



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

SHEET PAN SAUSAGE & VEGGIES

12 ounces chicken sausage, cut into chunks	4 ounces brussel sprouts, halved
½ red bell pepper, chopped	2 tablespoons avocado or olive oil
½ yellow bell pepper, chopped	1 tablespoon all purpose salt free seasoning blend (recipe below)
¼ red onion, sliced	½ tablespoon minced garlic
1 broccoli crown, chopped	1 teaspoon kosher salt
2 large Yukon gold potatoes, diced	

ALL PURPOSE SALT FREE SEASONING BLEND

2 tablespoons garlic powder	1 tablespoon paprika
2 tablespoons onion powder	1 tablespoon parsley
1 tablespoon chili powder	1 ½ teaspoons black pepper

1. Preheat oven to 400 degrees F. Line an extra large baking sheet with parchment paper.
2. Combine all ingredients in a bowl and stir well. Dump onto a baking sheet and spread into one layer.
3. Cook for 19 -22 minutes, until veggies are tender and beginning to brown. Serve immediately.

Makes 6 servings.

Recipe by: Nikki

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