

Susan Denzer

Chef | Cooking Instructor | Recipe Developer | Food Writer
Love + Craft Kitchen, LLC
www.loveandcraftkitchen.com



SHEET PAN DINNER COOKING TIME CHART

Use this as a guide and starting point for estimating cooking times for vegetables and proteins commonly used for sheet pan dinners. Oven temps vary, and the freshness, moisture content in foods, and type of pan used also affect cooking time.

The higher end of the range listed below allows food to brown more on the outside while keeping moisture in the inside. The lower end allows food to cook a bit more gently and evenly. As you cook your own sheet pan dinners, make note of the oven temp, time and internal temperature readings that create your desired results.

VEGETABLES	
Softer vegetables (such as bell pepper, zucchini, yellow summer squash, pieces of tomato, broccoli or cauliflower florets, sweet potatoes, or asparagus) cook faster than harder vegetables (such as beets, carrots, white potatoes, cabbage, or brussels sprouts).	
Cut approximately 1" size	Approximate cook time at 400-425°F
Asparagus (whole, trimmed)	7 - 15 minutes, depending on thickness
Beets (sliced or cubed)	20 - 40 minutes
Bell Peppers (sliced or chunks)	15 - 30 minutes
Broccoli (florets)	8 - 15 minutes
Brussels Sprouts (halved or quartered)	15 - 30 minutes
Cauliflower (florets)	15 - 35 minutes
Carrots (sticks)	15 - 30 minutes
Eggplant (diced or sliced)	18 - 35 minutes
Leeks (halved, quartered, or sliced)	15 - 30 minutes
Onions (sliced or chunks)	15 - 30 minutes
Mushrooms (sliced)	15 - 25 minutes
Summer Squash (yellow or zucchini; cut in coins)	15 - 30 minutes
Sweet Potatoes (diced or sliced)	15 - 30 minutes
White Potatoes (diced or sliced)	20 - 30 minutes
Winter Squash (Butternut or other; cubed)	15 - 40 minutes

PROTEINS

- Boneless, sliced, or diced meats, fish and seafood, and tofu, cook more quickly than bone-in, whole pieces of meat.
- Remove meat at stated internal temperature range and allow to rest for 5 - 10 minutes before serving. Carry-over cooking will allow juices to redistribute and the internal temperature to rise as the meat rests.
- Serve fish, seafood, and tofu immediately.

	Average cook time at 400-425°F
Chicken breast (whole; not frozen)	Whole Boneless: 15 - 25 minutes Whole Bone-in: 25 - 35 minutes (160 - 165°F internal temperature; until juices run clear)
Chicken thigh (whole; not frozen)	Boneless: 18 - 30 minutes Bone-in: 25 - 30 minutes (160 - 165°F internal temperature; until juices run clear)
Chicken Tenders	15 - 20 minutes, (160 - 165°F internal temperature; until juices run clear)
Pork Chop (avg. 1" thick; not frozen)	Boneless: 8 - 15 minutes, depending on thickness Bone-in: 20 - 30 minutes, depending on thickness (140 - 150°F internal temperature; light pink in center is acceptable, not raw)
Salmon filet (not frozen)	10 - 12 minutes per 1-inch of thickness for medium interior (Internal Temperature: 120°F for rare; 125 - 130°F for medium; 145°F for fully cooked)
White fish filet (not frozen)	10 - 12 minutes per 1-inch of thickness for opaque interior (145°F internal temperature)
Shrimp and Scallops (not frozen)	2 - 4 minutes, until pink on the outside, white-opaque on the inside, and feel just firm
Tofu (cut into strips or 1" - 2" cubes)	15 - 20 minutes, turning half way through, until browned