



Sheet-Pan Sausage & Peppers



1/2 of recipe (about 1 3/4 cups): 299 calories, 14g total fat (3g sat. fat), 648mg sodium, 27.5g carbs, 4.5g fiber, 7.5g sugars, 17g protein

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Prep: 10 minutes **Cook:** 30 minutes

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Ingredients

6 oz. (about 2 links) fully cooked chicken sausage with 8g fat or less per 3-oz. serving (like [the kinds by Al Fresco](#)), sliced into coins
6 oz. (about 3) baby red potatoes, cut into 1/2-inch chunks
2 cups sliced bell peppers
1 cup sliced onion
1 tbsp. olive oil
2 tsp. chopped garlic

Seasonings:

1/2 tsp. dried oregano
1/8 tsp. salt
Dash ground thyme

Directions

Preheat oven to 400 degrees. Spray a baking sheet with nonstick spray.

Combine all ingredients and seasonings in a large bowl. Toss to coat.

Spread mixture onto the center of the baking sheet. Bake for 15 minutes.

Flip/rearrange mixture on the baking sheet. Bake until veggies have softened and potatoes are tender and lightly browned, 10 - 12 minutes.

MAKES 2 SERVINGS

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