

Roasted Sausages, Peppers and Potatoes Recipe

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This robust dish is a must for meat-and-potato lovers, with chunks of Italian sausage, bell peppers and red potato tossed with olive oil and garlic, roasted and topped with Kalamata olives and fresh parsley.

Active Time: 5 minutes

Total Time: 25 minutes

Recipe Ingredients

- 1 lb Italian sausages
- 2 bell peppers, cut in 1-in. strips
- 1 bag (20 oz) red potato wedges
- 1 Tbsp olive oil
- 1 tsp chopped garlic
- 1/4 tsp each salt and pepper
- 1/3 cup pitted Kalamata olives

Garnish: fresh chopped parsley

Recipe Preparation

1. Position racks to divide oven into thirds. Heat oven to 500°F. You'll need 2 large rimmed baking sheets lined with foil (for easy cleanup).
2. Divide sausages, peppers and potatoes between pans; toss with oil, garlic, salt and pepper.
3. Roast 10 minutes. Toss; switch position of pans. Roast 10 more minutes until sausages are cooked.
4. Cut sausages into slices; toss with potatoes, peppers and olives. Sprinkle with parsley.



Photo: Mark Thomas

Nutrition Facts

Yield 6 servings

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Amount Per Serving

Calories 319

Total Fat 20g

Saturated Fat 7g

Cholesterol 51mg

Sodium 869mg

Total Carbohydrates 16g

Dietary Fiber 4g

Protein 14g