

Sheet Pan Chicken Sausage + Veggies

Ingredients

- 16 oz. chicken sausage, sliced into 1" rounds
- 2 cups diced sweet potatoes
- 2 cups broccoli florets
- 1 cup chopped bell pepper
- 2 tsp. minced garlic
- 2 T. olive oil
- 1 T. Italian seasoning (or other seasoning blend of choice)
- 1/2 tsp. each of salt and pepper

Directions

1. Preheat oven to 400 degrees
2. Add sausage, veggies, and minced garlic to large baking sheet
3. Drizzle with olive oil and add salt, pepper, and seasoning of choice and toss veggies/sausage until fully coated
4. Bake for 20 minutes, stirring half way
5. Enjoy as is or add toppings such as: avocado, dressing of choice, cheese, etc.



***Recipe for 4-6 servings**
Recipe from www.gimmedelicious.com