



## Sausage and Vegetable Sheet Pan

### INGREDIENTS:

- 14 ounce smoked sausage, sliced\*
- 1 cup sweet potato, diced into ½-inch cubes
- 2 medium zucchini, sliced
- 2 medium squash, sliced
- ½ bunch asparagus, sliced into thirds
- 2 tablespoons olive oil
- 1 teaspoon of your favorite spice blend

\*Use turkey sausage to lower total fat.

### DIRECTIONS:

1. Preheat oven to 400°F.
2. In a large bowl, add the sausage and vegetables.
3. Add the olive oil and seasoning; toss until coated.
4. Spread evenly onto a sheet pan.
5. Bake in oven for 15-20 minutes, until vegetables are tender.

**Source:** Cooking with Extension / **Yield:** 6-10 servings | 282 Calories per serving. Total fat 22g; Protein 9g; Total carbohydrate 11g; Dietary fiber 2g, Sodium 715mg.