

Dinner

Sheet Pan Dinners

Roast complete meals with a practical order of operations



Three featured recipes from this collection

PUBLIC SAMPLE - 2 RECIPES

The complete edition has 12 recipes. This sample contains the first two.

Development edition 1.2.0 - recipes not kitchen tested.

Junction Table by CrownThrive, LLC

AI-generated realistic food artwork; not a photograph or tested result.

Contents

PUBLIC SAMPLE - this file includes two recipes, not the complete twelve-recipe cookbook. The full edition adds the remaining ten recipes, techniques, menus, shopping list, and planning pages.

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Make this kitchen yours

A sheet pan makes dinner easier when the ingredients share a sensible schedule. The recipes in this book begin with the vegetables that need the most time, then add quicker ingredients when the oven has done part of the work. A potato needs a head start; a shrimp needs only a few minutes. Spreading food out matters as much as the temperature on the dial. Use a large rimmed pan, keep wet ingredients in their own area, and split crowded mixtures between two pans. The menu pairings give you a meat-based meal and a plant-centered option without asking you to cook both at once. Most finishes happen at the table: lemon juice, herbs, yogurt, or tahini make roasted ingredients feel complete. Keep a wide spatula and an instant-read thermometer nearby so you can lift food cleanly and remove it as soon as it reaches the right doneness. Junction Table by CrownThrive, LLC presents this as a recipe development edition; these recipes have not been kitchen-tested. Read the entire recipe before starting, use the stated pan size or appliance capacity, and check doneness rather than relying only on the clock. Cooking times are estimates because equipment, ingredient size, and starting temperature vary. Taste before adding final salt, and use the substitution note to make one practical change at a time.

Recipe development edition 1.2.0 - October 30, 2026. Original editorial recipes; not kitchen tested. Timing is an estimate. Check appliance instructions, package directions and safe internal temperatures. No nutrition or medical benefit is claimed. Allergen notes are ingredient based and do not certify freedom from cross contact. Check every label and substitution.

AI-generated photorealistic culinary artwork interprets the listed recipes. These are not documentary photographs, kitchen-test evidence, or a guarantee of finished appearance. Follow the measured recipe and safety checks.

Food safety and ingredient labels

Use a food thermometer: poultry 165°F; ground beef, pork and lamb 160°F; whole beef, pork and lamb cuts 145°F followed by a 3 minute rest; fish 145°F. Reheat leftovers to 165°F. Keep the refrigerator at 40°F or below. Refrigerate perishables in shallow containers within 2 hours, or 1 hour above 90°F. Most cooked leftovers keep 3 to 4 days; follow a shorter recipe limit. Thaw in the refrigerator, cold water or microwave, never on the counter. A freezer keeps food cold; it does not sterilize it. Wash produce under running water and keep raw meat and its tools away from ready to eat food.

Use standard US cups and spoons unless a weight is given. Oven temperatures are Fahrenheit. One tablespoon equals 3 teaspoons; one US cup equals 16 tablespoons. Spoon flour into a cup and level it.



Lemon Chicken with Potatoes and Broccoli - AI-generated realistic food artwork, not a photograph or tested result.

Lemon Chicken with Potatoes and Broccoli

4 servings | Prep: 20 minutes | Cook: 40 minutes

Ingredients

- 1½ pounds boneless skinless chicken thighs
- 1½ pounds baby potatoes, halved
- 1 pound broccoli, cut into florets
- 3 tablespoons olive oil, divided
- 1 lemon, zested and juiced
- 2 garlic cloves, minced
- 1 teaspoon dried oregano
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper

Method

1. Heat the oven to 425°F. Toss potatoes with 1 tablespoon oil and half the salt on a 13-by-18-inch rimmed sheet pan; roast for 15 minutes.

2. Mix chicken with 1 tablespoon oil, lemon zest, garlic, oregano, remaining salt, and pepper. Move potatoes toward the edges and add chicken without overlapping.
3. Roast 15 minutes. Toss broccoli with remaining oil, add it around the chicken, and roast 10–15 minutes more until chicken reaches 165°F and potatoes yield to a knife.
4. Drizzle lemon juice over the pan, turn vegetables through the juices, and let chicken stand 5 minutes before dividing everything among plates.

Cook's tip

Cut potatoes to similar sizes so they soften together while the chicken stays juicy.

Substitution

Replace broccoli with cauliflower florets; give cauliflower an additional 5 minutes in the oven.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3–4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

No major allergens identified in the listed ingredients. Check labels and cross contact.

Paprika Pork with Cabbage Wedges

4 servings | Prep: 15 minutes | Cook: 30 minutes

Ingredients

- 1¼ pounds pork tenderloin
- 1 small green cabbage, cut into 8 wedges with cores attached
- 2 apples, cut into thick wedges
- 3 tablespoons olive oil
- 1 tablespoon Dijon mustard
- 2 teaspoons smoked paprika
- ¾ teaspoon kosher salt
- ¼ teaspoon black pepper

Method

1. Heat the oven to 425°F. Arrange cabbage and apples on a rimmed sheet pan; brush both sides of cabbage with 2 tablespoons oil and half the salt.
2. Rub pork with remaining oil, mustard, paprika, remaining salt, and pepper. Place it in the middle, keeping apples beside rather than beneath it.
3. Roast 20 minutes, then turn cabbage carefully and stir apples. Continue 5–10 minutes, until the pork center reaches 145°F and cabbage edges are browned.
4. Transfer pork to a board and rest at least 3 minutes before slicing across the grain. If cabbage needs more browning, leave it roasting while the pork rests.

Cook's tip

Keep a little cabbage core on each wedge so it holds together when turned.

Substitution

Use firm pears instead of apples; choose fruit that is ripe but still holds its shape.

Storage

Refrigerate shallow portions at 40°F or below within 2 hours. Eat within 3-4 days; reheat cooked leftovers to 165°F.

Ingredient allergen notes

mustard

Edition, use and support

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Safety references

FoodSafety.gov • safe cooking temperatures

<https://www.foodsafety.gov/food-safety-charts/safe-minimum-internal-temperatures>

USDA FSIS • leftovers and food safety

<https://www.fsis.usda.gov/food-safety/safe-food-handling-and-preparation/food-safety-basics/leftovers-and-food-safety>

Sources checked October 4, 2026. Original recipes are separate from these safety references.

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Let the oven work in the right order

A sheet pan dinner works best when its ingredients arrive at the heat in a sensible sequence. Sheet Pan Dinners explains that order through lemon chicken with potatoes and broccoli, turkey meatballs with tomatoes and polenta, shrimp fajita bowls, and nine other combinations. Learn to give dense vegetables a head start, leave space for browning, and finish with a sauce suited to the food. Recipes specify when to add faster-cooking components and when to check meat or seafood temperatures. Suggested menus and a shopping list turn the collection into a practical planning tool. Junction Table by CrownThrive, LLC brings varied oven dinners to a rimmed pan.

- Roast potatoes first, then add chicken and finally broccoli to the sheet pan.
- Arrange turkey meatballs, prepared polenta slices, and tomatoes in separate pan areas.
- Roast fajita vegetables before adding shrimp and warming tortillas for serving.

PUBLIC SAMPLE: two recipes only; the full edition has twelve.



Shrimp Fajita Bowls

AI-generated realistic food artwork