

Sheet Pan Sausage and Veggies

Total Time: 45 minutes

Instructions

1. Preheat the oven to 400 degrees.
2. Line a large sheet pan with foil or parchment paper.
3. Place all the veggies, except the tomatoes, and sausage on the pan.
4. Drizzle with olive oil.
5. Toss to coat.
6. Bake for 15 minutes.
7. Remove pan from oven, flip and toss ingredients.
8. Add the tomatoes to the pan.
9. Return to oven and bake for 20 minutes, or until vegetables are cooked and sausage is browned.
10. Serve with brown rice, quinoa, or pasta.

Ingredients

- 1 lbs. yellow potatoes, cut into small pieces
- ¾ lbs. green beans, trimmed
- 4 links chicken and apple sausage, thickly coined
- 6 tablespoons olive oil
- 8 baby carrots, sliced in half
- 6 oz cherry tomatoes
- 1 cup cauliflower, chopped
- 1 bell pepper, sliced into strips