

SHEET-PAN SAUSAGE WITH PEPPERS, ONIONS & POTATOES

CCWC – Cecilia J

Here is another nice recipe from my Weight Watchers class. I liked it so much that I wanted to share it with you. It's also quick and easy.

Ingredients

- 1 (11 oz) package precooked chicken sausage, sliced
- 1 lb baby potatoes, quartered
- 2 large red bell peppers, sliced
- 1 large onion, sliced
- 2 garlic cloves, finely chopped
- 2 tbsp olive oil
- 1 tbsp Italian seasoning, taco seasoning, or Cajun seasoning (no salt added)
- 1 tsp salt
- 1/2 tsp black pepper
- Fresh herbs (optional), for garnish
- Marinara or salsa (optional), for serving

Directions

1. Preheat the oven to 400°F. Line a large sheet pan with parchment paper.
2. In a large bowl, toss all the ingredients, except for the herbs and marinara (if using), thoroughly coating the sausage and vegetables. Spread onto the prepared pan.
3. Roast, stirring once halfway through cooking, until the potatoes are lightly browned, 30 to 35 minutes. Garnish with the herbs (if using). Serve with the marinara or salsa (if using).
4. Prep: 15 min | Cook: 30 min | Serves 4