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# Bratwurst with Peppers and Onions

*The Essential Southern Living Cookbook*

Servings: 6

Preparation Time: 15 minutes

Start to Finish Time: 1 hour

**2 large red bell peppers, cut into strips**

**1 large yellow bell pepper, cut into strips**

**2 large sweet onions, cut into strips**

**1 tablespoon olive oil**

**1 teaspoon Kosher salt**

**1/2 teaspoon freshly ground black pepper**

**6 (1-1/2 pounds) fresh bratwurst sausages**

**6 hoagie rolls, lightly toasted and split**

Preheat the oven to 375 degrees.

In a large bowl, toss together the red and yellow peppers, onions, olive oil, Kosher salt and pepper. Spread the mixture in an even layer in a lightly greased heavy-duty sheet pan lined with aluminum foil.

Pierce each sausage six times with a wooden pick. Place the sausages 3 to 4 inches apart on the pepper mixture.

Bake in the preheated oven for 40 minutes. Increase the oven temperature to broil. Broil the sausages for 6 to 8 minutes or until browned, turning the sausages halfway through.

Place one sausage in each roll. Top with the peppers and onions.

## **Pork**

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*Per Serving (excluding unknown items): 250 Calories; 5g Fat (17.6% calories from fat); 8g Protein; 44g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 696mg Sodium. Exchanges: 2 1/2 Grain(Starch); 1 Vegetable; 1 Fat.*