

Sheet Pan Turkey Sausage with Potatoes, Peppers & Onions

Serving Size: 1 and 1/2c | Servings per Recipe: 4 | Heart Healthy



INGREDIENTS

- 12 oz turkey sausage, sliced
- 4 medium potatoes, diced
- 1 large onion, sliced
- 1-2 bell peppers, sliced (any color)
- 1 tbsp oil
- 1 tsp garlic powder
- Black pepper

DIRECTIONS

- Preheat oven to 425°F.
- Place potatoes, onion, and bell peppers on a sheet pan.
- Drizzle with oil and sprinkle with garlic powder and pepper.
- Add sliced turkey sausage and toss everything together.
- Bake 25 minutes, stirring halfway, until potatoes are tender and sausage is hot.



Calories per serving: 400 kcal | 30 g total fat | 38 g total carbohydrates | 18 g protein