

Sheet Pan Sausage Bake



Ingredients

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| olive oil spray | 1 head of broccoli |
| 12 oz pkg cooked sausage | 1 c. carrots |
| 1 yellow squash | 5 oz grape tomatoes |
| 1 zucchini squash | Alpine Touch Seasoning |
| 12 oz Brussels sprouts | salt & pepper to taste |

Directions

1. Preheat the oven to 400° F
2. Slice sausage, half and slice yellow and zucchini squash, slice carrots, half Brussels sprouts, and remove broccoli florets from stem. Try to slice everything as close in size as possible.
3. Cover sheet pan with foil, spray with olive oil, add sausage and all veggies (tomatoes are a fruit, don't add them).
4. Spray sausage and veggies with oil, sprinkle with Alpine Seasoning, salt and pepper.
5. Bake for 15 minutes.
6. Take out of the oven, add tomatoes.
7. Bake another 5-10 minutes, until all the veggies are cooked.
8. Serve alone or over rice.