

Chicken Sausage & Vegetable Packet

Servings: 2

From Coupon Kitchen

Ingredients

2-4 chicken sausages
4 red potatoes, cut into bite-size pieces
1 green bell pepper, cut into bite-size pieces
1/2 onion, cut into bite-size pieces
1 zucchini, cut into bite-size pieces
1 yellow squash, cut into bite-size pieces
1 Tbsp salt-free seasoning (such as Mrs. Dash), divided

Preparation

- 1) Slice chicken sausages into 1/4 inch-thick pieces. Divide sausage, bell pepper, onion, zucchini, and yellow squash between two pieces of aluminum foil; season each with salt-free seasoning. Seal aluminum foil shut.
- 2) Cook in a 400 degree oven for 20 minutes or on the grill at medium-high temperature for about 30 minutes.