

A top-down photograph of a rustic metal sheet pan. In the center, a large piece of salmon is roasted to a golden-brown crust, with several slices cut into it. Surrounding the salmon are fresh green asparagus spears and whole and halved pink and white radishes. The pan sits on a wooden surface, and a striped cloth is visible in the bottom left corner.

SHEET-PAN SHOWSTOPPERS

One-pan, no-fuss dinners with
easy, flavorful sauces

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When it comes to making meals that are big on flavor and low on fuss, the sheet pan is queen. Cooking proteins and vegetables together on one pan not only helps to streamline the prep (and make cleanup a breeze), but it also maximizes flavor and caramelization (aka those delicious crispy brown bits). These recipes use the humble sheet pan to create dynamic, delicious dinners for any occasion.

If you've read my cookbooks or blog (FromScratchFast.com), you'll know that I'm a texture and flavor fanatic. I crave dishes that are easy to make but vibrant and colorful. One of the best ways to elevate a simple meal is to whip up a sauce. Sauces are my secret weapon, and they don't have to be complicated or time-consuming, either. Here, no-cook sauces and a simple glaze transform these sheet-pan suppers into something special. An herby salsa verde brightens up roasted chicken thighs with broccoli, potatoes, and red onion. A mint and dill yogurt sauce provides a cool, creamy base for roasted cauliflower steaks with tomatoes and chickpeas. Store-bought hoisin creates a sticky-sweet glaze on turkey meatballs, which are served in lettuce wraps

with spiced carrots. And a verdant green goddess sauce ties together sliced flank steak, asparagus, scallions, and radishes for a restaurant-worthy dinner.

You'll need a large rimmed baking sheet for these recipes. Measuring 18x13 inches, they're sometimes referred to as half-sheet pans (restaurant kitchens use the larger full size, which are too big for most home kitchens). They're the workhorses of my kitchen (I own five), and I use them for everything from roasting meats and vegetables to making breadcrumbs and cookies to freezing cakes and in-season berries.

These sheet-pan suppers are as fitting on a busy weekday served straight from the pan at the counter as they are at a fancy dinner party with guests. They're some of my family's staples, and I hope they'll become part of your repertoire as well.

Nicki Sizemore, the author of Fresh Flavors for the Slow Cooker and Build-a-Bowl, appears regularly on Moveable Feast with Fine Cooking and is a culinary instructor for NBC Universal's online platform Blueprint.





roasted chicken thighs, potatoes, broccoli, and red onion with salsa verde

With crispy chicken thighs, succulent potatoes, roasted broccoli, and caramelized red onion, this one-pan dinner is a celebration of flavor and texture. An herby salsa verde, flavored with dried oregano and smoked paprika, lends brightness to the finished dish (the sauce is also fabulous with roasted fish and steak).

Serves 4

FOR THE SALSA VERDE

- ¾ cup finely chopped fresh flat-leaf parsley leaves and tender stems (about 1 bunch)**
- ½ cup extra-virgin olive oil**
- 1 medium clove garlic, minced or grated**
- 1 tsp. finely grated lemon zest**
- 1 tsp. dried oregano**
- ½ tsp. smoked paprika**
- Kosher salt and freshly ground black pepper**

FOR THE CHICKEN AND VEGETABLES

- 1¼ lb. small Yukon Gold potatoes, quartered**
- 1½ Tbs. extra-virgin olive oil**
- Kosher salt and freshly ground black pepper**
- 4 large bone-in, skin-on chicken thighs, trimmed of excess fat (about 2½ lb.)**
- 12 oz. medium broccoli florets**
- 1 large red onion, halved and cut crosswise into ½-inch-thick slices**
- Lemon wedges, for serving**

MAKE THE SALSA VERDE

In a medium bowl, combine the parsley, oil, garlic, zest, oregano, and paprika. Season with salt and pepper. Transfer 3 Tbs. of the salsa verde to a large bowl. Reserve the rest for serving. (The salsa verde can be made up to 1 day ahead. Store in the refrigerator in an airtight container. Bring to room temperature before serving.)

ROAST THE CHICKEN AND VEGETABLES

Position a rack in the center of the oven, and heat the oven to 425°F.

Spread the potatoes on a large rimmed baking sheet, and toss with the olive oil, ¾ tsp. salt, and ½ tsp. pepper. Spread the potatoes in a single layer and roast for 15 minutes.

Meanwhile, add the chicken thighs to the bowl with the salsa verde, and season with salt and pepper. Toss to coat.

Turn the potatoes, add the chicken thighs skin side up to the sheet pan, and roast for 10 minutes.

Add the broccoli, onions, and 2 Tbs. of the salsa verde to the bowl used for the chicken, and toss to combine. Add the vegetables to the sheet pan, arranging them around the chicken and potatoes. Roast until an instant-read thermometer inserted in the thickest part of the thighs reads 165°F and the vegetables are tender, about 20 minutes. Toss the potatoes and vegetables about halfway through roasting.

Transfer the chicken to a cutting board, and let rest for 5 to 10 minutes. Divide the vegetables among four serving plates, and arrange the chicken thighs on top. Drizzle with some of the reserved salsa verde. Serve with lemon wedges and any remaining salsa verde on the side.



Pair With: GARNACHA A typical go-to for rich roasted chicken and potatoes might be Pinot Noir, but the broccoli and salsa add a lively element that calls for fruity Garnacha.



moroccan roasted cauliflower steaks, chickpeas, and tomatoes with yogurt-mint sauce

Cinnamon-and-cumin spiced cauliflower steaks are the starring attraction in this vibrant vegetarian main. They're roasted with cherry tomatoes and chickpeas, and are served with a cooling mint and dill yogurt sauce. A sprinkle of crumbled feta finishes the dish. If you'd like, serve naan or pita bread on the side for mopping up the plates. Serves 4

FOR THE YOGURT-MINT SAUCE

- 1 Tbs. fresh lemon juice
- 1 medium clove garlic, minced or grated
- 2 cups whole-milk Greek yogurt
- Kosher salt and freshly ground black pepper
- 2 Tbs. finely chopped fresh mint
- 1 Tbs. finely chopped fresh dill

FOR THE CAULIFLOWER, CHICKPEAS, AND TOMATOES

- Nonstick cooking spray
- 1 15-oz. can chickpeas, drained and rinsed
- 2 pints (4 cups) grape tomatoes
- 2 Tbs. extra-virgin olive oil
- 2½ tsp. ground cumin
- 1 tsp. ground cinnamon
- Kosher salt and freshly ground black pepper
- 2 large heads cauliflower (about 2½ lb.), trimmed and cut into four 1-inch-thick steaks (reserve any extra cauliflower for another use)
- Crumbled feta
- Chopped fresh mint and dill
- Naan or pita bread (optional)

MAKE THE YOGURT-MINT SAUCE

In a small bowl, combine the lemon juice and grated garlic. Let sit 5 minutes to allow the garlic to mellow. Add the yogurt, ¾ tsp. salt, and ¼ tsp. pepper, and stir to combine. Transfer ½ cup of the garlic yogurt to a small bowl, and set aside. Stir the mint and dill into the remaining sauce. (The yogurt sauce can be made up to 1 day ahead. Store in an airtight container in the refrigerator.)

ROAST THE CAULIFLOWER, CHICKPEAS, AND TOMATOES

Position a rack in the center of the oven, and heat the oven to 450°F. Coat a large rimmed baking sheet with cooking spray.

Put the chickpeas and tomatoes on the baking sheet, and toss with the olive oil, 1½ tsp. of the cumin, ½ tsp. of the cinnamon, ½ tsp. salt, and ¼ tsp. pepper. Nudge the tomatoes and chickpeas to the sides, and arrange the cauliflower steaks in a single layer on the baking sheet.

Mix the remaining 1 tsp. cumin and ½ tsp. cinnamon into the reserved ½ cup garlic yogurt. Spread half of the yogurt over the cauliflower steaks, and season with ¾ tsp. salt and ½ tsp. pepper. Roast the vegetables for 15 minutes. Carefully flip the cauliflower steaks over, top with the remaining yogurt, and gently stir the tomatoes and chickpeas. Continue roasting until the cauliflower is tender and lightly browned, 15 to 20 minutes longer.

To serve, spread the Yogurt-Mint Sauce on plates. Arrange the cauliflower steaks on top, and spoon the chickpeas and tomatoes over top. Sprinkle with crumbled feta, and garnish with chopped mint and dill. If you like, serve with naan or pita bread.

Pair With: WITBIER Sweet, fruity, and lightly creamy, witbier is a great choice for exotically flavored dishes like this one.



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