

YIELD: 5

# Sheet Pan Sausage and Potatoes

prep time: 5 MINUTES

cook time: 45 MINUTES

total time: 50 MINUTES

*This EASY sheet pan sausage dinner with just 5 ingredients can be made with your pre-cooked sausage of choice and is ready in 45 minutes!! Hearty comfort food with tons of FLAVOR and the recipe is super customizable!!*



## INGREDIENTS

- one 13-ounce precooked sausage or kielbasa (chicken, pork, turkey, or beef sausage or kielbasa; I used hickory smoked chicken sausage), sliced into 1/2-inch rounds
- 2 pounds Russet potatoes (or your favorite potato), diced into 1-inch cubes
- 1 large or extra-large red onion, sliced into thick wedges
- 3 to 4 tablespoons olive oil, or more if desired
- 2 teaspoons Italian seasoning, or to taste
- 1 teaspoon kosher salt, or to taste
- 1/2 teaspoon freshly grated black pepper, or to taste
- freshly grated Parmesan cheese, optional for garnishing

## INSTRUCTIONS

- 1 Preheat oven to 425F (use Convection if you have it). Line a baking sheet with aluminum foil for easier cleanup if desired.

- 2 Add the sausage, potatoes, onions, evenly drizzle with olive oil, evenly seasoning with the Italian seasoning, salt, pepper, and toss with your hands to combine and coat evenly.
- 3 Bake for about 40 to 45 minutes, or until potatoes are tender and have as much color as desired; toss halfway through baking to ensure even cooking. Start checking at 30 minutes for doneness since all ovens, veggies, etc. vary.
- 4 Optionally sprinkle with Parmesan and serve immediately.

## NOTES

**Storage:** Dish will keep airtight in the fridge for up to 5 days or in the freezer for up to 4 months.

Adapted from Sheet Pan Sausage and Vegetables.

### NUTRITION INFORMATION: YIELD: 5 SERVING SIZE: 1

*Amount Per Serving:* **CALORIES:** 764 **TOTAL FAT:** 54g **SATURATED FAT:** 16g **TRANS FAT:** 0g

**UNSATURATED FAT:** 33g **CHOLESTEROL:** 99mg **SODIUM:** 1857mg **CARBOHYDRATES:** 46g **FIBER:** 5g **SUGAR:** 6g  
**PROTEIN:** 23g

*Nutrition info is automatically generated. This information is provided as a courtesy and is an estimate only.*

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**CUISINE:** Italian / **CATEGORY:** Sausage

<https://www.averiecooks.com/sheet-pan-sausage-and-potatoes/>