

FOOD FUN

4 - H W Y O M I N G

WELCOME TO APRIL!!



This month we begin to enjoy spring. This means the days are beginning to get longer and families get busier. Sheet pan meal is featured this month!! The whole idea behind a sheet pan dinner is that can cook your entire dinner in one go. Only one tray to wash and most sheet pan recipes literally take a few minutes to prep before popping in the oven and then wait for it ... you walk away. The oven does all the work! There is not a more complicated/advanced version this month. That is just contrary to what a sheet pan dinner is!!!

The meal takes a little preparation with cutting the meat and vegetables. Please go check out a knife skills refresher course at: [Knife Skills | NC State Extension](https://localfood.ces.ncsu.edu/local-food-nutrition-health/cooking-local-foods/knife-skills/) Knife skills are a definite life skill for 4-H members to learn. (<https://localfood.ces.ncsu.edu/local-food-nutrition-health/cooking-local-foods/knife-skills/>)

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Sheet Pan Sausage and Veggies



TOTAL TIME: 50 minutes (Prep: 20 minutes, Cook: 30 minutes)

YIELD: 4 Servings

Sheet Pan Sausage and Veggies is the ultimate easy dinner! Toss smoked sausage and your favorite veggies in a killer seasoning blend, roast, and finish with Parmesan. Enjoy as is or over your favorite grain!

EQUIPMENT

- Large sheet pan 15 x 21-inch
- Parchment paper

INGREDIENTS

- 2 cups diced baby red potato
- 3 cups trimmed and halved green beans
- 1 large head of broccoli 2 cups
- 1½ cups chopped bell peppers 2 large or 6 to 7 mini sweet bell peppers
- 13 ounces smoked sausage see note 1
- 6 tablespoons olive oil
- ¼ teaspoon red pepper flakes optional, leave out if you don't like heat!
- 1 teaspoon paprika
- ½ teaspoon garlic powder
- 1 tablespoon dried oregano
- 1 tablespoons dried parsley
- Salt and pepper
- Cooked quinoa or rice, for serving, optional
- Serving suggestions see note 2

NOTES

Note 1: Turkey, chicken, or beef smoked sausage all work great; I typically use hardwood smoked turkey sausage.

Note 2: Serve with fresh parsley and lots of freshly grated Parmesan cheese.

Storage: Keep leftovers in airtight containers in the fridge for 3–4 days. There is a loss of texture, but overall it's delicious! I don't recommend freezing this recipe; the veggies end up mushy when thawed.

NUTRITION FACTS

Serving: 1 serving | Calories: 692kcal | Carbohydrates: 49g | Protein: 22g | Fat: 48g | Saturated Fat: 12g | Cholesterol: 65mg | Sodium: 870mg | Potassium: 1754mg | Fiber: 13g | Sugar: 14g | Vitamin A: 5025IU | Vitamin C: 282mg | Calcium: 162mg | Iron: 5mg

DIRECTIONS

1. Preheat oven to 400°F. Line a very large sheet pan (I use this 15x21 inch sheet pan) or 2 smaller pans with parchment paper and set aside.
2. It is important to prep veggies according to directions to ensure they cook at the same rate. Wash and chop unpeeled baby red potatoes. You want the pieces quite small. I halve the baby potatoes and dice each half, yielding 10–12 pieces per potato. Trim green beans and cut in half, chop broccoli into florets, chop peppers into 1-inch pieces, and coin sausage in thick (1/2-inch) slices.
3. Place all veggies and sausage on the prepared sheet pan. Pour the olive oil and all the seasonings on top. Season to taste with salt and pepper (I add 1/2 teaspoon salt and 1/4 teaspoon pepper to start with). Use your hands to toss and evenly coat all the veggies and sausage with seasonings. Space everything out. If veggies are crammed/overlapping they'll steam instead of roast and take longer to cook.
4. Bake 15 minutes, remove from oven, and flip/stir all the veggies around. Return to oven and bake another 10–15 minutes or until vegetables are crisp-tender.
5. If desired, sprinkle freshly grated Parmesan cheese over the veggies and sausage as soon as they come out of the oven. (If you aren't adding the cheese, you'll likely need some more salt.) Add fresh parsley if desired and enjoy immediately. Serve over cooked rice or quinoa if desired.

Source: www.chelseasmessyapron.com



