

Roasted Sausage & Veggies with Creamy Polenta

Serves about 4

This easy dinner comes together quickly with the help of a simple sheet pan -- perfect for a busy weeknight! Use this basic recipe as a starting point for becoming a pro at "sheet pan cooking," then get creative. A sausage and veggie sheet pan combo is easily adaptable to whatever ingredients you have on hand. We used sweet Italian sausage, but this would work with nearly any kind of sausage and veggie combo. Once the sheet pan is in the oven, cook the creamy polenta, and voila! dinner is served!

Sheet Pan Ingredients:

1 yellow bell pepper, sliced
1/2 red onion, sliced
2 small zucchini, halved and sliced
8 oz cherry tomatoes, halved
1 bunch purple kale, de-stemmed
and leaves torn into bite-sized pieces
5 links sweet Italian sausage, sliced diagonally in half

Seasoning for Sheet Pan:

1/4 cup olive oil
1 teaspoon oregano
1 teaspoon basil
1 teaspoon paprika

1/2 teaspoon garlic powder
1/4 teaspoon cayenne pepper
1/2 teaspoon Kosher salt
1/2 teaspoon fresh ground pepper

Creamy Parmesan Polenta Ingredients:

Makes about 4 cups cooked polenta
2-1/2 cups water
2 cups whole milk
1-1/2 teaspoons table salt
1 cup polenta (1 cup medium-to-coarse
ground yellow cornmeal)
2 tablespoons butter
3/4 cup shredded Parmesan cheese

Directions:

1. Preheat the oven to 425°F with one rack about 4 inches from the broiler and another in the center position.
2. Prepare the veggies for the sheet pan. Slice the peppers, onions, and zucchini. Halve the tomatoes. Add the peppers, onions, zucchini, and tomatoes to a large bowl.
3. Drizzle the olive oil over the prepared vegetables. Then, mix the spices: oregano, basil, paprika, garlic powder, cayenne, Kosher salt, and pepper in a small bowl. Toss the vegetables with the spice mixture evenly until coated.
4. Spread the seasoned vegetables in a single layer across the two sheet pans allowing space around each item to ensure the vegetables roast instead of steam.
5. Halve the sausages, and add to the sheet pans.
6. Bake at 425°F for 20 minutes. Rotate the pans, if needed.
7. Meanwhile, while the sheet pan is baking, wash, de-stem and prep the kale into bite-sized pieces. Massage the kale with 1 tablespoon olive oil and a sprinkle of Kosher salt.
8. Also, while the sheet pan is baking, prepare the polenta. Boil the water, milk, and salt in a medium saucepan over medium heat. Pour in the cornmeal while constantly whisking. Reduce the heat to medium-low and continue to whisk until the cornmeal is incorporated, roughly 5 minutes.
9. Using a wooden spoon, stir until the polenta is thick and creamy, about 15-30 minutes. Add the butter and cheese and stir until melted.
10. After the sheet pan roasts for about 20 minutes, toss the vegetables and turn the sausages. Add the prepped kale, then roast for an additional 5-10 minutes or until all of the vegetables are cooked to your desired level of tenderness. To ensure that the pork sausages are fully cooked, check their internal temperature; it should reach 160°F.
11. Enjoy the roasted veggies and sausages with a serving of the creamy Parmesan polenta.