

High Fibre and Protein Sheet Pan

Osinga NUTRITION
REGISTERED DIETITIAN
fresh · practical · scientific

Nicole Osinga
nicoleosinga@gmail.com

Nicole Osinga
nicoleosinga@gmail.com

Fruits

- [ ] **1** Avocado

Seeds, Nuts & Spices

- [ ] **2 tbsps** Taco Seasoning

Frozen

- [ ] **4 1/2 cups** Frozen Edamame

Vegetables

- [ ] **1/2 cup** Basil Leaves
- [ ] **2** Beet
- [ ] **2** Carrot
- [ ] **1 1/2 cups** Cherry Tomatoes
- [ ] **1** Orange Bell Pepper
- [ ] **2** Red Bell Pepper
- [ ] **2 cups** Red Onion
- [ ] **1** Yellow Bell Pepper

Boxed & Canned

- [ ] **1/4 cup** Salsa
- [ ] **3 cups** Wild Rice

Baking

- [ ] **2 tbsps** Brown Sugar
- [ ] **2 tbsps** Cornstarch

Bread, Fish, Meat & Cheese

- [ ] **1 1/4 lbs** Tofu

Condiments & Oils

- [ ] **1 tbsp** Avocado Oil
- [ ] **2 tbsps** Balsamic Glaze
- [ ] **2 tbsps** Rice Vinegar
- [ ] **2 tsps** Sesame Oil
- [ ] **1/2 cup** Soy Sauce

Cold

- [ ] **12 ozs** Potato Gnocchi

Nicole Osinga
nicoleosinga@gmail.com



Sheet Pan Caprese Gnocchi

3 servings
30 minutes

Ingredients

1 Red Bell Pepper (sliced)
1 Orange Bell Pepper (sliced)
1/2 cup Red Onion (sliced)
1 1/2 cups Cherry Tomatoes
2 1/2 cups Frozen Edamame
12 ozs Potato Gnocchi
2 tbsps Balsamic Glaze
1/2 cup Basil Leaves

Nutrition

Amount per serving	
Calories	406
Fat	8g
Carbs	65g
Fiber	11g
Sugar	17g
Protein	23g
Cholesterol	7mg
Sodium	586mg
Vitamin A	2745IU
Vitamin C	203mg
Calcium	142mg
Iron	5mg

Directions

1. Preheat your oven to 425°F. Line a baking sheet with parchment paper.
2. Add the veggies to a baking sheet and spray with avocado oil. Roast the prepared bell peppers, onions and tomatoes in the oven for 15 minutes. Meanwhile, boil the gnocchi and edamame according to package directions.
3. After 15 minutes, add the gnocchi and edamame to the roasted veggies. Roast for 10-15 more minutes.
4. Once cooked, top with basil leaves. Drizzle with balsamic glaze. Enjoy!

Nicole Osinga
nicoleosinga@gmail.com



Sheet Pan Tofu Fajitas Bowls

4 servings
35 minutes

Ingredients

1 cup Wild Rice
1 1/4 lbs Tofu (extra firm, pressed. Cubed.)
1 Red Bell Pepper (sliced)
1 Yellow Bell Pepper (sliced)
1/2 cup Red Onion (sliced)
1 tbsp Avocado Oil
2 tbsps Taco Seasoning
1 Avocado (sliced (for serving))
1/4 cup Salsa

Nutrition

Amount per serving	
Calories	420
Fat	19g
Carbs	47g
Fiber	10g
Sugar	6g
Protein	23g
Cholesterol	0mg
Sodium	513mg
Vitamin A	1181IU
Vitamin C	130mg
Calcium	446mg
Iron	5mg

Directions

1. Cook the rice according to package instructions.
2. Preheat the oven to 425°F degrees. Line a rimmed baking sheet with a silicone mat or parchment paper.
3. Add the pressed and cubed tofu, bell peppers, onion, taco seasoning, and oil. Stir until everything is evenly coated, then spread it all out in a single layer.
4. Bake for 25 minutes. Serve on top of the cooked rice and serve with avocado and salsa.

Nicole Osinga
nicoleosinga@gmail.com



Colourful Sheet Pan Stir Fry

3 servings
40 minutes

Ingredients

- **1/2 cup** Soy Sauce
- **2 tbsps** Brown Sugar
- **2 tbsps** Rice Vinegar
- **2 tbsps** Cornstarch
- **2 tsps** Sesame Oil
- 2 Carrot ((From Gwillimdale Farms) shredded)
- 2 Beet (peeled and shredded)
- **1 cup** Red Onion (From Gwillimdale Farms, sliced)
- **2 cups** Frozen Edamame
- **2 cups** Wild Rice (cooked)

Nutrition

Amount per serving	
Calories	513
Fat	8g
Carbs	91g
Fiber	13g
Sugar	15g
Protein	26g
Cholesterol	0mg
Sodium	1817mg
Vitamin A	5835IU
Vitamin C	157mg
Calcium	125mg
Iron	5mg

Directions

1. Preheat the oven to 425°F (220°C). Lightly grease a large baking sheet and set aside.
2. Prepare the sauce: In a small bowl or measuring glass, whisk together all sauce ingredients (soy sauce to sesame oil) until smooth. Set aside.
3. Assemble and bake: Spread the edamame, shredded beets, carrots and onions evenly over the prepared baking sheet. Drizzle with the sauce and toss everything to coat thoroughly. Place the sheet pan in the oven and bake for 15 minutes.
4. Serve with the cooked rice. Enjoy!