



## *Italian Sausage & Veggies Sheet Pan Meal*

(Yields 4-5 Servings)

### **Ingredients:**

1 lb. Mild Italian Sausage (uncooked, in casings)  
3 Bell Peppers, thickly sliced (Use whichever colors desired)  
1 white onion, thickly sliced  
1 cup cherry tomatoes  
8 oz. Brussels Sprouts, trimmed  
1 TBSP. Olive Oil  
1/2 tsp. Cajun seasoning  
Salt & Pepper to Taste

### **Directions:**

- Line a sheet pan with parchment paper.
- Cut sausage in fourths and place on pan with cut veggies.
- Toss with olive oil, season, and Bake at 425 degrees for about 30-35 minutes until sausage is cooked through.