

Sheetpan Chicken Sausages with Veggies

My own recipe



Sheetpan Sausage Dinner with Asparagus, Sweet Potato & Zucchini

1 pound fresh chicken sausage, links, fresh, not pre-cooked type, or substitute pork sausages if desired

2 medium sweet potatoes

3 medium zucchini

1/2 pound fresh asparagus

3 tablespoons EVOO

1 packet Urban Accents Veggie Roaster seasonings

Per Serving (excluding unknown items): 296

Calories; 17g Fat (50.4% calories from fat);

11g Protein; 27g Carbohydrate; 6g Dietary

Fiber; 25mg Cholesterol; 295mg Sodium;

10g Total Sugars; 0mcg Vitamin D; 76mg

Calcium; 3mg Iron; 957mg Potassium;

155mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com

Servings: 3

NOTE: many butchers now make various chicken sausages with flavors like jalapeno, Italian, Thai, spinach/feta, garlic, spicy Mexican, or with cheese and flavoring. You do not want pre-cooked sausage for this sheetpan dinner as they would be overcooked.

1. Preheat oven to 425°F. Line a sheet pan with a baking mat or with foil.
2. Prepare the vegetables by peeling and chopping the sweet potatoes in chunky half rounds. Cut the ends off the zucchini and cut into chunky rounds or half rounds, depending on how big around they are. Cut off the tough ends of the asparagus.

3. Place the sausages and sweet potatoes on the sheet pan. Drizzle with EVOO and toss around to cover them in oil. Bake for about 20 minutes.

4. Remove pan, add the zucchini to the pan, drizzle with olive oil and toss lightly and sprinkle the entire sheet pan with most of the seasoning packet. Bake for about 12-15 minutes. Remove pan and add the asparagus, tossed lightly with EVOO and sprinkled with the last of the seasoning.

Return to the oven and roast for another 10 minutes, making sure you don't overcook the asparagus. Test the zucchini and asparagus - you want them to be just barely tender.

5. Remove veggies and sausages and serve on a big platter. Serve with hot or spicy mustard on the side (for the sausages) or marinara sauce, or a mixture of sour cream and horseradish.

QUICK ROASTING INSTRUCTIONS at 425°:

Sausages and sweet potatoes - 20 minutes

Add Zucchini - 12-15 minutes

Add Asparagus - 10 minutes, depending on thickness of asparagus

Check for just barely tender zucchini and asparagus

