

3 Dinners Mini Menu #19 - "Sheet Pan" Edition

Grocery List

Chicken Drumsticks (6-8)
Sweet Potatoes (2lb bag)
Frozen Broccoli (12oz)
Pineapple Chunks (8oz)
Teriyaki Sauce
Ground Turkey (1lb)
French Bread
Tomato Sauce (8oz)
Zucchini (x1)
Smoked Sausage (14oz)
Apples (x2)
Italian Seasoning
Garlic Powder
Cinnamon
Paprika

@lowdoughfamily

Teriyaki Chicken Drumsticks with Sweet Potatoes, Broccoli

& Pineapple

6-8 chicken drumsticks
2 sweet potatoes, peeled
& cubed
12oz frozen broccoli
8oz pineapple chunks
(drained)
1/2 cup teriyaki sauce
2 tbsp vegetable oil*
Favorite Seasonings*

1. Preheat oven to 400°F. Line a sheet pan with foil.
2. Toss sweet potato cubes with 1 tbsp oil and favorite seasonings. Spread on sheet pan. Bake for 15 minutes.
3. Add drumsticks to the pan, brush with half the teriyaki sauce, and drizzle with remaining oil. Bake for 20 minutes.
4. Flip drumsticks, brush with more sauce, then scatter broccoli and pineapple around the pan. Bake for another 15-20 minutes, until chicken reaches 165°F and veggies are tender.

Smoked Sausage with Sweet Potatoes & Apples

14 oz smoked sausage
(sliced into 1/2-inch rounds)
2 sweet potatoes, peeled &
cubed
2 apples, cored & sliced
2 tbsp oil*
1 tsp paprika
1/2 tsp garlic powder
1/2 tsp cinnamon

1. Preheat oven to 400°F. Line a sheet pan with foil.
2. Toss sweet potatoes with oil, paprika, garlic powder, and cinnamon. Spread on sheet pan. Roast 15 minutes.
3. Add sausage slices and apple wedges to the pan. Toss lightly with sweet potatoes.
4. Roast another 20 minutes, stirring once, until potatoes are tender and sausage is browned.

Italian Mini Turkey Meatloaves with Zucchini & Garlic Bread

1 lb ground turkey
French Bread Loaf
1/2 cup tomato sauce
(plus extra for topping)
1 tsp Italian seasoning
1 medium zucchini, sliced
1tbsp oil*
2 tbsp butter or margarine*
1/2 tsp garlic powder

1. Heat oven to 400°F. Mix ground turkey, 2 pieces of bread (heels) torn into small pieces, tomato sauce, and seasonings. Form into 4 mini loaves and place on greased or foiled sheet pan. Bake for 15 minutes.
2. Add zucchini (tossed with oil & seasoning), spoon extra tomato sauce on meat loaves, then bake another 10-15 min until cooked through.
3. Slice bread, butter, sprinkle garlic powder; toast on pan last 5 minutes.