

Italian Sausage and Veggies

Directions:

Begin by preheating your oven to 400° F. To roast the veggies, line a large baking sheet with foil and set aside. When you are prepping your veggies, be sure to slice and chop all the ingredients into similar sizes, as this will help ensure everything cooks evenly. Place the veggies, garlic, onion powder, oregano, parsley, and thyme through the olive oil on the baking sheet and toss to combine. Spread in an even layer and place in the oven for 15 minutes, or until desired done-ness.

While the veggies are roasting, cook the turkey sausage, covered in a medium skillet for 20 minutes, turning every few minutes to cook all sides.

Remove the veggies from the oven and top with Parmesan cheese and fresh basil. Slice sausage and serve together. Enjoy!

Pro Tip: Try this recipe with brown rice or quinoa as another side. This recipe also works great as a meal prep option; it makes 4 servings and is a great lunch for a busy workweek. Read more about meal prepping and its benefits [here](#).