

## Sheet Pan Sausage with Potatoes & Green Beans

### Ingredients

- 4 fully cooked sausages, sliced into circles 1/4 inch thick
- 12 oz fresh green beans, trimmed
- 1 lb potatoes, cut into 1-inch chunks, new potatoes work great!
- 3 tbsp olive oil, extra virgin
- 3/4 tsp salt
- 1/2 tsp pepper
- 1/2 tsp garlic powder
- 1/2 tsp dried basil
- 1/2 tsp dried oregano



### Instructions

1. Preheat the oven to 425°F. Line a 12" x 17" baking sheet with parchment paper.
2. Spread green beans, potatoes, and sausage on the baking sheet.
3. Drizzle with olive oil. Sprinkle with salt, pepper, garlic powder, basil, and oregano.
4. Stir so everything is well seasoned. Spread sausage and veggies in a single layer after stirring.
5. Place in the oven and bake for 20 to 25 minutes or until potatoes are tender and cooked through.

### Notes from a dietitian:

- Green beans can easily be swapped out for another veggie that cooks in the same amount of time. Brussels sprouts, broccoli, and carrot sticks would all work beautifully!
- Try using a turkey sausage for a leaner (less saturated fat) meal
- Mix up the seasonings! Try adding red pepper flakes for a bit of heat, swap the seasonings out for a Cajun or ranch seasoning mix for a different flare. Try to choose a low sodium or no sodium option.
- All ingredients can be prepped in advanced and stored in the fridge until it is time to cook

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Interested in more meal ideas? Want to learn about nutrition?

Find out how to better manage chronic health conditions like diabetes, chronic kidney disease (CKD), high cholesterol? Or just wanting to eat healthier and feel confident in your food choices?

### ...A dietitian can help!

Talk to your doctor about a referral for nutrition services or give us a call at **309-944-9118**. We're here to help you!