

Smoky Cajun Veggies & Smashed White Beans (One Sheet-Pan)

Prep: 20 minutes • Cook: 25 minutes

Crispy smashed white beans and Cajun-spiced veggies roasted on a single sheet pan, finished with a creamy, tangy chipotle-lime yogurt dressing—smoky, bright, and texturally satisfying.

Ingredients

- 15 oz can white beans
- 1 red bell pepper (chopped into 1/2" to 3/4" pieces)
- 1 green bell pepper (chopped into 1/2" to 3/4" pieces)
- 3/4 cup red onion (chopped into 1/2" pieces)
- 1 cup zucchini (sliced)
- 3 to 4 oz mushrooms (sliced or quartered)
- 1/2 cup corn kernels (fresh or frozen)
- 3 cloves garlic (minced)
- 1 tbsp oil
- 2 tsp lime juice
- zest of 1/2 lime lime zest
- 1 tbsp Cajun seasoning
- 1 tsp paprika
- 1 tsp thyme
- 1/2 tsp salt
- 3 chipotle peppers in adobo
- 1/2 cup non-dairy yogurt
- 1 tbsp maple syrup
- 1/2 tsp garlic powder
- 1 tbsp nutritional yeast
- 1/2 tsp salt
- 1 tbsp or more lime juice
- to taste red onion (chopped, for topping)
- to taste cilantro (chopped, for topping)
- to taste vegan cheese (for topping)
- 2 tbsp hemp seeds or sesame seeds (for topping)

Instructions

1. Preheat the oven to 415°F (213°C). Line a large baking sheet with parchment paper.
2. Drain the white beans for 2 to 3 minutes, then spread them on the prepared sheet. Optionally use a flat-bottomed glass or bowl to gently smash the beans to lightly flatten.
3. If your sheet pan is small, divide the beans and veggies between two pans.
4. Add bell peppers, red onion, zucchini, mushrooms, corn, and garlic to the same pan (or a second pan).
5. Drizzle the oil and 2 teaspoons lime juice over the vegetables and toss well to coat.
6. In a small bowl, mix the lime zest, Cajun seasoning, paprika, thyme, and salt (add cayenne if you want more heat).
7. Sprinkle the spice mix over the beans and veggies and toss to coat. If using two pans, drizzle beans with 1 teaspoon oil and season beans with 1–2 teaspoons of the spice mix; use the rest on the veggies.
8. Bake for about 25 minutes, until veggies are golden on the edges and mushrooms are cooked through. At 17–18 minutes, stir well, moving pieces from center to edges and edges to center for even roasting.
9. While baking, make the dressing: Blend chipotle peppers, non-dairy yogurt, maple syrup, garlic powder (or 1 clove fresh garlic), nutritional yeast, salt, and 1 tablespoon or more lime juice with 1 tablespoon water until smooth. Thin with more water if needed; adjust salt, lime, and heat to taste.
10. Serve as bowls: Add chopped greens to bowls, top with roasted beans and veggies, drizzle generously with dressing, and garnish with chopped red onions, cilantro, and hemp or sesame seeds.
11. Or serve as wraps: Warm tortillas or pita, add lettuce, spoon on roasted beans and veggies, drizzle with dressing, and top with onions, cilantro, and optional cucumber, tomatoes, or pickled jalapeños. Serve immediately.
12. Make-ahead tip: Roast beans and veggies in advance and store separately from the dressing. Reheat the roast in the oven before serving.

Tags: Vegan, Gluten Free, Cajun, Sheet Pan, Weeknight, High Protein
