

Sheet Pan Chicken Primavera

Ingredients:

- 1 12 oz package sweet italian chicken sausage (I buy at aldi, or Trader Joes)
- 2 zucchinis, halved lengthwise and thinly sliced into half-moons
- 2 medium tomatoes, halved and thinly sliced into half-moons
- 2 bell peppers, thinly sliced- I used red and yellow
- 2 large carrots, cut into matchsticks
- 1/2 red onion, thinly sliced
- 2 tbsp. extra-virgin olive oil
- 1 1/2 TBS. Italian seasoning
- Juice from half a lemon
- 2 cloves minced garlic
- 3/4 tsp Kosher salt
- 1/2 tsp Freshly ground black pepper
- 1/4 cup. shredded mozzarella
- 1/4 cup shredded parmesan cheese
- Freshly chopped basil for garnish- about a half cup
- Balsamic glaze (I buy premade)

Directions

1. Preheat oven to 425 and line the baking sheet with parchment paper.
2. Slice chicken sausage into 1 inch rounds. Half zucchini lengthwise and then slice into half-moons. Half tomatoes and slice into half moons. Cut bell peppers into thin strips. Cut carrots into thin matchsticks (you want them thin so they will cook quicker). Slice red onion into thin strips.
3. Place all ingredients baking sheet.
4. Drizzle with 2 TBS olive oil and season with Italian seasoning, lemon juice, minced garlic, salt, and pepper. Toss gently and spread evenly on the baking sheet.
5. Place on center rack of oven and bake for 15 minutes. Then, move to the top rack and bake for 5 additional minutes.. Remove from the oven, and top with mozzarella and parmesan cheese. Place back in the oven on broil for 3-4 minutes, until cheese is bubbly
6. Garnish with fresh basil and drizzle with balsamic glaze before serving. Enjoy!

I served this on top of chickpea pasta, and a bed of arugula!

MADE WITH LOVE

by Teresa Forchard