One Pan Roasted Veggies & Potatoes

Do not forget, you need veggies in your life. Here is a tasty recipe that makes veggies exciting. High in fiber, complex carbs (thanks, potatoes), and vitamins + mineral for a nutritious, crisp side. Have alongside a lean protein of choice for a more complete meal or have these veggies as a snack. Feel free to mix up the veggie combination for anything in you like!

**Ingredients:**

- 1 lb Brussels sprouts
- 1 large Red bell pepper
- ½ cup Banana pepper rings
- ½ lb Asparagus
- 8 oz Small red potatoes (any waxy potato will work)
- 4 cloves Fresh garlic, minced
- 2 tbsp Oil of choice (I use olive oil)
- 1 tsp Black pepper, ground
- 2 tbsp Ground mustard
- 2 tbsp Balsamic vinegar or apple cider vinegar

Optional: 1 lb lean polish sausage, sliced

**Directions:**

1. Preheat oven to 400 degrees F. Spray baking sheet with cooking spray.
2. Prep the veggies and potatoes. Trim and halve the brussels sprouts; deseed and cut red bell pepper into strips or rings; snap off asparagus ends and cut in half; halve red potatoes. If using the sausage like I did (for added protein), slice the polish sausage here as well.
3. Cut the garlic into chunky pieces. Set aside. I used pre-minced fresh garlic, so I could skip this step.
4. In a small bowl, mix the olive oil, pepper, and ground mustard. Toss with the garlic and prepped veggies + potatoes (and sausage if using sausage).
5. Evenly spread the veggies & potatoes on a large baking sheet. It should only be one layer, so use two baking sheets if needed.
6. Cook for 25 minutes. Remove from the oven to flip the veggies + potatoes with a spatula and drizzle balsamic vinegar over the top.
7. Return to the oven to cook for another 10-15 minutes or until the veggies are lightly charred and crisp.

**Nutrition Facts:**

Servings: 6 servings

Serving size: 1 serving/203 grams (not including optional sausage)