

Simple Sausage Sheet Pan Dinner

Italian sausage or brats
cut in slices
Diced sweet potato with
skins on
Broccoli
Baby carrots
salt
pepper
rosemary
thyme
season salt
brown sugar

Preheat oven to 375°

Prep veggies. Cut up meat.

Drizzle with olive oil.

Sprinkle with spices and seasonings and brown sugar.

Toss to coat.

Bake at 375° for about half an hour (depending how small you cut everything.) Stir every 10 minutes or so.

Squeeze some lemon juice over the veggies. Enjoy!

*Feel free to use whatever veggies, potatoes, or meat you want. But my favorite is for sure sausage with these ingredients!

from the kitchen of.
MEGAN FOX
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