

SAUSAGE & VEGETABLE BAKE

INGREDIENTS

ITEM	QUANTITY
Certified Low-fodmap Chicken or Pork Sausage, sliced	1 lb
Baby Potatoes, Halved	1 lb
Medium Carrots, Cut Into Bite-size Pieces	1 Tsp.
Medium Green Bell Pepper, chopped	1
Chopped Zucchini	2 Cups
Garlic-infused Olive Oil	2 Tbsps.
Dried Oregano	1 Tsp.
Smoked Paprika	1 Tsp.
Dried Thyme	½ Tsp.
Salt	½ Tsp.
Black Pepper	¼ tsp.
Fresh Parsley, chopped	1 Tbsp.
Lemon Juice	1 Tbsp.

SERVING SIZE **ABOUT 1½ CUPS**

PREPARATION

- Preheat oven to 425°F.
- Add the potatoes, carrots, green bell pepper, and zucchini to a large baking sheet.
- Drizzle with garlic-infused olive oil and season with oregano, smoked paprika, thyme, salt, and pepper.
- Toss well to coat.
- Roast for 20 minutes.
- Add the sliced sausage and toss everything together.
- Return to the oven and roast for another 20-25 minutes, until the potatoes are tender and the sausage is fully cooked.
- Remove from the oven and toss with lemon juice and fresh parsley.
- Divide into four portions and serve.

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