

Chicken Apple Sausage Sheet Pan Dinner

Ingredients:

1 package Chicken Apple Smoked Sausage (my favorite is the Walmart/Sam's brand), sliced
1 head of broccoli, chopped into bit size chunks
1 zucchini, chopped
1 yellow crook neck squash, chopped
hand full of cherry or grape tomatoes
6 mini bell peppers, (stemmed and chopped if you want)
2 red potatoes, chopped
1/2 onion (I like red, but yellow is great, too), sliced
handful of sliced mushrooms (optional)
4 TBSP olive oil
2-3 tsp garlic salt
1 tsp pepper
juice from one lemon

Directions:

Grab a sheet pan (make sure it has a lip all the way around). Drizzle with 2 TBSP olive oil. Place all the rest of the ingredients on top, sprinkle with seasonings- except the lemon juice. Toss them together a bit so they have a light coating of the olive oil and even spice distribution. Bake in the oven at 400 F degrees for 15-20 minutes. Pull out and squeeze lemon juice over the top. Our family likes this served with a side of rice.

 *Helping of Happiness*