



FROM THE KITCHEN OF: ANDREW LOPEZ

RECRUITER - JSG CHICAGO

ONE PAN ITALIAN SAUSAGE & VEGGIES

INGREDIENTS

Meat

16 oz Italian turkey or chicken sausage, smoked

Produce

1 head broccoli

2 carrots (~2 cups), large

2 red potatoes (~2 cups)

1 zucchini (~2 and 1/3 cups), small medium

Baking & Spices

1/8 teaspoon red pepper flakes

2 red peppers (~2 cups)

Oils & Vinegars

4 1/2 tablespoons olive oil

Dairy

1/3 cup parmesan cheese

INSTRUCTIONS

Preheat the oven to **400 degrees**. Line a large sheet pan with parchment paper or foil (easy clean-up) and set aside.

Peel and very thinly slice the carrots. Wash and (if desired peel, we love the peel on) chop the red potatoes. You want the pieces quite small here. (I halve the potatoes and then cut each half into 10-12 pieces)

Halve the zucchini and then cut *thick* coins of zucchini. Coarsely chop the broccoli. Remove the stems and seeds from the peppers and chop into medium-sized pieces. Chop the sausage into thick coins.

Pour all the veggies and sausage on the sheet pan. In a small bowl combine all of the seasonings and salt and pepper if desired (I use about 1/8 teaspoon pepper and 1/2 teaspoon salt) with the olive oil. Stir to combine.

Pour the seasoning & oil mixture on top of the veggies and sausage and thoroughly toss to coat.

Place in the heated oven for 15 minutes. Remove and toss around the veggies + sausage and return to the oven for another 10-20 minutes or until veggies are crisp tender.

Remove and top, if desired, with freshly grated Parmesan cheese and fresh parsley.

Serve on top of rice or quinoa if desired.

"WE HAVE ALWAYS STRUGGLED TO GET THE KIDS TO EAT "HEALTHIER" AND EVERYONE IN MY FAMILY LOVES THIS RECIPE AND IT'S CONVENIENT TO MAKE."

