

Shannon's
IN THE KITCHEN

SHEET PAN FAVORITES

Dinner Done Easy

Easy dinners.
One pan. Less cleanup.



Good
Food
Happier
Days
♥



GOOD FOOD ♥ GOOD FRIENDS ♥ LONG WEEKENDS

Sheet Pan Steak & Parmesan Fries

INGREDIENTS

- 1 (24–32 oz) bag frozen French fries (use a medium-thickness, hand-cut style)
- 2 tablespoons olive oil
- 4 cloves garlic, minced
- 1 teaspoon Italian seasoning
- ½ cup freshly grated Parmesan
- Kosher salt and freshly ground black pepper, to taste
- 2 tablespoons chopped parsley leaves
- 4 1-inch-thick top sirloin steaks, patted dry
- Kosher salt and freshly ground black pepper, to taste

DIRECTIONS

- 1 Preheat oven to 425°F. Lightly oil a large baking sheet or coat with nonstick spray.
- 2 Place frozen French fries in a single layer on one side of the prepared baking sheet.
- 3 Bake for 18-20 minutes, or until nearly golden and crisp, tossing once halfway through.
- 4 Meanwhile, season steaks with salt and pepper, to taste.
- 5 Switch oven to broil. Move fries to one side of the sheet pan if needed and place steaks on the empty side in a single layer.
- 6 Broil until the steak is browned and charred at the edges, about 4-5 minutes per side for medium-rare, or until desired doneness.
- 7 In a small bowl, combine olive oil, garlic, Italian seasoning and Parmesan. Toss the hot fries with the mixture and season with salt and pepper, to taste. Sprinkle with parsley.
- 8 Serve immediately with steaks and enjoy!



Shannon's Shortcut

The inspiration for this recipe calls for making potato wedges from scratch. Frankly, I'm a shortcut girl. A good bag of frozen French fries saves all that peeling and cutting and gets dinner on the table faster. Bake the fries on the sheet pan first, then add the steaks and finish everything under the broiler. One pan, steak and fries, and very little cleanup.

ESTIMATED NUTRITION PER SERVING

(Based on 4 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
620	46 g	43 g	30 g	4 g	780 mg



Veggie Sheet Pan *Nachos*

INGREDIENTS

- 1 (12-ounce) bag tortilla chips
- 2 (15-ounce) cans black beans, drained and rinsed
- 1 (8.5-ounce) can corn, drained
- 1 small can sliced black olives, drained
- 2 cups shredded Mexican cheese blend
- 1 Roma tomato, diced
- 1 small red onion, diced
- 1 jalapeño, thinly sliced
- 1 avocado, diced
- ½ cup salsa
- 1 handful fresh cilantro
- Sour cream for serving

DIRECTIONS

- 1 Preheat oven to 400°F. Line a large sheet pan with foil or parchment paper if desired.
- 2 Spread tortilla chips in an even layer on the prepared sheet pan.
- 3 Top evenly with black beans, corn, black olives and shredded cheese.
- 4 Bake for 5–6 minutes, or until everything is heated through and the cheese is completely melted.
- 5 Remove from the oven and top with diced tomato, red onion, jalapeño, avocado and cilantro.
- 6 Serve immediately with salsa and sour cream.



♥ *Shannon's Shortcut*

Keep canned black beans, corn and tortilla chips in the pantry and you've basically always got dinner. Add whatever fresh toppings you have in the refrigerator.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
450	14 g	56 g	20 g	8 g	780 mg



Sheet Pan

Chicken Thighs

with Sweet Potatoes & Green Beans

♥
INGREDIENTS

- 6 boneless, skinless chicken thighs
- 1½ pounds sweet potatoes, cut into approximately 1-inch pieces
- 12 ounces green beans
- ¼ cup olive oil
- 1¼ teaspoons salt
- ¼ teaspoon black pepper
- 1 teaspoon thyme
- ¾ tablespoon garlic powder
- 1 tablespoon smoked paprika
- 1 teaspoon Italian seasoning

DIRECTIONS

- 1 Preheat oven to 425°F.
- 2 In a large bowl, combine the chicken thighs, sweet potatoes and green beans.
- 3 Drizzle with olive oil and sprinkle with salt, black pepper, thyme, garlic powder, smoked paprika and Italian seasoning.
- 4 Toss until everything is evenly coated and spread on a large baking sheet in a single layer.
- 5 Bake for 21–30 minutes, or until the chicken reaches an internal temperature of 165°F and the sweet potatoes are tender.



♥ *Shannon's Shortcut*

This is one of my go-to sheet pan meals for busy nights. Everything cooks together and cleanup is a breeze. For the best results, cut the sweet potatoes into similar-sized pieces so they cook evenly with the chicken and green beans.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
420	34 g	35 g	18 g	6 g	530 mg

Sheet Pan *Lemon Garlic* Salmon & Veggies

INGREDIENTS

- 4 (6-ounce) salmon fillets
- 1 bunch asparagus, trimmed
- 1 pint cherry tomatoes
- 1 small red onion, cut into wedges
- 1 whole garlic bulb, halved crosswise
- 3 tablespoons olive oil
- 1 lemon, sliced
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 teaspoon Italian seasoning (or dried thyme, rosemary or a mix)
- Fresh parsley, for garnish

DIRECTIONS

- 1 Preheat oven to 400°F. Line a large sheet pan with parchment paper if desired.
- 2 Place the salmon fillets on the sheet pan. Arrange asparagus, cherry tomatoes, red onion wedges and the halved garlic bulb around the salmon.
- 3 Drizzle everything with olive oil. Sprinkle with salt, pepper and Italian seasoning.
- 4 Top the salmon with a few lemon slices, and add any remaining lemon slices to the pan.
- 5 Roast for 12–15 minutes, or until the salmon is cooked through and the vegetables are tender and slightly caramelized.
- 6 Garnish with fresh parsley and serve hot.



♥ *Shannon's Shortcut*

Use whatever vegetables you have on hand. This recipe is super flexible — swap in zucchini, bell peppers or broccoli, and it all roasts together for an easy, healthy dinner with minimal cleanup.

ESTIMATED NUTRITION PER SERVING

(Based on 4 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
380	34 g	12 g	22 g	4 g	480 mg

Sheet Pan Shrimp Boil

INGREDIENTS

- 1 pound baby Dutch yellow potatoes
- 3 ears corn, each cut crosswise into 6 pieces
- ¼ cup unsalted butter, melted
- 4 cloves garlic, minced
- 1 tablespoon Old Bay seasoning
- 1 pound medium shrimp, peeled and deveined
- 1 (12.8-ounce) package smoked andouille sausage, thinly sliced
- 1 lemon, cut into wedges
- 2 tablespoons fresh parsley leaves, chopped

DIRECTIONS

- 1 Preheat oven to 400°F. Lightly oil a large baking sheet or coat with nonstick spray.
- 2 In a large pot of boiling salted water, add the potatoes and cook for 10–13 minutes, or until almost tender. Add the corn and cook for an additional 5 minutes. Drain well.
- 3 In a small bowl, whisk together the melted butter, garlic and Old Bay seasoning.
- 4 Place the potatoes, corn, shrimp and andouille sausage on the prepared baking sheet. Drizzle with the butter mixture and toss to coat.
- 5 Bake for 12–15 minutes, or until the shrimp are opaque and cooked through and the corn is tender.
- 6 Serve immediately with lemon wedges and garnish with parsley.



♥ Shannon's Shortcut

The inspiration for this recipe is a classic Low Country boil, traditionally cooked in a big pot. I'm taking the shortcut and making it on a sheet pan instead. Same bold, buttery flavors and a lot less work — no crowded stove and no big cleanup.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
460	28 g	32 g	26 g	4 g	990 mg

Loaded Smashed Potatoes with Kielbasa & Broccoli

INGREDIENTS

- 1½ pounds baby potatoes
- 14 ounces kielbasa, sliced into ½-inch rounds
- 2 cups broccoli florets, cut into bite-size pieces
- 1 tablespoon avocado or olive oil
- 1 cup shredded cheddar cheese
- 6 slices bacon, cooked and crumbled
- 1 teaspoon salt
- ½ teaspoon black pepper
- 3–4 green onions, sliced
- Sour cream or Greek yogurt, optional for serving

DIRECTIONS

- 1 Preheat oven to 400°F. Toss baby potatoes with oil, salt and pepper. Spread on a large sheet pan and roast for 30–35 minutes, until tender.
- 2 Remove from the oven and use the bottom of a glass or measuring cup to gently smash the potatoes until they are flat.
- 3 Add the sliced kielbasa and broccoli to the pan. Drizzle with a little more oil if needed and toss everything together.
- 4 Return to the oven and bake for 12–15 minutes, until the kielbasa is browned, the broccoli is tender and the potatoes are crispy.
- 5 Sprinkle with cheddar cheese and cooked bacon. Return to the oven for 3–5 minutes, until the cheese is melted.
- 6 Top with green onions and a dollop of sour cream or Greek yogurt, if desired. Serve hot.



♥ Shannon's Shortcut

Buy precooked bacon and this gets even easier. The potatoes roast first, then everything else goes right onto the same pan. Dinner and cleanup are both pretty much handled.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
460	18 g	34 g	27 g	4 g	820 mg



Sheet Pan Squash Casserole

INGREDIENTS

- 2¾ -lb yellow squash, (about 9)
- ½ tsp salt
- 2 tsp cajun seasoning
- 1 tsp garlic powder
- 1 cup shredded white cheddar cheese
- 1 cup shredded Parmesan cheese
- 1 small red onion, thinly sliced
- 5 mini sweet peppers, sliced
- ¼ cup melted butter, divided
- 1 cup crushed Ritz crackers

DIRECTIONS

- 1 Preheat oven to 400°F. Spray a half-sheet pan with nonstick cooking spray.
- 2 Slice squash and place on paper towels. Sprinkle squash with ½ teaspoon of salt and let sit for 15 minutes and pat dry.
- 3 Arrange half of the squash slices on the pan and top with sliced onion and sweet peppers. Sprinkle with half of the Cajun seasoning and garlic powder and top with half of the shredded cheese. Repeat the layers. Drizzle with one tablespoon of melted butter.
- 4 Stir together remaining melted butter and crushed Ritz crackers. Spread cracker crumbs on top of the squash mixture.
- 5 Bake for 25 minutes or until the vegetables are tender and the crackers are golden brown. Garnish with fresh parsley.



♥ Shannon's Shortcut

This is an easy, crowd-pleasing side dish that feels a little special with very little work. The Cajun seasoning, two cheeses, and buttery Ritz topping make simple squash absolutely delicious. It's a great way to use up summer squash and goes with just about any meal.

ESTIMATED NUTRITION PER SERVING

(Based on 8 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
230	8 g	13 g	17 g	2 g	420 mg

Greek Sheet-Pan Chicken

INGREDIENTS

- ½ cup classic Greek vinaigrette dressing (Italian vinaigrette works, too), divided
- 6 bone-in, skin-on chicken thighs
- 1 red onion, cut into 1-inch wedges
- 8 oz broccolini, thicker stems halved
- 1 pint cherry or grape tomatoes
- ½ cup Kalamata olives, pitted
- ¼ cup feta cheese, crumbled
- 1 tsp dried oregano (optional, for extra flavor)
- Kosher salt and freshly ground black pepper, to taste
- 1 cup prepared tzatziki (store-bought, from the deli)
- 2 tablespoons fresh parsley, chopped (for garnish)

DIRECTIONS

- 1 Preheat oven to 425°F. Lightly oil a large baking sheet or coat with nonstick spray.
- 2 Place chicken thighs in a bowl and coat with about ⅓–½ cup Greek (or Italian) vinaigrette. Let marinate for 15 minutes. Reserve a few tablespoons of clean dressing for the vegetables and finishing (do not use dressing that touched raw chicken).
- 3 Place chicken on the prepared baking sheet, skin-side up. Arrange red onion wedges around the chicken.
- 4 Roast for 20 minutes.
- 5 Remove from the oven. Add broccolini and drizzle with some of the reserved dressing. Toss lightly.
- 6 Return to the oven and roast for 8 to 10 minutes, until vegetables are tender and chicken is cooked through (165°F).
- 7 Add tomatoes and Kalamata olives. Sprinkle with feta and a little more dressing, if desired. Roast for another 8 to 10 minutes, until chicken is golden and vegetables are caramelized.
- 8 Serve with a generous spoonful of tzatziki and garnish with fresh parsley.



♥ Shannon's Shortcut

The original inspiration for this recipe makes the vinaigrette and tzatziki from scratch. You certainly can, but I'm taking the shortcut. A good bottled Greek vinaigrette — Italian vinaigrette works, too — and prepared tzatziki from the deli save a whole lot of chopping, mixing and measuring.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
430	36 g	12 g	27 g	3 g	680 mg



Vintage 1970s *Mom's Pizza*

♥
INGREDIENTS

- 1 can (13.8 ounces) Pillsbury refrigerated pizza crust
- 1 pound ground beef
- 1 cup pizza sauce
- 2 cups shredded mozzarella cheese
- Pepperoni slices (optional)
- ½ teaspoon Italian seasoning (optional)

DIRECTIONS

- 1 Preheat oven to 425°F. Lightly grease a large sheet pan.
- 2 Unroll the pizza dough onto the sheet pan and press it into a large rectangle. Prick the dough all over with a fork.
- 3 Bake the crust for 7–9 minutes, just until it begins to set and lightly brown.
- 4 While the crust bakes, brown the ground beef in a skillet over medium-high heat. Drain well.
- 5 Spread the pizza sauce over the partially baked crust. Top with the browned hamburger and mozzarella cheese. Add pepperoni if desired.
- 6 Return to the oven and bake for 10–12 minutes, or until the crust is golden and the cheese is melted and bubbly.



♥ *Shannon's Shortcut*

This is the pizza my mom made when we were growing up. She usually made it with browned hamburger, but pepperoni works too. Pillsbury pizza dough, sauce, meat and cheese. Nothing fancy. It's the kind of pizza so many of us grew up eating.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
460	28 g	39 g	22 g	2 g	920 mg

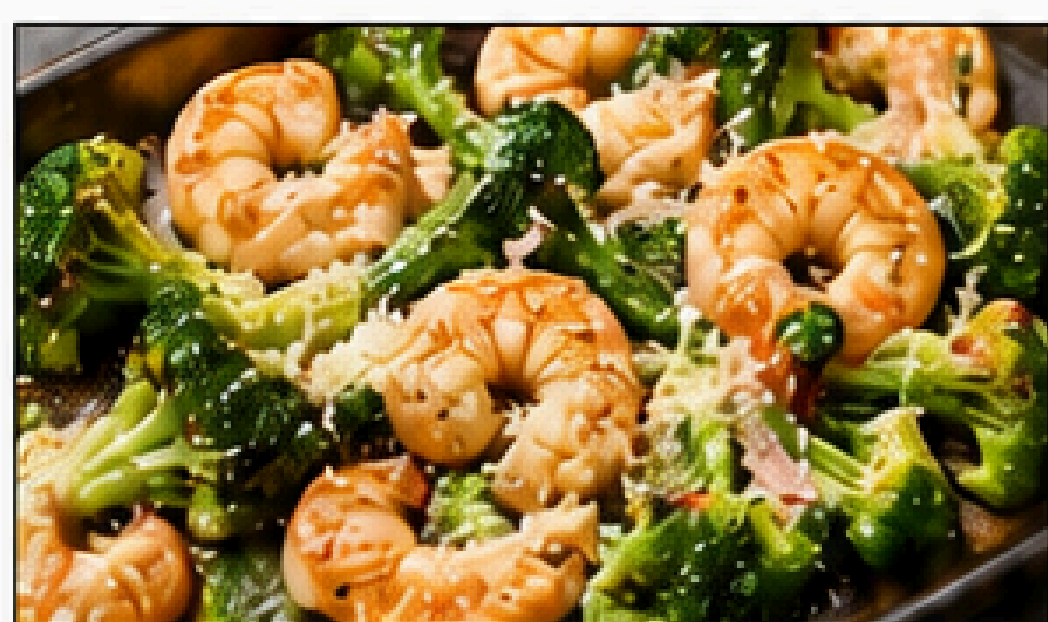
SHEET PAN *Shortcut Guide*

5 SHEET PAN SHORTCUTS

- 1 Line the pan for easier cleanup.**
Parchment works for most meals. Foil is especially handy for sticky or messy recipes.
- 2 Give everything some room.**
Crowding traps steam. Leave some space between ingredients so they roast and brown instead of getting watery.
- 3 Cut according to cooking time.**
Dense vegetables like potatoes and sweet potatoes should be cut smaller. Quick-cooking vegetables like broccoli, green beans and zucchini can stay larger.
- 4 Stagger when you need to.**
Start potatoes and other dense vegetables first, then add quicker-cooking meats or vegetables later so everything finishes at the same time.
- 5 Finish under the broiler.**
A minute or two under the broiler can brown cheese, crisp edges and give an easy sheet-pan dinner a great finish. Watch it closely.

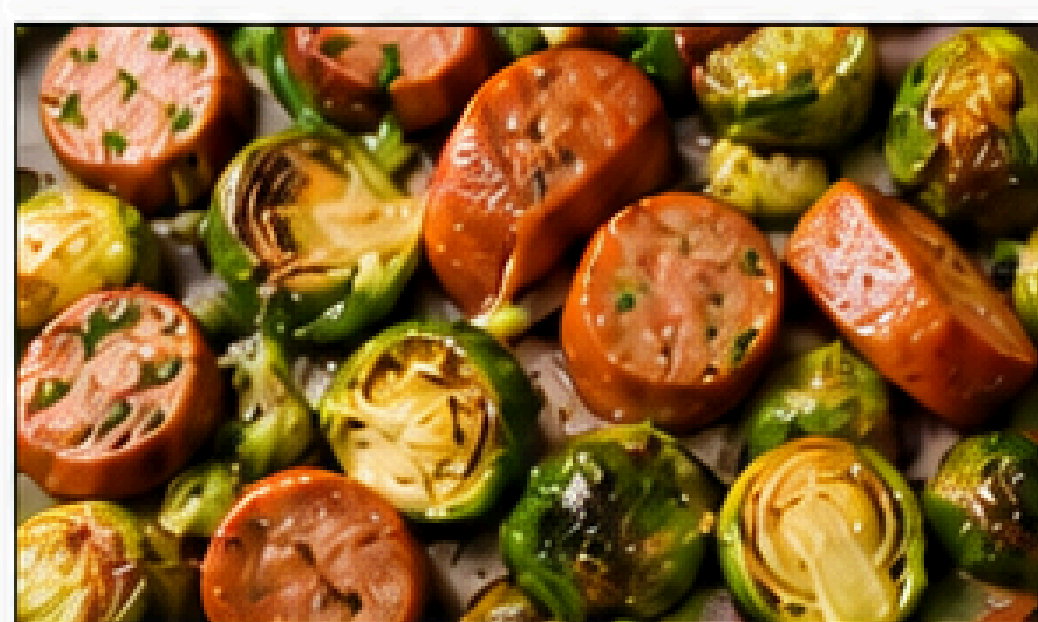


3 QUICK SHEET PAN DINNERS



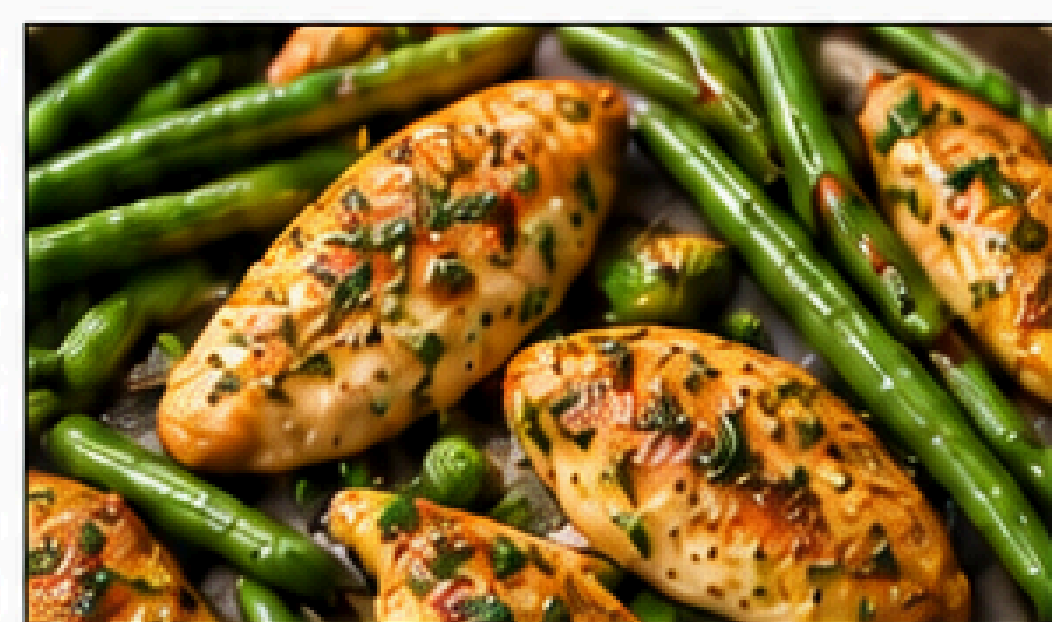
Garlic Parmesan Shrimp & Broccoli

Toss 1 pound peeled shrimp and 4 cups broccoli florets with 2 tablespoons olive oil, 2 minced garlic cloves, salt and pepper. Roast at 425°F for 8–10 minutes, until the shrimp are opaque and the broccoli is tender. Finish with ¼ cup grated Parmesan and a squeeze of lemon.



Honey Mustard Sausage & Brussels Sprouts

Toss 14 ounces sliced smoked sausage and 1 pound halved Brussels sprouts with 1 tablespoon olive oil, 2 tablespoons honey mustard, salt and pepper. Roast at 425°F for 20–25 minutes, stirring once, until the Brussels sprouts are browned and the sausage has crisp edges.



Ranch Chicken & Green Beans

Toss 1½ pounds chicken tenders and 12 ounces green beans with 2 tablespoons olive oil and 1 packet ranch seasoning. Spread in a single layer and roast at 425°F for 18–22 minutes, until the chicken reaches 165°F and the green beans are tender.



5 EASY Sheet Pan Dinners

1 Garlic Parmesan Chicken & Potatoes



- 1½ lb chicken thighs
- 1½ lb baby potatoes, halved
- 12 oz green beans
- 4 garlic cloves, minced
- ½ cup grated Parmesan
- 1 tsp Italian seasoning
- Salt & pepper, to taste

Add the Parmesan during the last 5–10 minutes of cooking.

2 Honey Garlic Chicken & Broccoli



- 1½ lb chicken thighs, cut
- 4 cups broccoli florets
- 2 bell peppers, sliced
- ⅓ cup honey
- ¼ cup soy sauce
- 4 garlic cloves, minced
- 1 tsp grated ginger

3 Sheet Pan Chicken Fajitas



- 1½ lb chicken breasts, sliced
- 3 bell peppers, sliced
- 1 red onion, sliced
- 3 tbsp olive oil
- 2 tsp chili powder
- 1 tsp cumin
- Salt & pepper, to taste
- Lime wedges

4 Honey Mustard Chicken, Potatoes & Carrots



- 1½ lb chicken thighs
- 1 lb baby potatoes, halved
- 1 lb carrots, sliced
- ¼ cup Dijon mustard
- ¼ cup honey
- 2 garlic cloves, minced
- 1 tsp dried thyme
- Salt & pepper, to taste



5 BBQ Chicken, Sweet Potato & Corn

- 1½ lb chicken thighs
- 1½ lb sweet potatoes, cubed
- 2 cups corn (fresh or frozen)
- 1 red onion, sliced
- ¾ cup BBQ sauce
- 1 tsp smoked paprika
- 1 tsp garlic powder
- Salt & pepper, to taste
- Green onions, for garnish

Add or brush on the BBQ sauce during the last 10–15 minutes of cooking.

♥ SHEET PAN BASICS ♥

Most sheet pan meals roast at 400–425°F, depending on how your oven cooks. Cut ingredients into similar sizes and keep everything in a single layer with a little room between pieces. If ingredients cook at different rates, stagger them — start longer-cooking ingredients first and add quicker-cooking vegetables during the final 15–20 minutes.

Cook chicken to an internal temperature of 165°F.

BONUS RECIPE

SHANNON'S IN THE KITCHEN

DINNER DONE EASY

3 Ingredient Croissant Bread Pudding

INGREDIENTS

- 6 croissants
- 4 large eggs
- 2 cups half and half

DIRECTIONS

- 1 Preheat oven to 320°F.
- 2 Tear the croissants into bite-sized pieces and place them in a greased 8x8-inch baking dish (or similar size).
- 3 In a bowl, whisk together the eggs and half and half until well combined.
- 4 Pour the custard mixture over the croissants, pressing down gently so they soak up the liquid.
- 5 Bake for 25–30 minutes, until the top is lightly golden and the center is set but still soft and custardy.
- 6 Let cool for a few minutes and serve warm. Optional: dust with powdered sugar.



♥ Shannon's Shortcut

Day-old croissants work perfectly! This is such an easy, indulgent dessert with just three ingredients. Serve warm with a little powdered sugar, whipped cream or fresh berries. Ovens can vary, so if the center isn't setting after the recommended baking time, give it a few extra minutes or adjust the oven temperature slightly as needed.

ESTIMATED NUTRITION PER SERVING

(Based on 6 servings)

Calories	Protein	Carbohydrates	Fat	Fiber	Sodium
300	6 g	20 g	22 g	0 g	150 mg

GOOD FOOD



GOOD FRIENDS



LONG WEEKENDS



*Good
Food
Brings
People
Together* 

Dinner should be easy.

After 40 years on television, I've learned a thing or two about what really works in real life — and dinner has to happen. It has to be fast, easy and delicious.

That's why I love sheet pan recipes. Good food, a few ingredients, and as few dishes as possible means more time for the things (and people) that matter most.

I hope you enjoy this collection as much as I do.
Now let's make dinner a little easier.

*Love,
Shannon* 



*Good
Food
Happy
People* 

About the Author

Shannon Smith is a longtime on-air host, home cook and creator of Shannon's in the Kitchen. After 40 years on television, she's still passionate about simple, delicious recipes that fit real life. She loves sharing easy, nostalgic meals inspired by family, friends and the moments we gather around the table.

*Follow along for more
recipes worth saving.* 