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Kielbasa and potato sheet pan dinner. Kielbasa and vegetable sheet pan dinner. Kielbasa veggie sheet pan dinner. Sheet pan kielbasa and pierogi dinner. Sheet pan dinner recipes with kielbasa. Kielbasa and sauerkraut sheet pan dinner. Sheet pan roasted kielbasa and cabbage dinner. Honey garlic kielbasa sheet pan dinner.

1 medium Savoy cabbage (2 to 2 1/2 pounds), cut through the root into 1-inch-thick wedges ¼ cup extra-virgin olive oil, plus more for tossing the cabbage Kosher salt and black pepper 8 ounces to 1 pound smoked kielbasa, diagonally sliced 1/4-inch-thick ¼ cup red wine vinegar ¼ cup finely chopped fresh dill 1 shallot, finely chopped 4 teaspoons Dijon mustard 1 (14-ounce) can white beans, such as great Northern or cannellini, drained and rinsed Heat the oven to 450 degrees. Add the cabbage to a rimmed baking sheet and toss with olive oil, salt and pepper to coat. Arrange in an even layer, then scatter the kielbasa on top. Roast without flipping until cabbage is tender and charred in spots and the kielbasa is dark golden, 25 to 30 minutes. Meanwhile, in a medium bowl, stir together 1/4 cup olive oil with the vinegar, dill, shallot, mustard, 2 teaspoons salt and a few grinds of pepper. Add the beans and stir to combine. Divide the cabbage and sausage among plates and spoon the beans and vinaigrette on top. This sheet pan meal with loads of sausage, potatoes and veggies has become my go-to when I am busy and don't have the time or energy to spend making dinner. It is insanely delicious, but at the same time, the prep is quick and minimal and the oven does most of the work - in just 30 minutes! Why are sheet pan meals all the rage? If you're not familiar with the term sheet pan meals, basically it just means you roast a protein, starch and veggies on a baking sheet with oil and seasonings, making for a one "pot" dinner that is ready in no-time. People reeally love sheet pan meals because of the minimal prep, relatively quick cooking time and minimal clean up! If done properly, are super tasty and satisfying. Basically it's a healthy balanced meal that doesn't require a lot of thought or time slaving in the kitchen. Yes, yes, yes! This version of a sheet pan meal is made with smoked sausage (I use turkey or chicken), baby red potatoes and 2 bell peppers. Everything is tossed in olive oil, Italian seasoning and red pepper flakes (for that heat!) and is roasted for about 30 minutes or until the edges of the sausage and potatoes are crispy and the veggies are fork tender. YUM! But, there are endless options for proteins, starches and veggies to use when making a sheet pan meal, which is why they never, ever get old. And, it's a good way to use up stuff you have in the pantry and fridge which helps minimize food waste. Here are some ideas (and I'm guessing you have some of these in your fridge crisper and maybe hiding in the freezer!): How to Customize a Sheet Pan Meal Proteins: Smoked sausage, chicken breast or thighs, turkey breast, cubed ham, steak, salmon, shrimp, scallops, tofu, tempeh, seitan, chopped up veggie burgers, and the list goes on! You will need to alter the cooking time based on the protein you're cooking. For instance, shrimp cooks a lot faster than chicken breast. If you are pairing a quick-cooking protein with a starch that takes longer to cook (such as potatoes), I'd suggest cooking the starch some first, then adding the shrimp to the pan to finish it off. Easy peasy!Starches: Potatoes (red, Yukon, russet - you name it!), sweet potatoes, winter squash (acorn, butternut, delicata, etc), parsnips and more! These veggies take a bit longer to cook than many non-starchy vegetables, so I recommend cutting them in small enough pieces that they are fully cooked in ~30 minutes.Vegetables: Yes, potatoes, winter squash and parsnips are vegetables, but they're starchy so I toss them in a different category. For non-starchy vegetables, the list is seriously endless. You can go with bell peppers, broccoli, cauliflower, zucchini, summer squash, mushrooms, Brussels sprouts, eggplant, beets, turnips and whatever else you might be in the mood for.Seasonings: I have a cabinet full of dried herbs and spices, so I like to play around with the flavors of my sheet pan meals. If I'm in the mood for something Mediterranean or Italian, I'll go for oregano, basil, rosemary or thyme; if I'm in the mood for something Indian-inspired, I'll use curry, coriander, cardamom, cumin and turmeric; if I want something Latin or Mexican-inspired, I'll grab the chili powder, cumin, smoked paprika and something with heat (cayenne, crushed red pepper flakes) and go with that. It all depends on the flavors I'm in the mood for and what main ingredients I'm using.Oil: Don't forget to use a few tablespoons of oil! This helps your proteins, starches and veggies stay moist, get crispy on the edges, provides flavor and helps the herbs and spices adhere. And, it helps you absorb the vitamins in those fabulous proteins, starches and veggies! I like to use olive oil with most of my ingredients, but if you're not looking for that classic olive flavor, go for something like avocado oil instead. How to Cook Sausage & Potatoes on a Sheet Pan Once you've chosen your ingredients, get chopping! For your protein, it depends on the choice and cut on how you should prep them. Shrimp and scallops are ready to go as long as they're cleanedChicken breasts and thighs can go right in the pan, but if the chicken breast are extra thick, you may want to cut them into strips or cubes (you can also marinate them first, if you wish)Steak can be cut into strips (and also marinated, if you wish)Salmon can be cut into filets and tossed onto the sheet panTofu should be cubed and dried with a towel for 10 minutes first so it gets crispy and not soggy (ick!) You get my drift here! Each protein takes a little bit of thought and consideration, especially depending on what you're cooking it with (remember - potatoes take about 30 minutes to cook!). Starches like potatoes and squash take awhile to cook, so be sure to chop them in smaller pieces so they cook evenly with the other ingredients. I'd say a 1 or 2-inch cube is about right! As for non-starchy veggies, you'll want them to be in bite-sized pieces. Some ingredients like zucchini cook really quickly, so you can toss them on for the last 15 minutes or cooking, if you wish. Once you've practiced cooking a few sheet pan meals, you'll be a pro! Easy one pot meals: Print An easy Italian-inspired one pan meal with smoked sausage, potatoes and bell peppers. Author: Julie Andrews Prep Time: 5-10 mins Cook Time: 25-35 mins Total Time: 30-45 mins Yield: Serves 4 Category: Dinner Method: Roasting Cuisine: American, Italian 12 ounces smoked sausage, sliced into rounds 1 ½ pounds baby red or Yukon potatoes, cubed 2 bell peppers, cored, seeded and sliced 2 tablespoons olive oil 1 ½ tablespoons Italian seasoning 1 teaspoon coarse salt ½ teaspoon ground black pepper ¼ teaspoon crushed red pepper flakes Preheat the oven to 400 degrees. Coat a large baking sheet with cooking spray. Arrange the sausage, potatoes and bell peppers on the baking sheet and drizzle with olive oil. Sprinkle with Italian seasoning, salt, black pepper and red pepper flakes. Toss to coat. Roast 25-35 minutes, stirring halfway, or until potatoes are fork tender and sausage, potatoes and bell peppers are lightly browned. Serve. Substitution Tip: Use turkey or chicken smoked sausage for a lighter meal. Serving Size: ¼ of recipe Calories: 381 Sugar: 4g Sodium: 508mg Fat: 17g Saturated Fat: 3g Unsaturated Fat: 14g Trans Fat: 0g Carbohydrates: 41g Fiber: 6g Protein: 17g Cholesterol: 60mg Keywords: sheet pan, one pot, one pan, dinner, entree, meal, easy, weeknight, fast Home » Main Dish Recipes » Easy Prep Kielbasa Veggie Sheet Pan DinnerThis post may contain affiliate links. Please see my full Disclosure Policy for details. This kielbasa veggie sheet pan dinner is a rainbow of colors and can use most any vegetables you have on hand. Even better, this recipe is ready in under 30 minutes! Easy Sheet Pan Dinner Recipe Easy dinners like my pork tenderloin sheet pan dinner is one of my favorite ways to mix up dinnertime. One pan meals always get rave reviews because there are fewer dishes to wash. Lining a pan with parchment paper or foil makes it even easier! This sheet pan dinner recipe is ready in less than 45 minutes because it uses pre-cooked sausage. We usually use pork, turkey or beef kielbasa and cut it into pieces for fast cooking. In my veggie drawer, I had zucchini, bell peppers, onions, baby carrots and mini potatoes. This is a great clean out recipe to use those veggies hiding in the refrigerator. You could use all sorts of veggie love in this dinner. Asparagus, snap peas, green beans, broccoli, cauliflower...well, you get the idea. Tips for Sheet Pan Dinners Sheet pans come in several sizes. The most common, the half sheet pan - measures 13" x 18," while the larger three-quarter sheet pan measures 15" x 21." In the case of a lot of sheet pan recipes, bigger the pan the better. Big pans allow extra room for the vegetables to be spread out in a single layer without overcrowding. For me personally, I have two half size sheet pans I use so they can't easily be stowed away. A few other tips... Roasting vegetables in a hot oven is one of the best ways to enhance their natural flavor and sweetness. If you've ever tasted broccoli raw or steamed versus roasted, you'll see what I mean. The flavor profile is completely different! For nicely browned potatoes, Brussels sprouts, and other cut veggies, position with cut side down on sheet pan prior to roasting. If you like this recipe, you'll also love my Air Fryer Italian Sausage and Peppers! Other Sheet Pan Dinners Did you make this kielbasa veggie sheet pan dinner? Share it on social media and tag me @thisfarmgirlcooks so I can see it! 1 onion, cut into 1-inch pieces 1 pound baby potatoes, washed and halved (for serving day) 3 cups baby carrots 1 Tbsp olive oil 1 lb. smoked kielbasa, cut into 1-inch pieces 1 zucchini, sliced into 1-inch pieces 1 bell pepper, seed and chopped into 1-inch pieces Salt & Pepper Whole grain mustard, for serving (optional) Preheat oven to 400 degrees. Place potatoes, onions and carrots on a half sheet baking pan. Drizzle with olive oil and toss to coat. Roast 25 minutes, stirring once or twice. Add kielbasa, zucchini and pepper, season with salt and pepper. Roast 15-20 minutes until vegetables are tender. Place onions and carrots in a gallon sized ziplock bag. Add 1-2 Tbsp olive oil. (Do not add potatoes, if you have them) In a separate gallon sized ziplock bag, add kielbasa, zucchini and pepper, season with salt and pepper. Label both bags and freeze until cooking. Defrost in refrigerator overnight to thaw. Preheat oven to 400 degrees. Place onions and carrots on a half sheet baking pan. Add potatoes purchased for cooking day. Roast 25 minutes, stirring once or twice. Add contents of bag with kielbasa and zucchini. Roast 15-20 minutes more until vegetables are tender. Serve with mustard on the side, if desired. 6 1 grams Amount Per Serving: Calories: 367Total Fat: 24gSaturated Fat: 8gUnsaturated Fat: 0gCholesterol: 53mgSodium: 721mgCarbohydrates: 24gFiber: 5gSugar: 6gProtein: 13g Tag me on Instagram at @ThisFarmGirlCooks or leave me a comment & rating below. Hungry for more? Be sure to stay in touch on Facebook, Pinterest and Instagram for all of the latest updates. Shared on Meal Plan Monday

May 28, 2022 · Tender bell peppers add a welcome vegetal sweetness to this one-pan dinner while they cook down in a blend of savory chicken broth and tangy vinegar perfect for sopping up with crusty bread. 20 of 27 Copy and paste this code into your website.

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