

# Knowledge @ Noon

## *“Sheet Pan Dinners”*



*Wednesday, October 18, 2017*  
*12:00 - 1:00 p.m.*

104 S. Brayman, Paola, KS  
Marais des Cygnes Extension District, Paola Office

*Instructors: Marais des Cygnes Extension District*  
*Master Food Volunteers*

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## **How to Build an Entire Meal on a Humble Sheet Pan (& Celebrate Your Smarts)**

by Sarah Waldman • September 22, 2016 •

Move over Dutch ovens, skillets, and crock pots: There's a new kid in town. Sheet pans, too, lend themselves perfectly to one pot (or in this case, one pan) meals—the heroes of weeknight dinners. Quick, delicious, and easy (in planning, preparing, and clean-up) sheet pan dinners can be built a million ways and are completely customizable to your family's favorites. Whether you are searching for a way to cook an unusual CSA vegetable, prepare fish for a crowd, or assemble a meal ahead of time, sheet pan dinners are your answer. And once you start crafting your own combinations of protein, vegetable, herbs, and sauce, you will be hooked on this foolproof technique. Here, I'll share 12 tips for getting started, some basic time and temperature guidelines to abide by, and a few time-saving ideas.

### **Tips for building sheet pan dinners:**

1. Select a group of vegetables that cook at the same rate (like sweet potatoes and beets, or mushrooms and asparagus) to avoid overcooking one element or undercooking another.
2. Think seasonally. Almost any vegetable, however strange from your CSA, can be worked into a sheet pan meal.
3. If you do want to mix a quick-cooking vegetable with a more sturdy variety (think cherry tomatoes with fingerling potatoes), toss the more delicate one in for the last few minutes of baking.
4. When in doubt, add a sauce to the finished dish. As most sheet pan meals are a basic mix of meat and vegetables, a simple sauce adds welcomed flavor and texture. Pestos, yogurt-based sauces, salsas, chutneys, and mustard spreads can all be prepared ahead of time or in a matter of minutes just before serving.
5. Line the sheet pan with foil or parchment paper to make cleanup a breeze.
6. To add a fresh, raw crunch, sprinkle tender greens like baby arugula, spinach, pea shoots, or sprouts over the top of baked sheet pan meals before serving. Toasted nuts like almonds, pine nuts, and cashews also work.
7. To crisp up chicken skin, sausage casings, and fish skin, turn on the broiler for the final few minutes of cooking.
8. Marinades and spice rubs are always a welcomed addition to chicken, fish, tofu, and pork. When you have a few extra minutes, marinate the chicken in the fridge or rub salmon fillets with a spice mixture and chill until dinnertime. Most protein is best marinated for at least an hour and as long as overnight. Look to the ingredients of your meal to steer the marinade or rub flavorings.
9. Not every part of dinner has to be cooked on the sheet pan. Maybe you roast up a tray of fajita fillings to serve with tortillas or you bake chicken thighs and squash to be served over creamy polenta.
10. Sheet pan dinners are not just for meat eaters. Sliced tofu or tempeh, a variety of beans, whole sweet potatoes (surround them with sliced vegetables or beans, then use those to stuff the potatoes later), and orchard fruit for ice cream sundaes can all be prepared using this basic method.
11. Fear fish no more. Sheet pan meals take the intimidation out of preparing fish at home, especially for a crowd. Both individual fillets and large sharing sized portions cook up perfectly on a baking sheet.
12. Don't be shy: Toss in herbs or sliced citrus; drizzle over some vinegar; add a splash of dry white wine. Experiment with anything that appeals to you.

### **Basic guidelines for time and temperature:**

This list outlines some complementary ingredients pairings based on cooking time and oven temperature. You'll also want the vegetables you're cooking together to be more-or-less the same size to promote even cooking.

400° F for 20 to 30 minutes

- Veg: cabbage, carrots, turnips, radicchio, apples
- Protein: pork chops

400° F for 35 to 40 minutes

- Veg: bell peppers, onions, sweet potatoes,
- Protein: sausages (pork, chicken, lamb)

425° F for 15 minutes

- Veg: bok choy, green beans, scallions, mushrooms, greens, tomatoes, zucchini, leeks, asparagus, lemon rounds
- Protein: fish (salmon fillets, large white fish fillet)

425° F for 20 to 30 minutes

- Veg: green beans, eggplant, bell peppers, scallions
- Protein: tofu

425° F for 35 to 45 minutes

- Veg: potatoes, fennel, squash, beets, brussels sprouts, onions, broccoli, cauliflower, eggplant, orange rounds
- Protein: chicken pieces (bone in)

### **How to save time and get ahead:**

Sheet pan dinners can easily be partially or fully assembled before mealtime, eliminating the dinner rush.

- Over the weekend, wash, peel, and chop the vegetables so they are waiting for you.
- The night before, make a sauce to accompany the finished dish and store it in the fridge.
- Marinade or spice rub your protein of choice in the morning, then put it in the fridge until dinnertime.
- For especially busy nights, assemble the entire sheet pan meal, wrap, and chill in the fridge ready to slide into a hot oven.

## **5 Smart Tips to Make Sheet Pan Dinners Even Easier**

Sheet pan meals are not just a passing trend to be eclipsed by the slow- and pressure-cooked. No, **we would all be wise to wrangle our sheet pans**—because if you don't have a crew of flashy, new appliances in the wings, it's still likely that you'll have an oven and a sheet pan or two (even in the sparest vacation rental). Pelzel's book features 100 vegetarian recipes to make on sheet pans—from caramelized onion dip to roasted tomato gazpacho, mushroom risotto (yes, in the oven) to broccoli vodka pizza, chocolate chip cookie cake to pumpkin pie squares to vegan biscuits made with silken tofu (!!!)—along with **countless tips for making the most of your sheet pan. Here are (just) five of our favorite:**

1. For the crispiest roasted vegetables, let your pan heat up along with your oven.

To speed up the cook-time, and ensure that your vegetables get a good sear right off the bat, stick your baking sheet in the oven as the oven preheats. By the time you're ready to add the vegetables, the pan will be sizzling-hot, as if you were adding them to a hot skillet. "Not only does this jump-start the cooking process and decrease the total roasting time," explains Pelzel, "**but it also assures you'll get caramelized crispy edges and even charred bits, if that's your thing.**"

2. You can bake a whole lot of different grains—not just rice!

Maybe you're familiar with rice baked in a casserole dish or oven-proof pot, but you can cook all sorts of grains (and pseudo-grains—we see you, quinoa) on a sheet pan in the oven. It's a little more cumbersome than using a pot on the stove (you'll have to add hot water to a sheet pan, then cover the pan with a makeshift aluminum foil "lid"), but it's a game-changing method for when the stovetop is full. And since the grains are all on one layer of the pan, they'll cook more evenly, which makes this method both reliable and forgiving. To reduce clumping, toss the grains with a teaspoon or two of oil before putting them on the pan.

3. If you're using one sheet pan for multiple steps of a recipe, don't clean it in between.

When you cook grains on the pan you've just used to roast vegetables or make stew, all of those caramelized bits (or leftover sauce) will make your rice or couscous all the more delicious.

4. With a bit of craftiness, you can recreate the smoky flavors of the grill in your oven.

One disadvantage of sheet pan cooking? You won't achieve the same smokiness that comes from charring food on a charcoal grill. To compensate, Pelzel turns to ingredients like smoked paprika, smoked sea salt, and smoked soy sauce, along with the smoky black tea Lapsang Souchong (which is also the secret source of smoke in Tyler Kord's Vegetarian Bacon Mayo). You can use the brewed tea in a marinade or crush the leaves, along with other herbs and spices, into a dry rub for tofu, eggplant, or beets. To truly take advantage of your sheet pan, lay your vegetables on a wire rack positioned in the sheet pan.

**Pour brewed Lapsang Souchong tea onto the sheet pan below, then cover the whole set-up with foil and roast in a hot oven—you've just created a miniature smokehouse.** (If you have wood chips, soak them, tuck them in a flat aluminum foil packet, poke a few holes, then set this bundle on a sheet pan below a wire rack loaded with vegetables.)

5. Consider vegetable juice and vegetable purée in place of stock or cream.

First, you can **replace some of the vegetable stock or cooking liquid in a recipe with fresh vegetable juice.**

"Fresh vegetable juices making incredible cooking liquids" for rice or polenta and "are often much purer and tastier than purchased vegetable broth," especially when they're blended with fresh herbs like basil and cilantro.

To make your life simpler, Pelzel suggests buying the juice from the grocery store, juice bar, or smoothie shop.

Another tactic for elbowing vegetables into dinner? **Try replacing half of the amount of cream or whole milk in a dairy-rich recipe with puréed carrots, squash, or cauliflower.**

## **5 Rules for the Best Sheet Pan Dinners** *By Vanessa Greaves*

Why should something as simple as sheet pan dinners have rules? Because you want to end up with all the ingredients cooked just the way you want them. Besides, they're pretty easy rules. But they do make all the difference. The genius behind this oven-baked spin on one-pot-cooking is that it's supposed to make for simple prep, cook, and clean-up. And all that's true — as long as you keep these basic tips in mind:

## 1. Use the Right Kind of Pan

The right baking sheet to use for sheet pan dinners is called a half-sheet pan. It's made of heavy-gauge metal, measures 18 by 13 inches, and has a 1-inch rim all the way around. It's sturdy enough to take high oven heat—and sometimes broiler heat. The size allows for ingredients to be spread out so you don't crowd the pan. (Crowded pans make for mushy meals because the ingredients steam instead of roast.) And the rim is low enough for heat to move across the ingredients to give them a crisp, brown, caramelized finish. Jellyroll pans may look the same, but they're generally smaller and flimsier than half-sheet pans. The good news is half-sheet pans are not expensive and they're the kind of multi-taskers that you'll use again and again for a whole lot more than sheet pan dinners.

## 2. Line the Pan for Easy Clean-Up

You'll see lots of blog photos of sheet pan dinners where the pan is all crusty with baked-on bits. But let's get real. You're not interested in scrubbing pans. The solution? Line the pan with heavy-duty foil or parchment paper (not waxed paper). You might have to do a little light washing later, but a well-lined pan cleans up in a jiffy.

## 3. Give Dense or Whole Vegetables a Head Start

Vegetables like potatoes and carrots take much longer to cook than softer vegetables like green beans, asparagus, and tomatoes. Depending on what else you're adding to the pan, you should roast the denser vegetables for 30 minutes or more before adding the other vegetables to the pan. In a recipe for chicken and potatoes, small whole potatoes cook along with bone-in chicken leg quarters for 45 minutes, then the green beans are added 15 minutes before the pan comes out of the oven. If you cut the denser vegetables into small pieces, they'll need a shorter head start.

## 4. Oil Up the Ingredients

To ensure that vegetables don't dry out while they're cooking, make sure you completely coat them with oil. The best way to do this is by putting them into a large bowl and adding the oil and any other seasonings in your recipe. Then stir with a spoon or with your hands to cover everything thoroughly. A smart move is to do the dense vegetables first, then use what's in the bowl to coat the softer vegetables that will be added to the pan later.

## 5. Rack 'Em Up

Let's say you want to bake breaded chicken or fish over vegetables. To keep that crisp coating, use a wire rack to raise the breaded ingredients above the moisture in the pan. Use the same approach when you're roasting a cut of beef or pork so the juices baste the ingredients while the meats gets gloriously browned. Everyone wins.

## What You Need to Know to Make Any Sheet Pan Dinner

by Alexandra Stafford • January 3, 2017 •

Sheet pans excel at holding lots of food and therefore cooking for a crowd. What's more, their short rim encourages airflow and, in turn, browning, which in the end equates to good, caramelized flavor. They're a win-win. And while books have been written on the subject of sheet pan suppers, and Pinterest (and the web) is a source of endless inspiration, you can make a sheet pan supper however you like armed with just a little knowledge.

**Here are few tips to help you on your one-pan-wonder journey:**

### **The ingredients:**

- When considering vegetables, **think about all of your favorite in-season vegetables you'd typically roast.** Depending where you live, this could mean parsnips, carrots, rutabaga, sweet potatoes, potatoes, cauliflower, broccoli, kale, cabbage, Brussels sprouts, bok choy, winter squash, onions, shallots, fennel, zucchini, eggplant, peppers, endive, Romaine, or mushrooms. Is there a vegetable that doesn't roast well?
- **Cut vegetables roughly the same size** to ensure they cook as evenly as possible.
- **Consider including fruit.** Apples, pears, figs, strawberries, peaches, plums, nectarines, and grapes all take well to roasting, too. Simply toss with olive oil and salt (and pepper, if you wish) before adding them to the sheet pan. As they roast, they'll release their juices and soften, offering a welcomed sweet counterpoint to the savory elements. A favorite combination of mine is Brussels sprouts and grapes. Note: Most fruits will cook more quickly than vegetables, so you may need to add them to the sheet pan towards the end of the cooking process. See notes below about timing.
- **Avoid cuts of meat that require braising** such as pork shoulders, beef short ribs, or lamb shanks. Instead, consider bone-in, skin-on chicken legs or breasts (though boneless, skinless work well, too), pork chops, loins or tenderloins, cuts of beef such as flank steak, tenderloin, and sirloin tips, whole fish or filets, and rack of lamb or lamb chops. For vegetarian sources, consider tofu, tempeh, eggs, chickpeas, and beans.
- At a minimum, **toss everything with olive or other oil (grapeseed, coconut, canola), salt, and pepper**, if you like. If you're up for it, make a sauce that includes an acid (citrus or vinegar), some umami (soy sauce, Worcestershire, or fish sauce), and/or something spicy (Sriracha, Tabasco, harissa).

### **Timing/Strategy:**

**The success of a sheet pan supper lies in the timing**—in staggering the entry and exit of the ingredients. As you know, various ingredients cook at various rates. To avoid overcooked meats and undercooked vegetables, you may have to cook components separately at various points of the process.

In **Sheet Pan Roast Chicken and Cabbage**, for instance, the chicken roasts for 10 minutes before the cabbage wedges enter the pan. When the chicken is done, the cabbage continues roasting while the chicken rests out of the oven.

**Getting the timing right may take some trial and error.** Take notes! Your first sheet pan supper creation may not be perfect but it will more than likely be edible. Next time around make adjustments based on your experience.

**Consider finishing with the broiler.** If, in the end, you find yourself with a sheet pan of fully cooked but not-so-visually appealing elements, pop the pan under the broiler—in just three minutes or so, everything will look beautifully golden and appetizing.

A few final thoughts:

If you, like many, consider a complete meal to be one that includes a protein, vegetable, and starch, **strive to hit two of the three categories with your sheet pan concoction.** If you can include a protein and a starch, think about serving some sautéed greens, steamed vegetables, or a simple salad on the side. If you include a vegetable and a starch, think about topping it all with off with some poached or fried or hard-boiled eggs or toss it all with some cooked chickpeas or beans. The goal, of course, is to keep things simple, and if you manage to include all three categories on the sheet pan, you've found a real keeper.

**A sheet pan supper can be made under the broiler, too.** Fish filets or thin cuts of steak such as skirt may cook as quickly as 5 to 7 minutes under the broiler. Consider broiling quick-cooking vegetables like asparagus, peppers, and cherry tomatoes (depending on the season) briefly before topping them with the meat and returning the pan to the broiler to finish the cooking.

For sheet pan pizza, I find it works best if you place the sheet pan on a **preheated baking steel or pizza stone.** The blast of heat from below helps create a crisper, sturdier crust. Also, to prevent a sticking catastrophe, line the sheet pan with parchment paper.

**Consider preheating your sheet pan.** A hot sheet pan will give the cooking process a jumpstart and encourage desirable browning.

**Consider making a sauce.** A fresh salsa, a sharp, herby vinaigrette, a gremolata, a balsamic reduction—each of these can be thrown together quickly while the contents on the sheet pan roast away, and each will enliven the finished dish.

**Observe your oven and make adjustments accordingly.** Every oven is different. Some run hot, some run slow, some are plagued by hot spots. Adjust times and temperatures as needed.

Nearly as handy as a half sheet pan (the size you likely have at home) is a **quarter sheet pan.**

Measuring about 10x13x1 inches, these pans are great for heating nuts or toasting bread or cooking small amounts of anything.

## **Roasting Vegetables** by Karen Hanson, dietician and certified personal chef

Roasting brings out vegetables natural flavors. Roasted vegetables have browning, caramelization and crisping happening, while steamed ones are just cooked. Concerning nutrition, roasted vegetables retain more nutrients. When roasting veggies, use a small amount of oil and a bit of chicken or beef broth to keep the vegetables moist. Adding a sprinkling of fresh or dried herbs for extra seasoning only enhances flavor without adding calories and fat.

Another great use for roasted vegetables is to mash or puree them and add them as delicious and nutritious fat substitutes in recipes for mashed potatoes, sauces, cream soups and casseroles.

Here are some ways to cook with roasted vegetables:

1. Make your pizza a gourmet delight by topping with roasted veggies.
2. Use roasted vegetables as all or part of the filing for a sandwich or pita pocket.
3. Use roasted vegetables as part of the filling in quesadilla, taco or burrito.
4. Roasted vegetables make a fine main dish if blended with nuts and cheese or grains such as quinoa, barley or farro.
5. Roasted vegetables can serve as a side dish to complement a meat, fish or vegetarian entrée.
6. Roasting vegetables before adding them to soups, stews or salads will intensify the flavors of these dishes and make them even more fabulous.
7. Use roasted vegetables as ingredients for spreads of dips. Try roasted eggplant, onions and garlic.
8. Add them to your favorite cold or hot pasta dishes.

## Sheet Pan

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A sheet pan, baking tray or baking sheet is a flat, rectangular metal pan used in an [oven](#). It is often used for [baking bread rolls](#), [pastries](#) and flat products such as [cookies](#), [sheet cakes](#), [swiss rolls](#) and [pizzas](#).

These pans, like all [bakeware](#), can be made of a variety of materials, but are primarily [aluminum](#) or [stainless steel](#). The most basic sheet pan is literally a sheet of metal. Common additional features that may be found in sheet pans include a lip on one or more edges to prevent food from sliding off, handles to aid in placing the pan into the oven, and removing it again, or a layer of insulation or air (air bake pan) designed to protect delicate food from burning.

### Types and sizes

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A sheet pan that has a continuous lip around all four sides may be called a jelly roll pan. A pan that has at least one side flat, so that it is easy to slide the baked product off the end, may be called a cookie sheet.

[Professional](#) sheet pans used in commercial kitchens typically are made of aluminum, with a 1 in (2.5 cm) raised lip around the edge, and in the United States come in standard sizes. The full-size sheet pan is 26 by 18 in (66 by 46 cm), which is too large for most home ovens. A two thirds sheet pan (also referred to as a three quarter size sheet pan) is 21 by 15 in (53 by 38 cm).<sup>[1][2]</sup> A half sheet pan is 18 by 13 in (46 by 33 cm); quarter sheets are 9 by 13 in (23 by 33 cm). The half sheet is approximately the same size as mass-market baking sheets found in supermarkets, and the quarter sheet is a common size for rectangular, single-layer cakes. Other commercial kitchen equipment, such as cooling racks, ovens, and shelving, is made to fit these standard pans.

**Common U.S. Baking Tray Dimension Conventions.**  
Values are approximate and vary based on rim size and style.

Conventional Size Name	Width (in)	Depth (in)	Height (in)
Full	26	18	1
Two Thirds/Three Quarters	21	15	1
Half	18	13	1
Quarter	13	9	1

## Easy Sheet Pan Nachos

1 Pound Ground Beef  
1 Package Taco Seasoning  
½ cup Water

Fresh Tomatoes  
½ cup Red Onion  
Fresh Cilantro

Cook ground beef on medium heat until browned. Drain if needed. Return pan to heat and add the taco seasoning and water. Bring to a simmer. In a sheet pan with sides, layer nacho chips, beef mixture, and cheese. Broil on HIGH for a minute or until cheese is melty. Top with the tomatoes, onion, and cilantro before serving!

## Sheet Pan Mini Meatloaves with Potatoes & Green Beans (Author Strawberry Blondie Kitchen)

**Prep 5 mins Cook 25 mins Yield 4 servings**

### *For the Potatoes:*

12 oz. red potatoes, quartered  
Salt and black pepper

1 Tablespoon olive oil

### *For the Meatloaves:*

1 lb ground beef, (I used 90/10)  
2/3 cup breadcrumbs  
3 Tablespoons ketchup + 4 tsp., divided  
½ Tablespoon Dijon mustard  
½ teaspoon oregano  
1/8 teaspoon black pepper  
2 Tablespoon fresh parsley, chopped

½ cup onion, chopped  
2 cloves garlic  
½ Tablespoon prepared horseradish  
1 egg  
¼ teaspoon salt  
3 oz. white Cheddar, diced into 24 cubes  
2 Tablespoons Parmesan cheese, grated

### *For the Green Beans:*

8 oz. green beans, trimmed  
Salt and pepper

1 teaspoon olive oil

### Instructions

Preheat oven to 400° F. Line a 12 x 17 inch sheet pan with aluminum foil and spray with cooking spray. Place potatoes on the bottom half of the pan. Drizzle olive oil and sprinkle with salt and pepper. Toss to combine. In a medium skillet over medium heat, saute garlic and onion for 2 minutes. Place into a large bowl. Combine onion mixture, breadcrumbs, 3 T. ketchup and remaining ingredients. Shape into 8 loaves. (You can weigh the mixture and divide by 8 so you have 8 equal loaves.) Place 3 cubes of cheese into each meatloaf and wrap tightly making sure none of the cheese is exposed. Place onto sheet pans on the upper half of the pan. In a medium bowl, place green beans and toss with olive oil, salt and pepper. Place green beans in between the meatloaves and potatoes. Place ½ t. of ketchup onto each meatloaf. Bake in the oven for 20-25 minutes or until the internal temperature of the meatloaves reaches 160° F. **\*\*you may want to remove the pan and pull the green beans after 12-15 minutes of cooking. Ours were slightly browned and crispy, which we like, but you may prefer them slightly undercooked.**

**Nutrition Facts** Serving Size 2 mini meatloaves, 2 ounces green beans and 5 ounces of potatoes  
Amount Per Serving: Calories 470, Saturated Fat 9g., Cholesterol 142 mg., Sodium 890 mg., Total Carbohydrates 34g., Dietary Fiber 5 g., Sugars 10g., Protein 36g.

## Smoked Sausage with Potatoes and Green Beans

1 pound smoked sausage, sliced	2 teaspoons olive oil
$\frac{3}{4}$ pound fresh green beans	1 teaspoon salt
1 pound red potatoes, cut into 1 inch chunks	1 teaspoon pepper
1 medium onion, cut into wedges	$\frac{1}{2}$ teaspoon garlic powder

In a large bowl, mix all of the above and toss to coat. Place in a 9x13 pan or a brimmed jelly roll pan and cover with foil. Bake in a preheated 425 degree oven for 30 minutes. Remove the foil and bake for an additional 10 to 15 minutes.

## Sheet Pan Chicken with Sweet Potatoes Apples and Brussels Sprouts

*Easy chicken and vegetable dinner that's baked on one pan and has the best flavors of fall!*

**YIELD:** 4 servings **PREP TIME:** 20 minutes **COOK TIME:** 25 minutes **TOTAL TIME:** 55 minutes

4 boneless, skinless chicken breasts, trimmed of excess fat and lightly pounded to a relatively even thickness

3 Tablespoons extra-virgin olive oil, divided

4 cloves garlic, minced

2 Tablespoons chopped fresh rosemary, divided

1 teaspoon ground cinnamon

1 teaspoon kosher salt, divided

$\frac{1}{2}$  teaspoon black pepper, divided

4 cups Brussels sprouts, trimmed and halved (quarter if very large), about 1 pound

1 large sweet potato, peeled and cut into  $\frac{1}{2}$ -inch cubes

1 medium red onion, cut into  $\frac{3}{4}$ -inch pieces

1 medium Granny smith apple, peeled, cored, and cut into rough 1-inch pieces (these pieces should be larger than the other vegetables)

Preheat the oven to 425 degrees F. Place the chicken breasts in a large ziptop bag. Drizzle with 1  $\frac{1}{2}$  T. olive oil, then add the garlic, 1 T. rosemary, cinnamon,  $\frac{1}{2}$  t. salt, and  $\frac{1}{4}$  t. black pepper. Zip the bag tightly, then shake and rub the bag to coat the chicken in the oil and spices. Set aside while you chop the vegetables and apples, or refrigerate for up to 1 day.

Once chopped, place the Brussels sprouts, sweet potato, onion, and apple on a large, rimmed baking sheet. Drizzle with the remaining 1  $\frac{1}{2}$  T. olive oil, then sprinkle with remaining  $\frac{1}{2}$  t. kosher salt and  $\frac{1}{4}$  t. black pepper. Toss to evenly coat, then spread into an even layer.

Remove the chicken from the marinade and place on top of the apple and vegetables. Place in the oven and roast until the chicken is cooked through and the internal temperature reaches 160 to 165 degrees F, about 18 to 22 minutes, or until done. Once the chicken is cooked through, remove to a plate to rest and cover with foil to keep warm. Toss the apple and vegetables on the pan, then return the pan to the oven and continue baking until caramelized and tender, about 10 to 15 additional minutes. Sprinkle with the remaining 1 T. fresh rosemary. Serve warm with the rested chicken.

You can add bacon. Cut 4 thick-cut bacon slices into 1-inch strips and scatter over the top of the chicken prior to baking. Leave on the pan to cook with the veggies after the chicken is removed.

Erin Clark/ *Well Plated*

**NUTRITION FACTS** Serving Size: 1 (of 4) **Amount Per Serving: Calories:** 316 **Total Fat:** 12g **Saturated Fat:** 2g **Cholesterol:** 64mg **Sodium:** 394mg **Carbohydrates:** 24g **Fiber:** 6g **Sugar:** 8g **Protein:** 30g

## Sheet Pan Pizza

### For the dough:

1 package (2¼ tsp, ¼oz, 7g) RED STAR Quick-Rise Yeast	1 ½ teaspoon Kosher salt
¼ teaspoon sugar	3 Tbsp. olive oil, plus ¼ c for the pan
1¼ cup warm water, about 100-115°F	3 ½ - 4 cups unbleached all-purpose flour

### For the sauce:

3 Tablespoons extra-virgin olive oil	½ teaspoon dried red pepper flakes, or more to taste
3 cloves garlic, roughly chopped	1 (28 oz) can whole peeled tomatoes
1 Tablespoon dried oregano	1 teaspoon Kosher salt

### To Assemble and Bake:

1 pound sliced deli-style mozzarella cheese	4 oz. Pecorino Romano cheese, grated
6 oz. natural-casing pepperoni, cut into ⅛-inch slices	

Dissolve the yeast and sugar in the warm water in a small mixing bowl or measuring cup. Proof the yeast until it is foamy, about 5 minutes. In the bowl of a stand mixer fitted with the dough hook attachment, pour in the yeast mixture, salt, 3 T. olive oil and 3 ½ cups of flour. Turn mixer on medium and mix until combined, about 4 minutes. Slowly add in the additional ½ cup flour and mix for about another 2 minutes. Remove the dough from the mixing bowl and transfer to a lightly-floured surface. Knead by hand until smooth and elastic. Shape dough into a small rectangle.

Coat a 12x17-inch sheet pan (or jelly roll pan) with ¼ cup olive oil. Transfer dough into the oiled pan and cover loosely with plastic wrap. Let rest until double in size, about an hour.

Punch down the dough. Form dough by pressing with your fingers to fit the entire pan, edge-to-edge. Make sure dough is even thickness across pan. Lightly prick with a fork to prevent the crust from bubbling up (don't poke all the way through the dough, 10-15 total fork pricks.) If the dough is resistant to reach the corner, allow it to rest a few minutes and try again. Cover pan with the plastic wrap and allow it to rest another hour. Preheat the oven to 550°F, making sure the bottom rack of your oven is set to its lowest level.

Make your sauce: sauté garlic in the olive oil in a medium sauce pan over medium-high heat until fragrant (2 minutes). Add in the oregano, red pepper flakes, can of tomatoes and salt; stir and cook for 2 minutes, then remove from heat. Use an immersion blender to blend contents in the pot or pour contents into a blender and blend until smooth and no large chunks remain.

Remove plastic wrap from the pizza dough and place slices of mozzarella cheese evenly over pizza dough, then spread sauce over the cheese. Top with slices of pepperoni and then sprinkle with Pecorino Romano cheese.

Place the baking sheet on the lowest rack in the oven and bake for about 10-15 minutes, until the crust is crispy and lightly browned.

## Sausage and Pepper Bake

4 sweet or hot Italian turkey sausages  
2 green or yellow bell peppers, sliced  
1 pint cherry tomatoes  
1 medium yellow onion, sliced  
1 Tablespoon olive oil  
1 clove garlic, minced  
1 teaspoon dried oregano  
¼ teaspoon Kosher salt  
½ teaspoon black pepper

Heat oven to 400 degrees. On a large brimmed baking sheet, combine sausage, peppers, tomatoes, and onion. Toss with oil and seasonings until coated. Roast until sausages are blistered and vegetables are golden, about 20 or 25 minutes.

## One Pan Garlic Ranch Chicken and Veggies

Yield: 4 Servings   Prep Time: 10 Minutes   Cook Time: 35 Minutes

8 teaspoons brown sugar, divided	2 Tablespoons olive oil
8 bone-in, skin-on chicken thighs	1 (1 oz.) package Ranch Seasoning and Salad Dressing Mix
16 oz. baby red potatoes, halved	3 cloves garlic, minced
16 oz. baby peeled carrots	Kosher salt and freshly ground black pepper, to taste
2 Tablespoons chopped fresh parsley leaves	

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. Using your fingers, work the brown sugar, about 1 tsp. per thigh, onto both sides of the chicken. Place chicken, potatoes and carrots in a single layer onto the prepared baking sheet. Drizzle with olive oil and sprinkle with Ranch Seasoning and garlic; season with salt and pepper, to taste.

Place into oven and roast until the chicken is completely cooked through, reaching an internal temperature of 165 degrees F, about 25-30 minutes, depending on size and thickness of carrots and potatoes. Then broil for 2-3 minutes, or until caramelized and slightly charred. Serve immediately, garnished with parsley, if desired.

**Nutrition Facts** 4 Servings Per Pan **Amount Per Serving:** Calories 567.6 (Calories from Fat 279.9)  
**Daily Value:** **Total Fat** 31.1g 48%, **Saturated Fat** 7.7g 39%, **Trans Fat** 0g **Cholesterol** 122.7mg 41%,  
**Sodium** 750.2mg 31%, **Total Carbohydrate** 41.2g 14%, **Dietary Fiber** 5.3g 21%, **Sugars** 15.4g  
**Protein** 29.6g 59%

## Orange-Glazed Pork with Sweet Potatoes Recipe

**TOTAL TIME:** Prep: 20 min. Bake: 55 min. + standing      **YIELD:** 6 servings

### Ingredients

1 pound sweet potatoes (about 2 medium)	2 medium apples
1 medium orange	1 teaspoon salt
½ teaspoon pepper	1 cup orange juice
2 Tablespoons brown sugar	2 teaspoons cornstarch
1 teaspoon ground cinnamon	1 teaspoon ground ginger
2 pork tenderloins (about 1 pound each)	

Preheat oven to 350°. Peel sweet potatoes; core apples. Cut potatoes, apples and orange crosswise into ¼-in.-thick slices. Arrange on a foil-lined 15x10x1-in. baking pan coated with cooking spray; sprinkle with salt and pepper. Roast 10 minutes.

Meanwhile, in a microwave-safe bowl, mix orange juice, brown sugar, cornstarch, cinnamon and ginger. Microwave, covered, on high, stirring every 30 seconds until thickened, 1-2 minutes. Stir until smooth.

Place pork over sweet potato mixture; drizzle with orange juice mixture. Roast until a thermometer inserted in pork reads 145° and sweet potatoes and apples are tender, 45-55 minutes longer. Remove from oven; tent with foil. Let stand 10 minutes before slicing. **Yield:** 6 servings.

### Nutritional Facts

4 ounces cooked pork with about 1 cup sweet potato mixture: 325 calories, 5g fat (2g saturated fat), 85mg cholesterol, 467mg sodium, 36g carbohydrate (21g sugars, 3g fiber), 32g protein. **Diabetic Exchanges:** 4 lean meat, 2 starch. Recipe from *Taste of Home*

## Sheet Pan Steak with Broccoli and Beans

4 garlic cloves, divided	1 ½ teaspoons kosher salt, divided
½ cup balsamic vinegar	¾ teaspoon freshly ground black pepper, divided
3 Tablespoons Dijon mustard	1 (1 ½ pound) skirt steak, cut crosswise into 2 equal pieces
½ cup + 2 Tbsp. Extra-virgin olive oil, divided	1 bunch broccoli (10 oz.) cut into small pieces
2 Tbsp. chopped fresh oregano leaves, divided	
1 (15 oz) can cannellini or red kidney beans, rinsed and drained.	

Finely chop 2 garlic cloves. Place in a large bowl or shallow baking dish, then whisk in vinegar, Dijon, ½ cup oil, 1 Tbsp. oregano, ½ tsp. salt and ¼ tsp pepper on rimmed baking sheet. Broil 5 minutes, then remove from oven. Add beans and garlic and toss to combine. Set wire rack on top of broccoli mixture. Place steak on rack; discard vinaigrette.

Broil steak, turning halfway through, until cooked to desired doneness, about 3 minutes per side for medium-rare. Let steak rest 5 minutes. Meanwhile transfer broccoli mixture to a medium bowl and toss with 1 Tbsp. reserved vinaigrette, then divide among 4 plates. Thinly slice steak against the grain and serve with broccoli mixture and remaining vinaigrette alongside. Serves 4.

## Honey Balsamic Sheet Pan Chicken or Pork and Roasted Veggies

¼ cup balsamic vinegar	4 boneless and skinned chicken breasts
6 Tablespoons Honey	OR 4 boneless thick cut pork chops
2 to 3 Tablespoons olive oil divided	1 ½ pounds baby red, Yukon gold or medley potatoes
2 cloves garlic, minced	(quarter the larger ones)
1 teaspoon dried thyme	1 pint cherry tomatoes
¾ teaspoon dried rosemary	1 pound green beans, fresh asparagus,
½ teaspoon red chili flakes (optional)	Brussel sprouts or squash (any kind)
¾ teaspoon kosher salt	½ package pearl onions – peeled or one medium
¼ teaspoon black pepper	onion quartered

Preheat oven to 425 degrees. In a medium bowl combine the vinegar, honey and 1 T of the olive oil. Add the garlic, thyme, rosemary, chili flakes, salt and pepper and stir well to mix. Place chicken or pork chops in a zip plastic bag and pour the marinade over the top. Seal and toss to evenly coat. Marinate at least 30 minutes. While the meat is marinating, place the potatoes and tomatoes on a foil covered sheet pan. Drizzle with the remaining olive oil, season with salt and pepper and stir to coat. Bake for 25 minutes. Remove the sheet pan from the oven and toss the vegetables and the onions with the potatoes and tomatoes. Remove the meat from the bag and lay on top of the vegetables. Pour the marinade from the bag over the top of the meat and vegetables. Return the pan to the oven and bake for 30 to 40 minutes periodically basting the meat and vegetables with the pan juices. Internal temperature of the meat should be 165 degrees. Remove from oven and allow to rest for 5 to 10 minutes. Spoon the pan juices over the top of the meat just before serving. Serves 4.

## Sheet-Pan Salmon and Veggies

4 cups chopped kale leaves, ribs and thick stems removed (you can also use spinach)  
2 cups cherry tomatoes  
2 Tablespoons olive oil  
Kosher salt and freshly ground black pepper, to taste  
4 (5 ounce) salmon fillets  
2 Tablespoons chopped fresh parsley leaves  
For the sweet and spicy mustard glaze:  
3 Tablespoons spicy yellow mustard  
1 Tablespoon whole grain mustard  
1 Tablespoon honey  
1 Tablespoon reduced sodium soy sauce  
1 teaspoon hot sauce, optional

Preheat oven to 400 degrees F. Lightly oil a baking sheet or coat with nonstick spray. In a small bowl, whisk together mustards, honey, soy sauce and hot sauce; set aside. Place kale and tomatoes in single layer onto the prepared baking sheet. Drizzle with olive oil and season with salt and pepper, to taste. Top with salmon in a single layer and brush each salmon fillet with mustard glaze. Place into oven and cook until the fish flakes easily with a fork, brushing 2 – 3 times with mustard mixture, about 16 – 18 minutes. Serves 4.

## Louisiana Shrimp

5 pounds raw shrimp thawed if frozen	1 ounce black pepper
1 large bottle Italian Dressing	Juice of 4 lemons
1 pound butter ( not margarine)	½ cup sugar

Melt butter, Add dressing, lemon juice, pepper and sugar. Stir well. Place shrimp on large sheet pan. Pour butter mixture over shrimp. Bake at 350 degrees until shrimp is bright pink or done. Approx. 20 minutes. Recipe submitted by Gayle Plummer, MFV.

## Peanut Butter Sheet Cake

¾ cup margarine	2 cups sugar
½ cup peanut butter	1 teaspoon soda
1 cup water	½ cup buttermilk
½ cup oil	1 teaspoon vanilla
2 cups flour	2 eggs, beaten

Melt together (do not boil) margarine, peanut butter, water and oil. Add remaining ingredients and mix well. Pour into greased 11 x 15 inch sheet pan. Bake at 350 degrees for 15 to 18 minutes or until done.

## Peanut Butter Frosting.

1/3 cup milk	½ cup peanut butter
½ cup melted margarine	1 pound powdered sugar

Mix all ingredients well and spread on cooled sheet cake.

## Pecan Dessert **Makes 15 servings**

2 refrigerated piecrusts (1 box) at room temperature	5 large eggs, beaten
1 ½ cups packed light brown sugar	1 teaspoon vanilla extract
1 cup light corn syrup	¾ teaspoon salt
1 ¼ sticks (10 Tbsp.) unsalted butter	3 cups shelled pecan halves

Heat oven to 350 degrees. Lightly flour a surface. Unroll piecrusts and stack on top of each other.

Use a rolling pin to combine crusts into a 17 x 12 inch rectangle. Place in bottom of a rimmed 15 x 10 inch sheet pan; fold over any edges. Refrigerate while preparing filling.

In a medium pot over medium heat, combine brown sugar, corn syrup and butter, whisking until smooth and barely bubbling. Remove from heat and slowly stir in beaten eggs, vanilla and salt.

Scatter pecans over crust in an even layer. Slowly pour filling over pecans. Bake 40 minutes, until crust is browned and filling is set. Cool completely before slicing into squares.

**Per serving:** 450 calories, 28 g. fat, 5 g protein, 50 g. carbs, 27 g. total sugar, 2 g. fiber, 280 mg sodium.

## Pumpkin Pie in a Sheet Pan

Recipe courtesy of Food Network Kitchen

Prep: 5 minutes Cook: 1 hr 25 minutes plus cooling time Serves 16

### Dough:

Cooking spray

1 pound (4 sticks) unsalted butter, at room temperature

1 teaspoon kosher salt

1 large egg

1 ¼ cup powdered sugar

5 cup all-purpose flour, plus more for dusting

### Filling:

Two 15-ounce cans pumpkin puree

1 1/2 cup granulated sugar

2 teaspoon ground cinnamon

1 teaspoon pure vanilla extract

Whipped cream, for serving

2 ½ cups heavy cream

4 large eggs, lightly beaten

1 teaspoon grated nutmeg

½ teaspoon kosher salt

Special equipment: a 10-by-15-inch rimmed baking sheet, 1 roll 18-inch-wide heavy-duty aluminum foil, a 1-inch round cookie cutter

Position an oven rack in the bottom of the oven, and preheat to 350 degrees F. Tear off two 24-inch pieces of 18-inch-wide heavy-duty aluminum foil. Line a 10-by-15-inch rimmed baking sheet with the foil, crisscrossing the pieces and leaving an overhang on all sides. Fold over each overhang so it stands upright and forms a sturdy wall about 3 inches high. Crimp the corners together, and lightly coat the bottom and sides with the cooking spray.

For the dough: Beat the butter, confectioners' sugar and salt in a large bowl with an electric mixer on medium-high until smooth, about 1 minute. Add half the flour, and beat to incorporate; add the remaining flour, and beat until the dough just starts to come together in large, soft clumps. (It should hold together when squeezed.) Set aside 1/3 of the dough (for decorating the edges).

Press half the remaining dough into the bottom of the baking sheet until it is completely covered, with no gaps, about 1/4 inch thick. (The dough won't be completely smooth.) Press the remaining dough into and about 1 inch up the sides of the foil wall until the dough is about 1/4 inch thick and there are no gaps where the sides and bottom meet. Bake until the dough is light golden, 20 to 25 minutes. Let cool completely on a rack.

Meanwhile, knead the reserved dough a few times to bring it together. Put it between 2 pieces of flour-dusted parchment; pat it into a disk, and roll it out to about 1/8 inch thick. Cut out about 50 rounds with a 1-inch round cookie cutter, gathering scraps and rerolling as needed. Lay all the rounds out on a parchment-lined baking sheet or platter, beat the egg with a little water and brush the tops of each round with the egg wash. Refrigerate until ready to use.

For the filling: Gently whisk together the pumpkin, cream, granulated sugar, eggs, cinnamon, nutmeg, vanilla and salt in a large bowl until blended well.

Pour the filling into the cooled pie shell. Press the rounds in a single line all around the edges of the crust. (It's OK if part of the round sinks into the filling slightly.) Bake until the filling is only slightly wiggly when shaken, 50 minutes to 1 hour. Let cool completely. Wrap and refrigerate overnight. Cut into squares, and serve with whipped cream.

## Caramel Apple Slab Pie

Prep Time: 40 minutes Cook time: 45 Minutes Total Time: 1 hr. 25 minutes Serves 25

A thin and flaky melt in your mouth crust topped with juicy apples and a crisp topping. It is drizzled in Homemade caramel and perfect for feeding a crowd!

### INGREDIENTS

2¼ cups all-purpose flour	¾ teaspoon salt
⅔ cup butter-flavored shortening	½ cup cold water
⅔ cup sugar	1/3 cup all-purpose flour

1 teaspoon ground cinnamon  
3½ lb. granny smith apples, peeled, cored, and cut into ¼-inch-thick slices (10 cups)

#### Crumb Topping:

1 cup quick-cooking rolled oats	1 cup packed brown sugar
½ cup all-purpose flour	½ cup butter

#### Homemade Caramel:

1 cup Brown Sugar	4 Tablespoons butter
½ cup Half-and-half	1 Tablespoon vanilla
Pinch of Salt	

### INSTRUCTIONS

1. Spray a 15x10x1 inch pan with non-stick cooking spray and set aside. To make the dough, In a large bowl combine flour and salt. Using a pastry blender cut in the shortening until it resembles coarse crumbs. Sprinkle 1 tablespoon of the cold water over the mixture and toss with a fork. Repeat using 1 tablespoon of water at a time until it is moistened and knead the dough into a ball.
2. Preheat oven to 375 degrees. On a lightly floured surface, roll dough into a 19x13-inch rectangle. Wrap it around the rolling pin and unroll it into the prepared baking pan. Ease dough into the pan and up the sides, being careful not to stretch it. Trim dough to ½ inch beyond edge of pan. Fold dough edge over and flute as desired.
3. In an extra large bowl combine the sugar, ⅓ cup flour, cinnamon and apples. Toss until coated. Spoon the mixture on the dough and spread evenly.
4. To make the crumb topping: In a large bowl, stir together quick-cooking rolled oats, packed brown sugar, and all-purpose flour. Using a pastry blender, cut in butter until topping mixture resembles coarse crumbs. Sprinkle on top of apples.
5. Bake for 40-45 minutes or until apples are tender. If it is starting to brown to fast, cover the top with foil the last 5-10 minutes. Cool slightly.
6. To make the homemade caramel: Mix all ingredients in a medium saucepan over medium-low to medium heat. Cook while whisking gently for 5 to 7 minutes, until thicker. Turn off heat. Serve warm or refrigerate until cold. Drizzle on top of apple slab pie.

From *The Recipe Critic*

## Sheet Pan Banana Blueberry Pancakes

The benefits about making pancakes in the oven are that it's less messy, saves time (no more standing by the stove flipping pancake) and can feed a crowd! Most kids love bananas and blueberries in their pancakes so make one huge sheet pan pancake with their favorite topping. This method is awesome- just like making a giant pancake "cake!" It's even easier if you use your favorite pancake mix for the batter (which we did) but you can make your own from scratch as well.

One rimmed sheet pan (we used an 18" x 13" inch pan)

2 Tablespoons melted butter

Pancake batter (we used a mix and double the recipe which called for two cups of mix, prepare according to the mix)

Aluminum foil

Two sliced bananas and 1 cup blueberries (reserve half)

### Instructions:

Prepare your pancake batter (you can use a mix like we did or make your own). As mentioned, we doubled the recipe on a mix (which called for 2 cups of the dry mix) to fill an 18" x 13" pan.

Preheat your oven to 425 degrees. Line your sheet pan with aluminum foil, brush with melted butter. Pour your pancake batter evenly; it should be no taller than 3/8" tall.

Add half of your sliced bananas and blueberries over the batter. Bake your sheet pan pancake a bit more than halfway, around 9 minutes. The bananas and blueberries will have sunken in the batter. Pull out the pan and add the remaining half of your bananas and blueberries and return to the oven. Bake for 5 more minutes. It will look very light in color. The trick to getting it toasty and brown on top is to turn on your broiler and let it broil for a minute or two, making sure to rotate the pan every minute until you get the browning you want.

Remove the sheet pan and allow to cool completely. Cut into squares and serve!

Using a pizza cutter makes it easy to cut even slices for breakfast or brunch. The kids also loved eating these pancake squares without any syrup as a snack! They are great stored in the fridge to pull out for an afternoon treat.

## Rosemary Focaccia

Adapted, just a bit, from [Anne Burrell's recipe on FoodNetwork.com](https://www.foodnetwork.com/recipes/anne-burrell/rosemary-focaccia-recipe)

Servings: 24 (2-1/2-inch x 3-inch) focaccia squares (serves 10-12) Prep Time: 20 minutes Cook Time: 20 minutes  
Total Time: 40 minutes, plus 2-3 hours rising time

### Ingredients

1-3/4 cup warm water  
1 packet (2-1/4 teaspoons) active dry yeast (not instant active dry yeast or rapid rise yeast)  
1 tablespoon sugar  
5 cups all-purpose flour, spooned into measuring cup and leveled-off with a knife, plus more for kneading  
1 tablespoon + 3/4 teaspoon kosher salt, divided  
3/4 cup extra virgin olive oil, divided, plus more for oiling the bowl and drizzling on top  
1 tablespoon chopped fresh rosemary, from several sprigs

1. Combine the warm water, yeast and sugar in a small bowl; stir to dissolve the sugar and yeast. Let sit about 10 minutes, until the mixture is foamy. (This is called proofing the yeast, or making sure it is active; if it doesn't foam, it's not fresh and won't work.)
2. In the bowl of a mixer fitted with a dough hook, combine the flour and 1 tablespoon of kosher salt. Mix briefly on low speed to combine. Add the yeast mixture and 1/2 cup of olive oil; mix on low speed until the dough comes together, then turn the speed up to medium and continue to knead for 5 to 6 minutes, until the dough becomes smooth and soft. Sprinkle with a bit of flour if the dough is really sticky and tacky.
3. Transfer the dough to a clean, very lightly floured surface. Knead by hand briefly until the dough comes together into a smooth ball.
4. Clean the mixer bowl if necessary (sometimes the dough will come out entirely but sometimes a bit of dough might stick), then coat the inside of the bowl with about 1 teaspoon of olive oil. Return the dough to the bowl, flipping once so that both the top and bottom of dough are lightly slicked with oil. Cover the bowl with plastic wrap and put it in a warm, draft-free place until the dough has doubled in size, 1-2 hours. (Hint: the warmer the spot, the faster it will rise.)
5. Coat a 12" x 16" rimmed baking sheet with 1/4 cup of olive oil. (It will seem like a lot, but that's what makes the bottom crispy.) Plop the dough onto the prepared pan and begin pressing it out with your hands to fit the size of the pan. Turn the dough over a few a times to coat both sides with olive oil. Continue to stretch the dough to fit the pan. Once the dough is stretched, spread your fingers out and make impressions almost all the way through the dough (don't poke holes, just press down to the bottom of the pan). Cover the pan with plastic wrap and place in the warm, draft-free spot until the dough has puffed up and doubled in size, about 1 hour.
6. While the dough is rising a second time, preheat the oven to 425 degrees F. Set the oven rack in the middle position.
7. Sprinkle the top of the focaccia with the remaining 3/4 teaspoon kosher salt and rosemary, then lightly drizzle 1-2 teaspoons of olive oil on top so it pools in the indentations. Bake until golden brown, about 20 minutes. Remove the focaccia from the oven and let it cool in the pan on a wire rack for about 15 minutes. Transfer the focaccia to a cutting board and slice into squares. Drizzle a touch more oil on top before serving, if desired.

*Recipe from Once Upon a Chef <https://www.onceuponachef.com/recipes/rosemary-focaccia.html>*