

Sheet Pan Vegetables – 3 Variations



Ingredients:

For the Broccoli Sheet Pan

1 bunch broccolini, ends trimmed

2 cups (one pint) cherry tomatoes (or diced tomatoes)

1/2 cup red onion, thinly sliced

1 lemon, thinly sliced, seeds removed

Avocado or olive oil spray

1/2 teaspoon Shemesh Farms Culinary Table Salt (or substitute salt and pepper to taste)

For the Cauliflower Sheet Pan

1 whole cauliflower, cut into flat "steaks"

1 can garbanzo beans, rinsed and drained

½ cup red onion, thinly sliced

Avocado or olive oil spray

½ teaspoon Shemesh Farms, Step in Thyme (or substitute salt, pepper and dried thyme)

For the Summer Squash Sheet Pan

2 summer/yellow squash cut into half moons

2 cups small tomatoes cut in quarters (or cherry tomatoes left whole)

1 can navy beans, rinsed and drained

½ cup red onion, thinly sliced

Avocado oil spray

½ teaspoon Shemesh Farms, Step in Thyme (or substitute salt, pepper and dried thyme)

Instructions:

Prep ingredients as noted. Preheat oven to 400 degrees. Line a sheet pan with parchment paper.

Begin building the sheet pan placing the vegetables in the order listed, spreading them out to all room for the following ingredients. Once all the vegetables/beans are placed on the pan, lightly spray with avocado (or oil of choice), or lightly brush oil of choice. Lastly, finish with seasonings.

Roast in hot oven for about 20 minutes, then check for doneness. The vegetables should begin to brown and tomatoes look wrinkled. Roast for 5-10 minutes more if needed.

If desired, this works well on the grill, follow the same instructions to create the sheet pan then place entire pan onto heated grill and close cover. Check after 20 minutes for doneness. Keep on the grill 5-10 minutes longer if needed.