SHEET PAN VEGETABLE ROASTING GUIDE

TIME IN MINUTES	15	20	25	30	35	40	45	60	90
Artichoke, whole									
Artichoke, hearts									
Asparagus									
Beans, green									
Beans - butter, black, kidney, Lima, etc									
Beets									
Broccoli									
Brussel sprouts									
Cabbage, wedges									
Carrots									
Cauliflower									
Corn, on the cob									
Corn, kernels									
Eggplant, cubed									
Eggplant, halved									
Fennel									
Garlic, heads									
Kohlrabi, wedges or cubes									
Mushrooms									
Okra									
Onions, chopped or rings									
Onions, halved									
Onions, whole									
Parsnips									
Peas - field(blackeye)									
Peas, green (shelled or in the pod)									
Peppers, chopped									
Potatoes, cubes or wedges									
Pumpkins, halved or quartered									
Radishes, chopped or whole									

Rutabagas, cubed									
Squash, Summer- cubes, rounds, or strips									
Squash, Winter – cubed									
Squash, Winter – halved									
Sweet Potatoes, cubes or wedges									
Sweet Potatoes, rounds									
Tomatillos, halved									
Tomatoes - cherry, grape									
Tomatoes - plum, roma									
Zucchini, cubes, rounds, wedges, or strips									

Multiple color codes indicate varying roasting times depending on size

SHEET PAN PROTEIN ROASTING GUIDE

TIME IN MINUTES	10	15	20	25	30	35	40	45	50	60	90
FISH/SEAFOOD											
Boneless fish filets											
Whole bone-in fish (10 min per LB)											
Shrimp											
Lobster Tails											
Scallops											
POULTRY											
Boneless chicken breasts											
Whole bone-in chicken breasts											
Bone-in with skin chicken thighs											
Boneless skinless chicken thighs											
Cornish Hens, halved											
Cornish Hen spatchcocked											
Cornish Hen, whole											

Chicken drumsticks											
Chicken wings											
Fajitas											
PORK											
Bone-in pork chops											
Boneless pork chops											
Boneless pork tenderloin											
BEEF											
Steaks											
Hamburgers											
Fajitas											
NON MEAT PROTEIN											
Tofu											
Tempeh											