

One Pan Healthy Sausage and Vegetables

Nothing like a quick one pan meal with quick clean up for those busy nights. Bonus that the leftovers can make a great lunch for the next day!

Ingredients

- ~1 small red potato (optional)
- 3/4ths pound green beans
- 1 large head of broccoli (~ 1 and 1/2 cups)
- 1 and 1/2 cups chopped bell peppers (2 large peppers)
- 9 ounces smoked turkey or chicken sausage links
- 3 tablespoons olive oil (just enough to coat)
- 1/4 teaspoon red pepper flakes optional
- 1 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- Serve with freshly grated Parmesan cheese



Instructions

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with foil or parchment paper.
3. Prep the veggies: chop the red potatoes (pretty small pieces here so they will be tender in time), trim the green beans and halve, chop the broccoli, chop the peppers into thick squares, and coin the sausage in thick slices.
4. Place all the veggies and sausage on a sheet pan (use a large pan so that the veggies are separated to roast not steam). Pour the olive oil and all the spices on top. Toss to evenly coat all the veggies and meat.
5. Bake 15 minutes, remove from the oven and flip/stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp tender and sausage is browned.
6. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven.
7. Spoon up leftovers for lunch the next day.