

Healthy Recipe of the Week

Use Organic ingredients whenever possible.

Sheet Pan Smoked Sausage and Peppers

From www.howsweeteats.com

1-2 pkgs of smoked turkey or chicken sausages (look for all-natural sausage without added nitrites)
1/4 cup of your favorite BBQ sauce
1 red bell pepper, sliced or chopped
1 orange bell pepper, sliced or chopped
1/2 red onion, sliced
1 1/2 tablespoons olive oil
1 tablespoon balsamic glaze (I was able to find organic balsamic glaze at Dierbergs by the vinegars)
2 garlic cloves, minced
pinch of salt and pepper
2 tablespoons fresh oregano

1. Preheat the oven to 425 degrees F. Spray a baking sheet with nonstick spray (or mist with olive oil).
2. Slice the smoked sausage length wise and brush the open sides with BBQ sauce. Then cut them into roughly 2-inch long pieces.
3. Place the peppers and onions on the baking sheet. Toss with the olive oil, balsamic glaze, minced garlic, salt and pepper. Add the sausage pieces on the sheet.
4. Roast for 25 to 30 minutes, until the veggies begin to caramelize and the sausage gets golden. Remove from the oven and sprinkle with fresh oregano. Serve immediately!