

Sheet Pan Sausage and Peppers

At a cookout a few weeks ago, there were some Italian sausages that were haphazardly thrown on the grill. Italian sausages are one of those things that people think can't be improved on because they already seasoned. While they can be delicious on their own, they can certainly be made better, and it's not even that hard, as you'll see in this recipe.

Since peppers and onions are a classic accompaniment to sausages, I started there when creating this recipe. I used a mix of colors because I like the contrast of sweet red and yellow with slightly bitter flavor of green but use what you like best. I do recommend a sweet onion, to balance the heat, however.

Next, I used one of my favorite cooking techniques: roasting in hot oven. This gives you slightly caramelized flavors with the ease of cleanup. Just toss everything together, spread on a pan and pop in the oven. Is there anything easier?

For seasoning, I tossed everything with Ava's Favorite Burger seasoning and Ava Jane's Kitchen Avocado Oil. While amazing with burgers, it has so many other uses, and this is one. It's got a subtle heat, some garlic, and a hint of citrus, and turned out perfectly here.

I sliced my sausages up and served everything over quinoa, but you can leave the sausages whole and put them on a bun for a more classic serving style, or for a more carb-friendly meal, serve them over cauliflower rice.

Ingredients:

- 4 Italian sausages, sliced
- 1 tablespoon Ava's Favorite Burger seasoning
- 3 bell peppers, any color, sliced
- 1 onion, sliced
- 2 tablespoons Ava Jane's Kitchen Avocado Oil
- Quinoa, rice, or buns, for serving
- Colima Sea Salt

Directions:

Preheat oven to 400 degrees F.

Toss the sausages, peppers, and onions with the avocado oil and spices. Spread on baking sheet and roast for 14-15 minutes, until veggies are softened, and sausages are cooked through.

Serve over quinoa or cauliflower rice and sprinkle with Colima Sea Salt.