

Roasted Italian Sausages with Potatoes, Peppers, and Onions

Prep Time: 10 Min Cook Time: 30 Min Total Time: 40 Min



SERVINGS: 4

Nutritional Facts

Serving Size: 1 sausage and 1.5 cups vegetables

Amount Per Serving

Calories 344

Calories from Fat 125

% Daily Value*

Total Fat 14g 21%

Saturated Fat 3g 15%

Monounsaturated Fat 0g 0%

Polyunsaturated Fat 0g 0%

Cholesterol 60mg 20%

Sodium 707mg 31%

Total Carbohydrate 35g 3%

Dietary Fiber 5g 12%

Sugars 7g

Protein 21g

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

The Nutritional Values provided are estimates only and may vary based on the preparation method.

Ingredients

4 lean turkey Italian sausages

1.33 lbs red potatoes, washed and chopped (Paleo substitute sweet potatoes)

1 onion, chopped

2 red peppers

1 green pepper

4 garlic cloves, minced

1 tbsp olive oil

1 tbsp Italian seasoning

1/2 tsp red pepper flakes

1/4 cup low sodium chicken broth

Directions

- 1 Preheat the oven to 400 degrees. Prep the ingredients, making sure the potatoes are chopped into 1/2 inch pieces to ensure they cook completely in the time allotted. If the potato chunks are larger, start them 15 minutes before the remaining ingredients.
- 2 Add the potatoes, onion, peppers, and garlic to a glass baking dish. Sprinkle with Italian seasoning, red pepper flakes, salt, pepper, olive oil, and chicken broth. Toss together using a spoon or your hands. Pierce the sausages with a fork. Nestle the sausages into the vegetables.
- 3 Bake for 30-35 minutes until vegetables are tender and cooked through. If the vegetables aren't browning, place them under the broiler for 3-4 minutes to brown.

Notes

