

# One Pan Italian Sausage and Veggies

Yield: 6 min  
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/one-pan-italian-sausage-and-veggies-recipe>

## Ingredients:

- 2 large carrots ~2 cups
- 2 red potatoes ~2 cups
- 1 medium zucchini small-, ~2 and 1/3 cups
- 2 red peppers ~2 cups
- 1 head broccoli ~1 and 1/2 cups
- 16 ounces turkey sausage Italian
- 1/2 tablespoon dried basil
- 1/2 tablespoon dried oregano
- 1/2 tablespoon dried parsley
- 1/2 tablespoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon dried thyme
- 1/8 teaspoon red pepper flakes optional
- 1/3 cup Parmesan cheese freshly grated; optional
- 4 tablespoons olive oil
- fresh parsley optional
- salt optional
- pepper optional

## Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 25 grams
3. Cholesterol: 60 milligrams
4. Fat: 17 grams
5. Fiber: 7 grams
6. Protein: 22 grams
7. SaturatedFat: 3.5 grams

8. Sodium: 730 milligrams

9. Sugar: 7 grams

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