



Sheet Pan Sausage and Veggie Bake

Prep: 5 minutes | Cook: 35 minutes | Total: 40 minutes

Yield: 2 servings | Serving Size: 1 sausage link and ½ of vegetables

Ingredients

Nonstick cooking spray

1 bag (16 ounces) frozen bell pepper and onion mix, or 3-4 cups sliced or diced fresh vegetables

2 links (~3 ounces each) pre-cooked chicken sausage, sliced

1 bag (10 ounces) frozen diced butternut squash, or ~2 cups fresh diced butternut squash or sweet potato

¼ teaspoon ground black pepper

½ teaspoon garlic powder

1 teaspoon Italian seasoning

Directions

1. Pre-heat the oven to 425°F.
2. Prepare a baking sheet with parchment paper or coat with nonstick cooking spray.
3. Spread the bell peppers and onions, or fresh vegetables, in a single layer on the prepared baking sheet.
4. Add the slices of chicken sausage over the vegetables.
5. Add the diced butternut squash or sweet potato over the chicken sausage and vegetables.
6. Coat vegetables and chicken with nonstick cooking spray.
7. Sprinkle the pepper, garlic powder and Italian seasoning over top.
8. Bake until the vegetables are cooked through and slightly crisped along the edges, about 35 minutes. Serve warm.

Recipe Notes

- Change the flavor of this dish by swapping out a different salt-free seasoning and chicken sausage. Consider paring Cajun seasoning with andouille chicken sausage or taco seasoning with jalapeno chicken sausage.
- Sodium content of sausage will vary so choose lower sodium options whenever possible.
- You can use frozen vegetables, fresh vegetables, or a combination of both for this recipe.

Nutrition Facts Per Serving: Calories: 268 | Total Fat: 13 g | Saturated Fat: 3.5 g
Sodium: 864 mg | Total Carbohydrate: 21 g | Dietary Fiber: 3 g | Protein: 17 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department of Veterans Affairs