



Smoked Sausage and Vegetable Medley

Servings

4

Calories

290

Prep Time

20 minutes

Total Time

40 minutes

Skill Level

Easy

Ingredients

- 1 (12 ounce) bag Mann's Vegetable Medley
- 3 smoked chicken sausages
- ½ a root of fennel, cored and sliced ¼" thick
- 6 whole garlic cloves, peeled
- 3 small shallots, peeled and quartered
- 2 tablespoons extra virgin olive oil
- ¼ teaspoon salt



The Method

Preheat oven to 400°F.

Slice sausage on a bias about midway through with ¼" spacing. Then, place on a lined baking sheet.

Cut larger pieces of Mann's Vegetable Medley down until they are all uniform in size. Add the Vegetable Medley, fennel, garlic, shallots, and oil to a mixing bowl and toss until evenly coated.

Add salt and toss again.

Spread vegetable mixture out evenly around the sausage on the baking sheet. Roast on the center rack for 20 minutes, until vegetables just start to brown.

Nutrition Facts

Serving Size 254g | Servings: 4

Amount Per Serving

Calories 290 | Total Fat 16g (sat fat 4g trans 0g) | Cholesterol 45mg | Sodium 720mg | Total Carbohydrate 20g | Dietary Fiber 5g | Sugars 8g (Includes 0g Added Sugars) | Protein 16g | Vitamin D 0% | Calcium 6% | Iron 10% | Potassium 10%