



ONE-PAN VEGGIES AND SAUSAGE

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It is quick and easy after a long day! Plus only one pan to clean :).

PREP TIME: 15 minutes

COOK TIME: 30 minutes at 400F

TOTAL TIME: 45 minutes

SERVINGS: 4

INGREDIENTS:

2 cups red potato

3/4ths pound green beans (could sub for snap peas)

1 large head of broccoli

1 small bunch of asparagus

1 red bell pepper

1 yellow bell pepper

9 oz smoked sausage (turkey or chicken can be used, do not use ground sausage)

6 tablespoons olive oil

1/4 teaspoon red pepper flakes (optional)

1 teaspoon paprika

1/2 teaspoon garlic powder

1 tablespoon dried oregano

1 tablespoon dried parsley

1/4 teaspoon salt

1/4 teaspoon pepper

parmesan cheese

2 packets of Uncle Ben's Fast and Fancy Broccoli and Cheddar Flavoured Rice.

DIRECTIONS:

1. Preheat the oven to 400 degrees F.
2. Line a large sheet pan with foil or parchment paper. Drizzle with 1 tablespoon olive oil.
3. Chop all veggies and throw on the pan. Make sure to chop potatoes thin so they cook through.
4. Coin the sausage into thick slices and add to the pan.
5. Pour remaining olive oil over all veggies and sausage, mix with tongs to evenly coat.
6. Add all spices to the pan and mix with tongs to evenly coat.
7. Follow instructions on the packet to make the Broccoli and Cheddar Rice.
8. Bake veggies and sausage for 15 minutes, remove from the oven and flip/stir everything then return to the oven and bake for another 10-15 min or until veggies are crisp and sausage is browned.
9. Serve with fresh parmesan cheese over rice.
10. Enjoy!