

Sausage and Root Vegetable Sheet Pan Dinner

Ingredients

- 12-15 oz. smoked sausage, cut into ½ in. slices
- 8 oz. baby carrots
- 2 medium potatoes, peeled and cut into 1 in. cubes
- 1 large sweet potato, peeled and cut into 1 in. cubes
- 1 small yellow onion, peeled and cut into wedges
- 3 tablespoons vegetable oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- ½ teaspoon pepper



Instructions

Preheat the oven to 425°F. Set a large baking pan on the counter. To make cleanup easy, line the baking pan with foil.

Place all of the ingredients in a large bowl. Stir together so the sausage and veggies are evenly coated in the oil and seasonings. Arrange the mixture in a single layer on the baking pan. Place in the oven and bake until just tender, about 22-25 minutes. Allow to cool slightly before serving. Yield: 6 servings.

Please note that the nutrition facts are estimated based on the ingredients and preparation instructions described in the recipe. They are intended to be used for informational purposes only.

Nutrition Facts

Servings: 6

Amount per serving

Calories **357**

% Daily Value*

Total Fat 22.6g **29%**

Saturated Fat 6.8g **34%**

Cholesterol 60mg **20%**

Sodium 964mg **42%**

Total Carbohydrate 22g **8%**

Dietary Fiber 4.2g **15%**

Total Sugars 5.2g

Protein 16g

Vitamin D 0mcg **0%**

Calcium 33mg **3%**

Iron 3mg **16%**

Potassium 754mg **16%**

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**