

One Pan Sausage and Peppers

7 ingredients · 35 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Arrange the sliced peppers and onion on the baking sheet and season with avocado oil, Italian seasoning and sea salt. Place the sausages in the center of the pan. Transfer the pan to the oven and roast for 30 to 35 minutes or until sausages are cooked through.
3. Divide between plates and enjoy!

Notes

Meal Prep

Divide between storage containers and store in the fridge for up to 3 days.

Gluten-Free and Paleo

Ensure the pork sausages are gluten-free and do not contain wheat crumbs or other grain products.

More Flavor

Use a spicy Italian or honey garlic flavored sausage.

No Pork

Use chicken, turkey, lamb or veggie sausages instead.

No Avocado Oil

Use olive oil or coconut oil instead.

Ingredients

- 2 Red Bell Pepper (sliced)
- 1 Yellow Bell Pepper (sliced)
- 1 cup Red Onion (sliced)
- 1 tbsp Avocado Oil
- 1 tsp Italian Seasoning
- 1/4 tsp Sea Salt
- 1 lb Pork Sausage