

ROASTED VEGGIES SHEET PAN DINNER

A Mobile Market Recipe

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Makes: 4 Servings

Ingredients:

- 1 lb. chicken or sausage
- 2 cups potatoes, chopped (any color)
- 6-8 cups veggies, chopped, such as:
 - zucchini
 - bell pepper
 - carrots
 - broccoli
 - onion
 - cauliflower
 - mushrooms
 - winter squash
 - Brussels sprouts
- 2 Tbsp. olive oil or other cooking oil
- 2 cloves garlic, minced (1/4 tsp. dry)
- 1/2 tsp. salt
- 1/8 tsp. black pepper
- 1 1/2 tsp. dried herbs or Italian Seasoning

Instructions:

1. Preheat oven to 375 degrees.
2. The meat can be cooked whole or cut in pieces. Arrange the meat on a baking sheet.
3. Wash the potatoes (peel if desired) and cut them into bite-sized pieces. Add to a large bowl.
4. Wash the veggies, cut them into bite-sized peices, and add to the potatoes.
5. Toss the potatoes and veggies with the oil, then mix in the garlic and other seasonings.
6. Spread the veggies onto the baking sheet all around the meat. It's ok if there is some overlap.
7. Bake for 35-45 minutes, until the veggies are soft and beginning to turn golden, and the meat is cooked to an internal temperature of 165 degrees F.

