



## Roasted Sausage & Veggies

Super simple to make! This recipe is made using a few simple ingredients, one baking pan, and in just a little over 30 minutes. Sweet Potatoes are an excellent source of vitamin A and also a good source of manganese, copper, potassium, and phosphorus.

Prep Time: 10 min.

Cook Time: 40 min.

**Ready In: 50 min.**

**Serving Size:** 4 servings

### Ingredients

- ✓ 14 oz. of cooked smoked turkey sausage (or other sausage of choice)
- ✓ 2 Large sweet potatoes
- ✓ 1 green bell pepper
- ✓ 1 medium yellow onion
- ✓ 12 oz. baby Portobello mushrooms
- ✓ 2 tbsp. dried Italian seasoning

### Directions

1. Preheat oven to 350 degrees. Line a large pan with foil and spray with cooking spray.
2. Cook sweet potatoes in the microwave until slightly tender (about 3-5 minutes). Then cut into bite sized chunks (no need to remove the skin).
3. Cut bell peppers, onions, mushrooms, cooked sausage into same bite sized chunks.
4. Add all cut food to the large pan covered with foil and then spray everything with cooking spray. Next season everything with Italian seasoning.
5. Cook in oven uncovered for roughly 40 minutes at 350 degrees.

### Nutrition

*Amount per serving*

- ❖ Calories: 269
- ❖ Total Fat: 12 g
- ❖ Total Carbs: 24 g
- ❖ Protein: 18 g
- ❖ Cholesterol: 61 mg
- ❖ Sodium: 978 mg
- ❖ Potassium: 300 mg