

## 20 minute Sheet Pan Sausage and Veggies

### Cooking Instructions

1. Preheat oven to 400 degrees.
2. Slice sausage into 1" rounds. Dice sweet potatoes into small 1/2" cubes and cut veggies.
3. Add the vegetables, sausage, minced garlic to a large baking sheet.
4. Drizzle with olive oil and salt and pepper (or Italian spices or preferred spice blend)
5. Toss with hands or spoon until all is coated with olive oil and spices.
6. Bake for 20-30 minutes, mixing half way.
7. Serve plain or with preferred dipping sauce!

### Recipe

- 12-16 ounces turkey or chicken sausage (about 3 cups sliced)
- 2 cups sweet potatoes
- 1 onion, chopped
- 2 cups broccoli florets
- 1-2 cup bell pepper (any color you like)
- 2 cloves garlic minced
- 2 tablespoons olive oil
- ½ teaspoon salt and pepper
- 1 tablespoon Italian Seasoning (optional)

### Grocery List (add optional toppings to list as desired)

#### Produce

- Turkey or chicken sausage
- 1 onion
- 2 sweet potatoes
- 2 cloves garlic
- 1-2 bell peppers (preferred color)
- 1 broccoli Floret (also can use frozen broccoli)

#### Canned Goods/Grocery

- Olive Oil

#### Spices

- salt
- pepper
- Italian seasoning (optional)