

Sausage Bake with Vegetables

Serves: 4

Ingredients

- 1 large red onion, sliced $\frac{1}{4}$ inch thick
- 3 large carrots, sliced on an angle $\frac{1}{2}$ inch thick
- $\frac{1}{2}$ acorn squash, sliced and gutted and cut into $\frac{3}{4}$ inch thick slices
- 3 potatoes, cut into 1 inch pieces
- 3 tbsp extra virgin olive oil
- 1 tsp salt
- $\frac{1}{2}$ tsp black pepper
- 1 tsp dried thyme
- 450g mild Italian sausage (or any other sausage that you like)



Directions

1. Preheat the oven to 425°F and set an oven rack in the middle position. Line a 13 x 18-inch baking sheet
2. Directly on the baking sheet (13 x 18-inch), toss the onion, carrots, and acorn squash, green beans, olive oil, salt, pepper, and thyme until the vegetables are evenly coated. Place the sausages on the baking sheet, spacing them evenly around the pan, and arrange the vegetables as best you can in a single layer. Roast for 25-30 minutes, until the sausages are cooked through and the vegetables are caramelized and tender (no need to stir while cooking).

Note:

Feel free to substitute with different vegetables, such as baby potatoes (halved), sweet potatoes (cut into 1-inch chunks), large broccoli or cauliflower florets, or even grapes.

Registered Dietitian
Anne-Charlotte George, RD

