



**SINGLE-TRAY**



**Baking**



It saves time and money to prepare meals in a single baking tray. It makes for easy cleanup. And it's a great way to meal prep for the days ahead.

Use these healthy recipes to get started with the idea. Mix and match ingredients and seasonings to suit your tastes and diet.

Bon appetit!



# TURKEY STUFFED PEPPERS



These Ground Turkey Stuffed Peppers are easy to make and filled with a hearty mixture of lean ground turkey, brown rice, and cheese. Use this recipe from All the Healthy Things as a base and adjust to taste and dietary needs

## INGREDIENTS

- ◆ 3–4 large bell peppers, sliced in half lengthwise and seeds removed
- ◆ 1 tablespoon olive oil
- ◆ 1 pound ground turkey
- ◆ 1/2 cup diced yellow onion
- ◆ 3 cloves garlic, minced
- ◆ 1 1/2 teaspoons Italian seasoning
- ◆ salt, to taste
- ◆ 1/4 teaspoon black pepper
- ◆ 1 1/2 cups marinara sauce
- ◆ 1 cup spinach, chopped
- ◆ 1 cup cooked brown rice
- ◆ 1/2 cup grated parmesan cheese
- ◆ 1/4 cup fresh basil leaves, chopped
- ◆ 1 1/2 cups shredded mozzarella cheese, for topping
- ◆ extra basil and fresh parsley, for garnish

## INSTRUCTIONS

- ◆ Preheat oven to 375 degrees.
- ◆ Heat a large deep skillet or dutch oven over medium-high heat. Once hot, add the olive oil and then ground turkey. Brown the turkey, breaking it up as it cooks.
- ◆ Once the turkey is brown, add the diced onion, minced garlic, Italian seasoning, salt, black pepper, and red pepper flakes. Cook for 3-4 more minutes or until the onion is tender.
- ◆ Add the marinara sauce and chopped spinach. Let the sauce simmer for 2-3 more minutes until the spinach is wilted. Remove from the heat and stir in the brown rice, chopped basil, and parmesan cheese.
- ◆ Stuff the pepper halves with the filling and place them in a 9×13 casserole dish.
- ◆ Bake uncovered at 375 degrees for 30-35 minutes.
- ◆ Remove from the oven and top the peppers with the mozzarella cheese. Return them to the oven and bake another 10 minutes or until the cheese is bubbly and starting to brown. Garnish with extra fresh chopped basil and parsley.

### NUTRITION

- ◆ 11g fat
- ◆ 0g trans fat
- ◆ 790mg sodium
- ◆ 4g fiber
- ◆ 23g protein
- ◆ 28g carbohydrates



# VEGAN FALAFEL



Spicy and crunchy, these healthy Baked Falafels are an awesome vegan meal (although check whether your tzatziki sauce is vegan), rumored to have been created to act as a meat substitute on Holydays. From Sips, Nibbles & Bites.

## INGREDIENTS

- ◆ 2 Cups Canned Chickpeas Drained, rinsed and boiled
- ◆ 3/4 Cup Red Onion
- ◆ 1/3 Cup Olive Oil
- ◆ 3 Tablespoons All-Purpose Flour
- ◆ 6 Cloves Garlic Crushed and chopped
- ◆ 2 Teaspoon Salt
- ◆ 1 Teaspoon Black Pepper
- ◆ 2 Teaspoon Ground Cumin
- ◆ 1 Teaspoon Ground Coriander
- ◆ 1/2 Teaspoon Ground Cinnamon
- ◆ 1 Bunch Fresh Flat-Leaf Parsley Stems and all

## INSTRUCTIONS

1. Preheat oven to 375F
2. Canned chickpeas should be drained, rinsed, and boiled for 15 minutes, Place in a small saucepan, cover with 2 inches of water and bring to a low boil.
3. Place chickpeas in a food processor and pulse into very small pieces, but not completely pureed, you want some texture, transfer ground chickpeas to a large bowl
4. Place all remaining ingredients in the food processor and puree until smooth, transfer to the bowl with the chickpeas and mix well
5. Spray a parchment-lined baking sheet with oil, use an ice cream scoop to scoop the mixture directly onto the sheet tray
6. Gently flatten the falafels with your fingers to make patties so they cook evenly
7. Bake for 30 minutes, use a spatula to turn, bake for an additional 15-20 minutes
8. Serve with Tzatziki Sauce, fresh or pickled veggies, tucked inside of freshly Baked Pita Bread



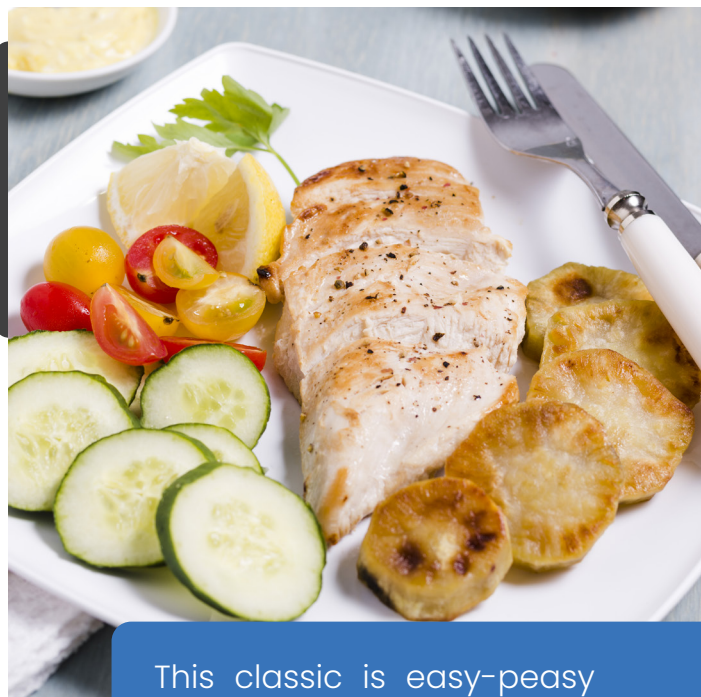
## NUTRITION

- |                            |            |                    |                |
|----------------------------|------------|--------------------|----------------|
| ◆ 188 calories per serving | ◆ 13g fat  | ◆ 2g saturated fat | ◆ 935mg sodium |
| ◆ 15g carbohydrates        | ◆ 4g fiber | ◆ 4g protein       |                |

# BAKED CHICKEN BREASTS AND VEGETABLES

## INGREDIENTS

- ◆ 4 skinless, boneless chicken breast halves
- ◆ 8 carrots, sliced into 1/2-inch rounds
- ◆ 8 stalks celery, chopped
- ◆ 8 green onions, chopped
- ◆ 4 green bell peppers, sliced
- ◆ ¼ cup chopped fresh flat-leaf parsley
- ◆ 1/3 cup olive oil
- ◆ 1 teaspoon Italian seasoning
- ◆ 1 teaspoon chili powder
- ◆ 1 teaspoon lemon pepper
- ◆ 1 teaspoon salt
- ◆ 4 pinches freshly ground black pepper, or to taste



This classic is easy-peasy and you can adjust it to your family's tastes – and use whatever vegetables you have on hand. That's the beauty of single-tray meals! From All Recipes.

## DIRECTIONS

1. Preheat the oven to 375 degrees F (190 degrees C).
2. Arrange chicken breasts on a baking sheet; spread carrots, celery, green onion, bell pepper, and parsley around chicken. Drizzle olive oil over chicken and vegetables; season with Italian seasoning, chili powder, lemon pepper, salt, and black pepper.
3. Bake in the preheated oven until chicken is no longer pink in the center and juices run clear, about 30 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C).

## NUTRITION

- ◆ 18g fat   ◆ 24g carbohydrates   ◆ 8g fiber   ◆ 11g sugars   ◆ 29g protein

# ROASTED POTATOES AND ONIONS

Potatoes are quartered or sliced, onions are slices or wedges, tossed with olive oil and spices and roasted in the oven to perfection. Use your own seasonings to taste. Add parsley to dress it up. From Melanie Cooks.



## INGREDIENTS

- ◆ 8 medium potatoes
- ◆ 1 tbsp Italian herb seasoning
- ◆ 2 large red onions
- ◆ 1/2 tsp ground pepper
- ◆ 1 tbsp olive oil
- ◆ 1 tsp salt

## INSTRUCTIONS

1. Preheat the oven to 375F.
2. Line the baking sheet with parchment paper.
3. Peel the potatoes and cut into quarters.
4. Peel the onions and cut into wedges.
5. Put the potatoes and onions on the baking sheet.
6. Pour the olive oil over the potatoes and onions and toss to combine.
7. Spread the potatoes and onions apart in a single layer so they are not touching (if there is not enough room, use the second baking sheet).
8. Sprinkle the potatoes and onions with pepper and herbs.
9. Put in the oven on the middle rack and bake for 40 minutes, or until the potatoes are golden brown.
10. Take the potatoes and onions out of the oven and sprinkle with salt.

# SHRIMP KABOBS



This is a favorite way to prepare summer veggies and seafood. You can grill them, of course, or try them in the single tray in the oven. Load up your favorite seasoned salts, and add a side salad or rice to complete the meal. From Just a Pinch.

## INGREDIENTS

- ◆ 1 md red bell pepper
- ◆ 1 md yellow bell pepper
- ◆ 1 md sweet onion
- ◆ 12 or more raw shrimp, peeled deveined & tails removed
- ◆ 1 md zucchini
- ◆ 12 to 15 cherry tomatoes
- ◆ Some vegetable oil
- ◆ Louisiana Brand Cajun Seasoning (or your fave)

## DIRECTIONS

Roast in preheated 425-degree F oven for 15 minutes; Turn kabobs over and roast for additional 12 to 15 minutes or until vegetables are tender to your preference