



WHAT'S FOR DINNER?



This Healthy Sausage & Veggie Bake is quick and easy, nutritious, and delicious. Made with fresh and packaged ingredients from this week's Long Beach Food Pantry Delivery and Grocery Grab N Go, this hearty meal is roasted to perfection, making it a crowd pleaser.

HEALTHY SAUSAGE AND VEGGIE BAKE

Nutritional Facts:

Pork is a great source of protein, zinc, iron; vitamins B12, niacin and B6. While broccoli, green beans, and peppers together are high in fiber; potassium; antioxidants; copper, manganese; magnesium; and vitamins A, B, C, and K. All this helps digestive and heart health; blood pressure and cholesterol levels, reduces inflammation; boosts immune function and energy levels, as well as protect against osteoporosis, cancer, and diabetes.

Ingredients:

- 4 smoked sausage links (12 oz) or sausage patties
- 3 cups green beans (or 12 oz bag)
- 2 medium bell peppers or 4 Anaheim peppers
- 1 head broccoli (or 12 oz bag of florets)
- 6 tablespoons olive oil
- 1 teaspoon paprika
- 1 tablespoon dried oregano
- 1 tablespoon dried parsley
- 1 teaspoon garlic powder
- ½ teaspoon red pepper flakes (optional)
- salt & pepper to taste
- *Optional: serve with shredded parmesan cheese or rice (grain or cauliflower)

Instructions:

1. Preheat the oven to 400° and line a large baking sheet with baking paper.
2. Trim the green beans and cut them and the peppers and broccoli into bite-sized pieces.
3. Slice each sausage link or patties into bite sized pieces.
4. Place all the veggies and sausage on lined baking sheet. Coat with olive oil, all seasonings and salt and pepper. Toss and coat everything evenly, then spread out in pan.
5. Bake in the oven for 15-20 minutes. Remove and carefully stir everything and then bake for another 15-20 minutes until the vegetables are roasted (approximately 40 minutes total).
6. Sprinkle entire pan with parmesan cheese and serve over rice, cauliflower rice, or quinoa.

Eat & Enjoy!

Recipe adapted from: claireswholekitchen.com

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