



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

Green Plan [SmartPoints](#)® value 8*

Blue Plan (Freestyle™) [SmartPoints](#)® value 8*

Purple Plan [SmartPoints](#)® value 6*

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



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

SmartPoints® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **SmartPoints**® values* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **SmartPoints**® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **SmartPoints**® trademark.