

good food

FREE - TAKE ONE • SEPTEMBER 2025

FOR THE SHEET PAN FAN

40 MIN

9 SHEET PAN RECIPES
+ BONUS SECRET
OUTPOST RECIPE!

55 MIN

OUTPOST CO-OP
GROCERY STORE

YOU CAN'T BEAT THE SHEET!

AN ODE TO EASY MEALS,
LESS STRESS & MORE OF
DOING WHAT YOU LOVE.

35 MIN

MUSHROOM PARMIGIANA

Portobello mushrooms become very “meaty” when roasted, taking on a steak-like quality in vegetarian dishes like this one. Each mushroom serves as a cupped base for a cheesy filling, with roasted tomatoes to spoon over each one. Serve with buttered noodles or garlic bread. SERVES 6 | 35 MIN / 15 ACTIVE MIN

- 1 PINT GRAPE TOMATOES, HALVED
- 4 CLOVES GARLIC, THINLY SLICED
- 1/4 CUP EXTRA VIRGIN OLIVE OIL, DIVIDED
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 6 MEDIUM PORTOBELLO MUSHROOMS,
WIPED CLEAN, STEMS REMOVED
- 2 CUPS PREPARED SPAGHETTI SAUCE
- 2 CUPS SHREDDED MOZZARELLA CHEESE
- 1 CUP SHREDDED PARMESAN CHEESE
- 1/2 CUP FRESH BASIL OR PARSLEY, MINCED

1. Preheat oven to 425 F. Pile the tomatoes on a sheet pan, add half the garlic, and drizzle with 2 tablespoons of olive oil. Sprinkle with salt and pepper, then toss to mix well. Spread the tomatoes evenly on the pan.
2. Nestle the mushroom caps, gill side up, in the pan between the tomatoes. Drizzle the remaining 2 tablespoons of oil over the mushrooms. Sprinkle the remaining garlic on the mushrooms, then fill each cap with spaghetti sauce, then top with mozzarella and Parmesan cheeses.
3. Bake for 20 minutes, until the sauce is bubbling around the edges and the cheeses are melty and browned on top. Serve sprinkled with basil or parsley.



55 MIN

COD, OLIVES & SWEET POTATOES

This sheet pan meal is a great way to roast vegetables and fish in one pan, eliminating extra pots to wash. Sweet potatoes take a savory turn when mixed with juicy Kalamata olives and artichoke hearts and create a bed for quick-cooking cod fillets. Serve this dish with a side of roasted asparagus or a fresh green salad. SERVES 4 | 55 MIN / 15 ACTIVE MIN

- 1 POUND SWEET POTATOES, SLICED 1/3 INCH THICK
- 1/2 CUP KALAMATA OLIVES, HALVED
- 1 15-OUNCE CAN ARTICHOKE HEARTS, DRAIN + RINSE
- 1 TABLESPOON FRESH ROSEMARY, CHOPPED
- 2 TEASPOONS FRESH LEMON ZEST
- 1/4 CUP EXTRA VIRGIN OLIVE OIL, DIVIDED
- 3/4 TEASPOON SALT, DIVIDED
- 4 6-OUNCE COD FILLETS
- 1 TABLESPOON FRESH LEMON JUICE
- 1/4 CUP FRESH PARSLEY, CHOPPED
- BLACK PEPPER

1. Preheat the oven to 425 F. Add the sweet potatoes, olives, artichoke hearts, rosemary and lemon zest to a sheet pan, then drizzle with three tablespoons of the olive oil. Sprinkle with 1/2 teaspoon of the salt and toss to coat.
2. Roast the sweet potato mixture for 15 minutes. The sweet potato slices should be tender when pierced with a paring knife. Turn the potato slices with a spatula, then top with the cod fillets, drizzle the cod with the remaining olive oil, sprinkle with remaining salt, then return to the oven for 10 to 12 minutes, or until the fish is opaque and flakes easily.
3. Drizzle the fish with lemon juice, sprinkle with parsley and pepper, and serve one cod filet and about one cup of vegetables per person.

ROASTED ROOT VEG & CHORIZO

This hearty, smoky, super satisfying sheet pan meal is perfect for a cool autumn dinner and the leftovers are killer with a few over easy eggs the next morning. Use whatever root veggies you love. Just chop them into equal sized chunks to ensure even cooking.

- 1 SWEET POTATO
- 2 MEDIUM RED BEETS
- 2 MEDIUM GOLD BEETS
- 1 TURNIP
- 2 CARROTS
- 1 RUTABAGA
- 1 SMALL RED ONION
- 3-4 CLOVES GARLIC
- 2-3 TABLESPOONS OLIVE OIL
- 1 POUND BULK CHORIZO SAUSAGE

1. Preheat oven to 350 F.
2. Wash, peel if necessary, and chop all veggies into like-sized pieces.
3. Crush garlic cloves under the flat edge of a chef's knife.
4. Place veggies and garlic on a large sheet pan and drizzle with olive oil.
5. Remove casing and loosely crumble chorizo in bite-sized pieces all over the top of the veggies.
6. Roast for about 60 minutes, gently turning the mixture occasionally, or until veggies are fork-tender.



75 MIN

RAINBOW VEG & SMOKED KIELBASA

This quick recipe is likely to spark your creativity with all that's possible for sheet pan meals; substitute packaged baked tofu, seasoned chicken thighs, fish or forgo a protein all together and switch it up with your favorite veggies for a vibrant, tasty rainbow. Cut veggies in similar sizes – if substituting, pick veggies with similar cooking times (eggplant, butternut squash, fingerling potatoes, kale). SERVES 4 | 35 MIN / 15 ACTIVE MIN

- 1 PINT CHERRY TOMATOES
- 1 YELLOW BELL PEPPER, CHOPPED
- 1 SWEET POTATO, CUBED
- 1 MEDIUM ZUCCHINI, QUARTERED AND CHOPPED
- 1 MEDIUM HEAD OF BROCCOLI, CUT INTO SPEARS
- 1 SMALL RED ONION, CHOPPED
- 1 SMOKED TURKEY KIELBASA, CUT INTO COINS
- 1/3 CUP OLIVE OIL
- 1 TEASPOON A FAVORITE SPICE MIXTURE
- SALT AND PEPPER TO TASTE

35 MIN



2. Prep veggies and assemble on a sheet pan.
3. Drizzle with olive oil and sprinkle with seasonings, pepper and salt.
4. Top veggies with kielbasa (or substituted protein) and bake at 400 F for 20 minutes.
5. This dish is delicious served alone or atop rice, pasta or polenta.

ITYKYK: SUB OUTPOST CO-OP MADE SAUSAGES!

BIG BATCH FRENCH TOAST

Instead of standing over the stove turning slices of French toast, try this baked version. By spreading brown sugar and butter in the baking pan, the French toast makes its own caramel topping. You won't need syrup! Serve with sausage or bacon and fresh fruit on the side. SERVES 3 - 4 | 45 MIN / 15 ACTIVE MIN

45 MIN



- 4 LARGE EGGS
- 1 CUP MILK
- 1 TEASPOON VANILLA
- 1/2 TEASPOON CINNAMON
- 1/4 TEASPOON SALT
- 6 SLICES SLICED WHOLE WHEAT BREAD
- 1/2 CUP LIGHT BROWN SUGAR
- 1/4 CUP UNSALTED BUTTER

1. In a medium bowl, whisk the eggs, milk, vanilla, cinnamon and salt.
2. Place the slices of bread in a single layer on a 10-by-15-inch baking sheet and pour the egg mixture evenly over the bread, coating each slice.
3. Cover and refrigerate for at least 1 hour or overnight.
4. Preheat the oven to 375 F.
5. In a small pot (or medium bowl in the microwave), melt the butter. Stir in the brown sugar. Dollop the mixture on another 10-by-15-inch-baking pan and spread with the back of a spoon where the toast will be placed.
6. Carefully turn over each slice of bread and place on the buttered pan.
7. Bake for 25 to 30 minutes, until the top of the toast is golden brown and the sugar is bubbling around the toast.
8. Use a metal spatula to flip the pieces onto plates, sugar side up, and scrape any extra syrup on top of the toast.

INDIAN-SPICED PORK & VEGGIES

Use a sheet pan to make a delicious Indian-inspired meal where the veggies and spiced pork bake in one pan. Pork tenderloin takes on a spicy crust, and the juices mingle with cauliflower and red onions. Serve with fruit and nut-studded rice biryani or garlic naan. SERVES 4 | 55 MIN / 25 ACTIVE MIN

55 MIN



- 2 TABLESPOONS VEGETABLE OIL
- 2 TABLESPOONS LEMON JUICE
- 1 TABLESPOON HONEY
- 1 TEASPOON CURRY POWDER
- 1/2 TEASPOON CUMIN SEEDS
- 1/2 TEASPOON KOSHER SALT
- 1 POUND PORK TENDERLOIN
- 2 CUPS CAULIFLOWER FLORETS
- 1 LARGE RED ONION, WEDGES
- 2 LARGE ROMA TOMATOES, CUT IN SIXTHS
- 1/4 CUP CILANTRO

1. In a quart-sized storage tub or a zip-top bag, mix the oil, lemon juice, honey, curry powder, cumin seeds and salt.
2. Cut the pork into four even portions, place in the marinade and toss to coat. Marinate for three hours or overnight in the refrigerator.
3. Preheat oven to 425 F. In a 9-by-13-inch baking pan, pile the vegetables. Drain the marinade from the pork into the pan and toss with the vegetables. Spread the veggies in the pan. Place the pork on top and put in the oven.
4. Roast for 30 to 35 minutes, shaking the pan to loosen the vegetables every 10 minutes.
5. When the pork is browned, and an instant-read thermometer inserted in a large piece reads 160 F, and the vegetables are soft, scrape everything onto a platter, and top with the cilantro.

CHEESY BLUEBERRY NAAN

Naan originates from West, Central and Southeast Asia, the Indian subcontinent and the Caribbean. This embellished flatbread is a perfect quick, light meal. Because they are flat and slightly fluffy, naan naturally make for a super easy ready-made crust, which we adore. This recipe is easily doubled. SERVES 2 | 40 MIN | 20 ACTIVE MIN

40 MIN



- 2 NAAN FLATBREADS
- 1 TEASPOON OLIVE OIL
- 1 CUP RED ONION, THINLY SLICED
- KOSHER SALT
- PINCH RED PEPPER FLAKES
- 2 TABLESPOONS HONEY
- 1/2 CUP RICOTTA CHEESE
- 1/2 CUP FETA CHEESE CRUMBLES
- 1 CUP BLUEBERRIES
- ARUGULA

1. Preheat oven or grill to 400 F.
2. Line a baking sheet with parchment or foil. Lightly spray or brush naan with water. Set aside.
3. Heat olive oil in a medium pan over medium-low heat. Add the onion and season with a pinch of salt and red pepper flakes to taste.
4. Cook onion until wilted, about 3 -5 minutes. Stir in the honey, letting the onions caramelize. Remove pan from heat.
5. Combine the ricotta and feta cheese together in a small bowl. Evenly divide and spread the cheese over each flatbread.
6. Top with caramelized onions and blueberries over each flatbread.
7. Arrange naan on baking sheet and bake for 10-12 minutes or until blueberries almost burst. The cheese should be soft, and the bread toasty.
8. Remove from oven, sprinkle with sprout mix or arugula, and enjoy!

SWEET & TANGY MUSTARD CHICKEN

Sheet pan cooking has become a popular way to make vegetables, protein and a sauce all at once, and this hearty chicken dish with a sweet and tangy mustard sauce is a winner. Be sure to cut the veggies the same size so everything is evenly cooked. SERVES 6 | 1 HOUR + 20 MIN / 20 ACTIVE MIN

- 1 TABLESPOON EXTRA VIRGIN OLIVE OIL
- 1/2 CUP APPLE CIDER
- 2 TABLESPOONS HONEY
- 1 TABLESPOON DIJON MUSTARD
- 1/2 TEASPOON KOSHER SALT
- 1/2 TEASPOON BLACK PEPPER
- 1 LARGE SWEET POTATO, CUT INTO 3/4 INCH CUBES (ABOUT 3 CUPS)
- 1 LARGE APPLE, CUBED
- 2 CUPS BRUSSELS SPROUTS, HALVED
- 1 SMALL RED ONION, CHOPPED
- 2 POUNDS CHICKEN THIGHS, BONELESS
- 1 TEASPOON SMOKED PAPRIKA
- 1 TABLESPOON LIGHT BROWN SUGAR
- 1/2 TEASPOON SALT
- 1/2 CUP FRESH PARSLEY, CHOPPED

1. Preheat oven to 425 F. In a small bowl, combine olive oil, apple cider, honey, Dijon, salt and pepper.
2. In a large roasting pan, spread the sweet potato, apple, sprouts and onion, drizzle with 1/2 cup of the cider mixture, reserving the remaining, and toss to coat.
3. Sprinkle the chicken thighs with paprika, light brown sugar and salt, then rub to coat. Drizzle with the remaining cider mixture, toss, then arrange over the vegetables.
4. Roast the vegetables and chicken together for 40 minutes, shaking the pan every 10 minutes.
5. When the chicken is browned and the roots are soft, scrape onto a platter and top with the parsley.



ONE PAN LEMON CHICKEN

Simplify mealtime with vegetables and lemony marinated chicken, roasted to perfection. SERVES 4 - 6 | 55 MIN / 25 ACTIVE MIN

- 3 TABLESPOONS OLIVE OIL
- 2 TABLESPOONS FRESH LEMON JUICE
- 1 TABLESPOON LEMON ZEST
- 1 TABLESPOON FRESH ROSEMARY, CHOPPED
- 1/2 TEASPOON SALT
- 1/2 TEASPOON BLACK PEPPER
- 2 LB BONELESS, SKINLESS CHICKEN THIGHS (6-8)
- 1 MEDIUM SWEET POTATO, HALF-INCH SLICES
- 1 LARGE PARSNIP, SLICED IN ROUNDS
- 1 LARGE ONION, CUT IN EIGHT WEDGES
- 1/2 CUP FRESH PARSLEY, CHOPPED

1. Whisk the olive oil, lemon juice and zest, rosemary, salt and pepper. Add the chicken and toss to coat. Marinate overnight or at least 4 hours.
2. Heat oven to 425 F. Spread the prepared vegetables in a large roasting pan. Drain the marinade from the chicken into the pan and toss with the vegetables.
3. Place the chicken on top and put in the oven. Roast for 40 minutes, shaking the pan to loosen the vegetables every 10 minutes.
4. When the chicken pieces are browned, test for doneness by inserting an instant-read thermometer into the thickest part of a thigh. It should read 160 F. When the chicken is fully cooked and the vegetables are tender, place them on a serving platter and top with parsley.



nourish invites you to the 2025

empty bowls

SOUP & CERAMICS FEST

Sunday October 5th
11am-2pm

The Kern Center
1245 N. Broadway St.

This internationally recognized project brings artisans together to fight for food justice. Purchase beautifully hand crafted “empty bowls” while tasting a variety of chef made soups. All event proceeds help NourishMKE feed families in Milwaukee. **Visit the Outpost table at Empty Bowls to sample our signature chili!**

This event is free to attend.
Bowls are \$30 and you receive two free soup sample tickets.
Additional soup sample tickets are available for \$2.



OUTPOST'S MAMA'S CHILI

This simple, satisfying vegan chili is a bean lover's delight and relies on Textured Vegetable Protein for its meatiness. The TVP will plump up as it cooks. SERVES 12 | 45 MIN | 15 ACTIVE MIN

- 1 1/2 TEASPOONS CANOLA OIL
- 1 LARGE ONION, CHOPPED
- 1/2 CUP GREEN BELL PEPPERS, CHOPPED
- 2 1/2 CUPS KIDNEY BEANS, COOKED
- 1 3/4 POUNDS TOMATOES, DICED
- 7 CUPS CHILI BEANS
- 1 1/2 CUPS WATER
- 1/2 TABLESPOON CHILI POWDER
- 1/4 TABLESPOON GARLIC POWDER
- 3 TEASPOONS SALT
- 1 1/2 TEASPOONS BLACK PEPPER
- 1/2 TEASPOON THYME
- 3/4 TEASPOON CUMIN
- 1/2 CUP TEXTURED VEGETABLE PROTEIN (TVP)



1. Heat canola oil in a large stock pot over medium-high heat.
2. Add onion and green pepper and sauté until soft, about 5 minutes.
3. Add all remaining ingredients and bring to a boil. Reduce heat and simmer for 20 to 30 minutes. Serve.

CAN'T MAKE IT TO EMPTY BOWLS?
TRY MAKING OUTPOST'S
MAMA'S VEGGIE CHILI AT HOME!

OK, NOT A
SHEET PAN MEAL
BUT SO QUICK +
DELICIOUS!

TEENS GROW GREENS

**Round Up for
Teens Grow Greens
this September!**

Help local teens develop
important life & leadership skills
by rounding up at the register.



**VISIT OUR FOUR
NEIGHBORHOOD LOCATIONS:**

MILWAUKEE | BAY VIEW | WAUWATOSA | MEQUON

LEARN MORE: WWW.OUTPOST.COOP

LET'S OWN A GROCERY STORE TOGETHER

