

One Pan Roasted Vegetables and Sausage

INGREDIENTS:

- 1 large head broccoli cut up into bite size pieces
- 1 large zucchini chopped
- 2 cups sweet potato, chopped
- 1 cup carrots, sliced
- 1 lb. smoked turkey sausage or chicken sausage, sliced
- 5-6 tablespoons olive oil
- ½ teaspoon garlic powder
- ½ tablespoon dried oregano
- ½ tablespoon dried parsley
- ½ teaspoon salt
- ¼ teaspoon pepper
- Fresh shredded parmesan cheese

➔ Get Creative
add tomatoes

DIRECTIONS:

1. Preheat oven to 400 degrees F.
2. Line a large sheet pan with tin foil.
3. Chop all the vegetables and cut the sausage and add to the sheet pan.
4. Drizzle with olive oil and toss to evenly cover all vegetables and sausage. Sprinkle with spices and herbs and toss again. Spread into an even layer on the sheet pan.
5. Bake for 10 minutes in preheated oven and then toss everything and return to oven for an additional 10 minutes, or until vegetables are tender and sausage is browned.
6. Remove from oven and sprinkle with parmesan cheese, if desired.
7. Serve over riced cauliflower and put in meal prep bowls.

Yield: *I used 2 bags of riced cauliflower to make 6 meals

Adapted from: mymommystyle.com



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