

# Speedy Sheet Pan Dinner

**Theme Overview:** Sheet pan dinners have gained in popularity over the past few years and are considered the biggest dinner trend of the year. Sheet pan cooking uses a roasting method (cooking with heat from above and below) and is an easy way to make a delicious meal out of almost anything. Season and assemble ingredients on a single sheet pan and pop it in the oven for a fantastic meal. Your protein and vegetables can be cooked on the same pan, promoting easy cleanup.

A sheet pan is a rectangular baking pan with a flat, large surface area baking surface and a raised rim all the way around the pan. It's typically made of aluminum and commonly offered in three different sizes: full sheet pans, half sheet pans, and quarter sheet pans. The beauty of sheet pan cooking is that it can be made for a family of 2 or 6. You can always use two sheet pans (or even a pizza pan in a pinch) for more cooking surface.

You can customize your sheet pan meal with your favorite veggies and proteins or consider trying a meatless roasted veggie meal. It is best to pair ingredients that have the same general cooking time. You can always choose to cut veggies that take longer to bake in small pieces and quick-cooking veggies can be left in large pieces. Another tip is that slower-cooking items can be started 10-15 minutes before you add the other items.

**Food allergies:** Recipes can be modified to accommodate food allergies and preferences.

**Reporting Changes This Month:** Food, Fun, 4-H funding has been provided through the Walmart Healthy Habits Grant. If you did not complete the electronic survey link provided last month, please take a few minutes to complete:

Oklahoma State University – Walmart Healthy Habits Grant – Youth Survey [https://4hcouncil.co1.qualtrics.com/jfe/form/SV\\_bP00Vh5eShgLpmR](https://4hcouncil.co1.qualtrics.com/jfe/form/SV_bP00Vh5eShgLpmR)

We are sad that this is our last month of Food, Fun, 4-H. We hope this has been a fun and learning experience for you and your family. Please send us your photos to: [healthyliving@okstate.edu](mailto:healthyliving@okstate.edu) by September 14, 2020. Use “Food, Fun, 4-H” in the email subject line. Emails must include the following information:

- 1 photo of 4-H member preparing one of the dishes
- 1 photo of the family meal
- Include member(s) name and county in the email

Please tell us about your Food, Fun, 4-H experience and your interest in participating next year here: <https://forms.office.com/Pages/ResponsePage.aspx?id=HclpKknoNE6iMM34sn4ZZN0yxZ7o-mdGpYqVG0yKLkZUNeT RODg0STIUMEIRSIZKTFpERkhCRVRQMi4u>



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## Dinner Conversation Topics:

- What is your favorite food?
- What is your greatest talent or ability?
- What is the nicest thing a friend has ever done for you?
- What is your favorite smell?
- What is one new food you would like to try?

## Family Physical Activity Ideas:

- Consider having your family establish a weekly physical activity goal together
- Involve the whole family in end of summer yard work
- Hold a hula-hoop contest

