

Sausage and Vegetable Sheet pan dinner:

Cut up your vegetables, you want enough for your family....for our family of five I use two cookie sheets, which means about five to six cups of vegetables. Make sure to chop your vegetables into the same sized pieces so they have equal cooking time. We love doing a mix of white and sweet potatoes, Brussel sprouts, broccoli, onions and carrots. Squashes, cauliflower, beet, parsnips and turnips would work well too. Toss your veggies in oil and sprinkle with salt and pepper, smoked paprika and dried thyme and distribute evenly on your sheet pans. Cut up one sausage per person, make sure that you are buying sausage from a good source. You can use anything here, we love the Local Pig's roasted garlic and rosemary sausage with this meal, but any good sausage link will work. Slice into rounds the same thickness as your veggies and add to your pan(s) with the vegetables. Roast in your oven at 400 degrees for about twenty to thirty minutes until the vegetables are just tender and starting to caramelize and the sausage is cooked through. You will want to shake and toss the vegetables frequently, every five to ten minutes.