



## RECIPE CARD

# SHEET PAN SAUSAGE, PEPPERS, AND ONIONS

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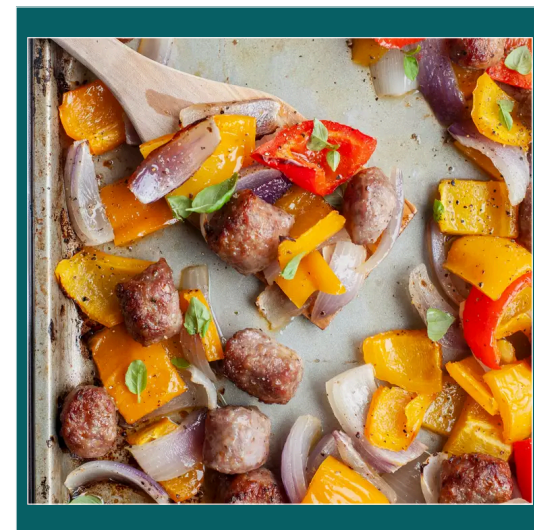
*Sheet Pan Sausage, Peppers, and Onions is a simple, one-pan meal that's bursting with flavor. It's an easy way to combine savory Italian sausages with colorful bell peppers, onions, and seasoning, all roasted together in the oven*

### Ingredients

3 large **bell peppers in assorted colors**, cut into 1-inch chunks  
1 **large red onion**, cut into 1-inch chunks  
1 tablespoon **olive oil**  
1/2 teaspoon **kosher salt**  
1/4 teaspoon freshly **ground black pepper**  
1 pound uncooked **sweet or hot Italian sausage**  
Fresh **parsley or basil leaves** for garnish, chopped (optional)

### Directions

1. Preheat oven to 425°F:
2. Arrange a rack in the middle of the oven.
3. Place the bell peppers and onions on a sheet pan, drizzle with the olive oil, season with salt and black pepper, and toss to coat. Spread them into an even layer.
4. Remove the casings from the sausage, if using links. Break the sausage into bite-sized pieces and drop them in the empty spaces among the vegetables.
5. Bake until the vegetables are tender and lightly browned and the sausage is cooked through, stirring once halfway through, 25 to 30 minutes.
6. To serve, garnish with parsley or basil if desired.



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*Recipe adapted from  
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