



Italian Sausage & Veggies Sheet Pan Meal

(Yields 4-5 Servings)

Ingredients:

1 lb. Mild Italian Sausage (uncooked, in casings)
3 Bell Peppers, thickly sliced (Use whichever colors desired)
1 white onion, thickly sliced
1 cup cherry tomatoes
8 oz. Brussels Sprouts, trimmed
1 TBSP. Olive Oil
1/2 tsp. Cajun seasoning
Salt & Pepper to Taste

Directions:

- Line a sheet pan with parchment paper.
- Cut sausage in fourths and place on pan with cut veggies.
- Toss with olive oil, season, and Bake at 425 degrees for about 30-35 minutes until sausage is cooked through.