

## Sheet Pan Sundays

For 'Sheet pan Sundays' as Kristi calls them in her home, she suggests making the following 3 on a Sunday. The point is to put them into glass containers in the fridge to use all week long, in lunch bowls or for family dinners.

Kristi's favorites include:

### **ROASTED GARLIC VEGETABLE SHEET PAN**

- Chop the following into cubes:
  - Sweet potato,
  - Red (or yellow, orange) Pepper,
  - Onion (sweet, yellow or red is fine),
  - Tofu (optional: for protein)
- Cover in Mother Raw Roasted Garlic Caesar Dressing, (use your hands for the best job)
- Bake in pre-heated oven at 375 for a total of 30 minutes, turning once

### **MEDITERRANEAN OR GREEK DRESSING ZUCCHINI/TOMATO SHEET PAN**

- Slice the following into liberal bite size pieces:
  - Green and/or yellow zucchini,
  - onion (any kind will do)
  - Add whole small cherry tomatoes and
  - Tofu (optional: for protein)
- Cover in Mother Raw Mediterranean or Greek Dressing (use your hands for the best job)
- Bake in pre-heated oven at 375 for 20- 30 minutes, turning once

### **BALSAMIC BRUSSEL SPROUT SHEET PAN**

- Half Brussel sprouts and small potatoes into smaller size pieces
- Cover in Mother Raw Balsamic Dressing (use your hands for the best job)
- Bake in pre-heated oven at 375 for 30-40 minutes, turning once