

# Italian Sausage Skillet with Vegetables

Yield: 4 min  
Total Time: 65 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-using-sweet-italian-sausage-links-potatoes-tomatoes>

## Ingredients:

- 3/4 pound baby red potatoes cut in half or quartered
- 4 carrots peeled and cut into 1/2-inch pieces, about 8 ounces
- 1 tablespoon extra virgin olive oil
- 1 teaspoon kosher salt divided
- 1/2 teaspoon ground black pepper divided
- 4 Italian sausage links Roundy's Sweet or Spicy, in their casings, cut into 1-inch pieces, about 12 ounces; you can use sweet or spicy...
- 1 teaspoon ground oregano
- 8 ounces mushrooms baby bella, cremini, quartered
- 3 cloves garlic minced
- 1/2 bunch green onions chopped and divided, about 2 large or 3 to 4 small
- 1 pint grape tomatoes whole
- 1 cup peas fresh or frozen

## Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 32 grams
3. Cholesterol: 85 milligrams
4. Fat: 38 grams
5. Fiber: 7 grams
6. Protein: 23 grams
7. SaturatedFat: 13 grams
8. Sodium: 1480 milligrams
9. Sugar: 10 grams

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