Healthy Families
Healthy Futures

Sausage, Peppers and Onions Sheet Pan Dinner

Yield: 4
Prep time: 10 minutes
Total time: 25 minutes

Ingredients

1 ea.	**Large sweet onion, medium dice**
2 ea.	**Bell peppers (red and green, or you can use any color, cut in julienne.**
2 Tablespoon	**Olive oil**
4 ea.	**Precooked Chicken sausages**
To Taste	**Salt and Pepper**

Directions

Preheat oven to 400 degrees F. Line a sheet pan with foil for easy cleanup (optional).

Dice onion and julienne cut bell peppers.

Add to a sheet pan, toss with the olive oil, season with salt and pepper to taste.

Push peppers and onions to the edges of the sheet pan, making space in the middle for the sausages, then place sausages on sheet pan.

Roast for 15-20 minutes, or until vegetables are soft and sausages are