney Smith

# TURKEY MEATBALLS

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## INGREDIENTS

- 2 lbs ground turkey
- 1/4 cup crushed pork rinds
- Handful of fresh basil
- 2 Tbsp oregano
- 2 tsp Redmond Real Salt
- 1 tsp pepper
- 2 egg whites
- 2 cloves minced garlic

## DIRECTIONS

1. Preheat oven to 325° F.
2. Combine all ingredients in a bowl. Roll into balls and place on sheet pan.
3. Bake at 325° F for 25 minutes.
4. When done, place on skewer and serve with sugar-free barbecue sauce.

 Submitted by Charlene DeSalme

# THE ULTIMATE SHEET PAN DINNER

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## INGREDIENTS

- Vegetables of choice
- Whole peeled garlic cloves
- Chopped onions
- Code Red Olive Oil
- Seasonings to taste

### *Protein Options*

- Sausage links
- Boneless, skinless chicken breasts or thighs
- Bone-in chicken
- Fish (halibut, snapper, tilapia) or shrimp

## DIRECTIONS

### *For The Vegetables*

1. Chop veggies into pieces that are roughly the same size and divide them into two groups. Cutting a variety of vegetables into pieces that are the same size helps them cook more evenly. I usually aim for chopping everything into 3-inch size chunks.
2. For Brussels sprouts, simply trim the bottom and remove any loose outer leaves.
3. Because winter squash tends to take a long time to cook, cut them into smaller pieces, approximately 1 to 2-inch chunks.
4. Group the vegetables based on cooking times, placing those with longer cooking times in one bowl and those with shorter cooking times in a separate bowl.
5. Vegetables that require a longer roasting time: Squash, roots, and tubers - like parsnips, carrots, beets - and alliums (onions, leeks, garlic). Vegetables that require a shorter roasting time: Cauliflower, broccoli, Brussels sprouts, asparagus, green beans, bell peppers, mushrooms, radishes.
6. Toss the veggies with Code Red Olive Oil, Redmond Real Salt and pepper, and add some fresh garlic if you like.
7. Add whole (peeled) garlic cloves to veggies that require a longer roasting time and chopped garlic to veggies that require a shorter roasting time.

8. Toss onions and garlic in a bowl with olive oil and seasoning before adding it to the pan for the Ultimate Sheet Pan Dinner.
9. Toss sliced bell peppers and green beans in a bowl with olive oil and seasoning before using them to make The Ultimate Sheet Pan Dinner.
10. Chop garlic and onions for The Ultimate Sheet Pan Dinner.

### *For The Protein*

1. Sausage links: The only thing you need to do to prepare pretty much any kind of sausage links is poke them all over with a sharp knife or fork. This prevents air bubbles from rising in the casing while they cook, which can cause them to explode in your oven.
2. Boneless, skinless chicken breasts or thighs: If the pieces are large, cut them into ½-lb pieces.
3. Spread the chicken out onto a paper towel and pat dry. Sprinkle generously with salt, pepper and any other spices you are using. Drizzle a couple teaspoons of Code Red Olive Oil over the top of the chicken pieces, which will keep the top of the meat from drying out while it roasts.
4. Bone-in chicken pieces: Spread the pieces out onto a paper towel and pat dry. Sprinkle generously with salt, pepper and any other spices you are using. Drizzle a couple teaspoons of olive oil over the top of the chicken pieces to help the skin crisp up while roasting.
5. Fish: The best choices are halibut, snapper, and tilapia. Right before roasting, rub the fish with a bit of olive oil and sprinkle it with salt, pepper, and any other spices you are using.
6. Shrimp: Peel and devein the shrimp. Right before roasting, toss the shrimp with a bit of olive oil and sprinkle it with salt, pepper, and any other spices you are using.
7. Cook everything on the same pan, but not for the same amount of time.
8. The key to a perfectly cooked sheet pan dinner is to keep all the different ingredients grouped together on the pan so that you can add and remove them at different times, based on how long they need to cook.
9. Add chicken, sausage and longer cooking vegetables to the pan at the beginning. Add fish, shrimp, and vegetables that cook quickly to the pan later on. As everything cooks, remove protein and vegetables that are done cooking while allowing everything else the time it needs to finish cooking. Grouping different ingredients together on the pan makes it easy to add and remove them as necessary, giving you total control over the cook times for a variety of foods.

This recipe is loosely written for 4 servings. However, it can be easily scaled up or down to cook as much or as little as you like.

 Submitted by Madelyne Moore

# SHEET PAN MINI ZUCCHINI PIZZAS

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## INGREDIENTS

- 1 large zucchini (about 11 ounces), cut diagonally into 1/4-inch slices
- 1/8 tsp salt
- 1/8 tsp pepper
- 1/3 cup pizza sauce
- 1/2 cup miniature pepperoni slices
- Minced fresh basil
- Optional: 3/4 cup shredded frozen cream cheese (freeze a cream cheese block, then shred)

## DIRECTIONS

1. Preheat broiler.
2. Arrange zucchini in a single layer on a greased baking sheet. Broil 3-4 inches from heat just until crisp-tender, 1-2 minutes per side.
3. Sprinkle zucchini with salt and pepper; top with sauce, pepperoni, and shredded cream cheese. Broil until cream cheese is melted, about 1 minute. Sprinkle with basil.

# SHEET PAN HEARTY MUSHROOMS FLORENTINE

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## INGREDIENTS

- 2 large portobello mushrooms, stems removed
- Avocado oil cooking spray
- 1/8 tsp Redmond Garlic Salt
- 1/8 tsp pepper
- 1/2 tsp Code Red Olive Oil
- 1 small onion, chopped
- 1 cup fresh baby spinach
- 2 large eggs
- 1/8 tsp Code Red Olive Oil
- Minced fresh basil, optional

## DIRECTIONS

1. Preheat oven to 425° F.
2. Spritz mushrooms with cooking spray, then place in a 15x10x1-inch pan, stem side up. Sprinkle with garlic salt and pepper.
3. Bake, uncovered, until tender, about 10 minutes.
4. Meanwhile, in a nonstick skillet, heat oil over medium-high heat; saute onion until tender. Stir in spinach until wilted.
5. Whisk together eggs and salt; add to skillet. Cook and stir until eggs are thickened and no liquid egg remains; spoon onto mushrooms. If desired, sprinkle with basil.

# SHEET PAN BREAKFAST HASH

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## INGREDIENTS

- 200 g radishes, cubed
- ½ cup diced red bell pepper
- ½ small red onion, cut into wedges
- 120 g zucchini, diced
- 1 Tbsp Code Red Olive Oil, divided
- ¼ tsp Redmond Real Salt, to taste
- ¼ tsp black pepper, or to taste
- 5 slices bacon, chopped or cut into pieces
- 1 garlic clove, minced
- 1 tsp dried oregano
- 80 g sausage of choice, cooked and diced
- 1 cup roughly chopped spinach
- 6 eggs
- ¼ tsp red pepper flakes
- Optional: ½ medium avocado, sliced, for garnish

## INSTRUCTIONS

1. Preheat oven to 400° F. On a baking sheet, toss turnips, bell pepper, onion, and zucchini with 2 tsp Code Red Olive Oil. Sprinkle with Redmond Real Salt and pepper. Add chopped bacon. Transfer baking sheet to oven and roast for 20-25 minutes.
2. Remove baking sheet from oven, add garlic, oregano, and sausage and, using a spoon, mix spices in with other ingredients on baking sheet. Return baking sheet to oven and cook until bacon is crisp and vegetables have softened, about 10 minutes.
3. Massage remaining 1 tsp of Code Red Olive Oil into spinach before mixing spinach into other ingredients on baking sheet.
4. Using a spatula or tongs, move ingredients around to create small holes within the hash to crack eggs into. Carefully crack open each egg into holes between other ingredients. Sprinkle red pepper flakes atop all ingredients. Transfer baking sheet back to oven and cook until egg whites are cooked throughout, about 8-10 more minutes.
5. Remove baking sheet from oven and allow to cool slightly before serving with garnish of sliced avocado.

# CODE RED WHOOPIE PIES

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**NOTE:** This is a great recipe for Code Red kids and family members. It is very calorie dense and is not advised in weight-loss mode. I consider this a “workaround” recipe and would not use this in weight loss or while trying to heal your brain from emotional attachment to sweet foods.

## INGREDIENTS

### *For The Cake*

- 7 eggs
- 3/4 cup heavy whipping cream
- 1/4 cup water
- 1/2 cup monk fruit
- 20 drops of liquid monk fruit
- 1 Tbsp baking powder
- 1.5 tsp cinnamon
- 1/2 cup unsweetened cocoa powder
- 1 1/2 cup flax meal
- 1 tsp chocolate flavoring extract
- 1/4 tsp Redmond Real Salt
- Avocado oil for greasing the sheet pan

### *For The Filling*

- 1 cup softened cream cheese
- 1/2 stick butter
- 1/2 cup Swerve confectioners’ sugar replacement
- 1 tsp vanilla extract

## DIRECTIONS

### *For The Cake*

1. Blend all ingredients well minus the avocado oil. Use a standard sheet pan and grease the bottom and sides well with a Code Red compliant oil. I use avocado oil spray. You could also line the bottom with parchment paper and oil it well. Pour batter into the well-oiled pan. Bake 325° F for 15 minutes or until the center of the cake is done and a toothpick comes out clean.

2. Allow the cake to cool slightly once it is done.
3. Cut the cake while still in the pan in half and then cut the opposite way, making a cross pattern.
4. Using a large, flat spatula, remove section by section and place the cake with the top facing down. Peel off parchment paper if using it.
5. Using a sharp knife, cut each fourth into about 4 sections, making tops and bottoms. The “top” of the cake is now the outside. If you use the bottom, they will look crumbly and not hold together.

#### *For The Filling*

1. Blend all ingredients well with an electric mixer.
2. Place a small spoonful of filling in each portion and sandwich the top and bottom.
3. Store in the fridge.

Makes approximately 16 whoopie pies.

 Submitted by Christine Romero

# WHERE TO GET MY FAVORITE INGREDIENTS

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Code Red Olive Oil  
[www.CodeRedOliveOil.com](http://www.CodeRedOliveOil.com)

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Redmond Real Salt & Seasonings  
[www.CodeRedLifestyle.com/RealSalt](http://www.CodeRedLifestyle.com/RealSalt)

Discount code, CodeRed15

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Lakanto Monk Fruit Sweetener  
Coconut Aminos  
Bragg Liquid Aminos  
Apple Cider Vinegar  
Ghee  
[www.CodeRedLifestyle.com/Amazon](http://www.CodeRedLifestyle.com/Amazon)