



Oven Roasted Vegetables with Vegan Sausage (6 servings)

Ingredients

2 cups mixed multi color peppers (*chopped*)
1 cup onions (*chopped*)
1 cup carrots (*coarsely chopped*)
2 cups broccoli florets (*chopped*)
1 cup sweet potatoes (*chopped 1 inch in size*)
1 cup baby portobello mushrooms (*sliced*)
1 cup white button mushrooms (*sliced*)
1 cup shiitake mushrooms (*sliced*)
6 cloves garlic

1 package vegan "Beyond Meat® sausage (*sliced 1/2 inch*)
1/4 tsp red pepper flakes
1 Tbsp each: fresh oregano, parsley, rosemary, sage, thyme
Freshly ground salt & pepper to taste
1 tsp smoked paprika
6 Tbsps olive oil
Optional:
1/4 cup parsley (*finely chopped*)

Preparation

- Preheat oven to 400 degrees.
- Place all vegetables (*mixed peppers, onions, carrots, broccoli, sweet potatoes, mushrooms*) and sausage on a large sheet pan (15"x 21").
- Drizzle the olive oil and sprinkle all the seasonings (*oregano, parsley, rosemary, sage, thyme, garlic and smoked paprika*) on vegetables and sausage. Add about 1/2 teaspoon of salt and 1/4 teaspoon pepper to start and then season to taste.
- Toss (*use your hands*) and evenly coat all the veggies and sausage with the seasonings.
- Space everything out on sheet pan so it has plenty of space to cook. Crammed/overlapping vegetables will steam instead of roast and will take longer to cook.
- Bake 15 minutes, then remove from the oven and flip/stir all the vegetables around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp and tender. (*Continued*)



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Serving Suggestion:

Serve over cooked quinoa or brown rice, add fresh parsley and enjoy immediately.

This recipe was prepared on S1: Episode 2 of the video podcast "Dishing with Patricia."
