

Sausage and Vegetable Sheet Pan Dinner



Throw together a meal in no time with this quick and easy sheet pan dinner!

Photo Contest!



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Nutrition Info

- **Makes:** fluid ounces
= cups
= milliliters (mL)
- **Calories:** 1000 kcal
- **Kcals/ mL:** kcal/ mL
- **Carbohydrate:** 48.2%
- **Protein:** 20.1%
- **Fat:** 31.7%

Make it for the whole family:

<https://frugalfamilyhome.com/food/recipes/sausage-and-vegetable-sheet-pan-dinner>.

Sausage and Vegetable Sheet Pan Dinner

Ingredients

- 15 ounces of russet or red potatoes, chopped
- 1 cup of brussel sprouts, chopped
- 1 cup carrots, chopped
- 1 cup cauliflower, chopped
- ¼ cup onion, chopped
- 1 1/2 sausage link (chicken andouille), sliced
- 1 teaspoon garlic powder
- ½ teaspoon parsley
- ⅛ teaspoon of black pepper
- ⅛ teaspoon of salt
- 3 teaspoon of olive oil
- 2 cups 2% milk

Kitchen Gear

- Chef knife
- Cutting board
- Sheet pan
- Measuring cups:
 - 1 cups, ¼ cup
- Teaspoon, ½ teaspoon, ⅛ teaspoon

Preparation

1. Spray the sheet pan with nonstick oil.
2. Place potatoes, vegetables, and sausage on the sheet pan and lightly coat with the olive oil. Sprinkle with garlic powder, parsley, black pepper, and salt.
3. Smooth the vegetables and sausage to a single layer.
4. Bake 40-60 minutes at 400 degrees F or until vegetables are golden and softened.
5. Remove from oven and let cool.
6. Add all ingredients to the blender. Blend until completely smooth. Strain if necessary.
7. Thin as desired with water or other fluid such as milk or milk alternative.

Tips

- Choose a chicken or turkey sausage with no added nitrates.
- Use any vegetables you have available on hand for a quick and easy dinner.



For more recipes and information visit www.CookingForTubies.com
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