



## INSTRUCTIONS

## INGREDIENTS



- $\odot$  1 package of gnocchi
- $\bigcirc$  1 red pepper
- $\bigcirc$  1 orange pepper
- $\odot$  1/2 large red onion
- $\bigcirc$  2 chicken sausage links
- $\bigcirc$  1 carton cherry tomatoes
- $\bigcirc$  goat cheese or shaved Parmesan
- $\bigcirc$  fresh herbs of choice (chives, parsley, basil)
- $\odot$  3 Tbsp olive oil
- 1 Tbsp garlic powder
- 1/2 Tbsp oregano
- $\odot$  1/2 Tbsp salt
- 1/2 Tbsp pepper
- $\bigcirc\,\mathsf{pinch}$  of crushed red pepper

- **1** Preheat oven to 425
- **2** Largely chop peppers, onion, sausage links
- f 3 Put gnocchi, chopped veggies and sausage, and cherry tomatoes on sheet pan
- **4** Mix together olive oil and spices and pour over. Mix well with your hands
- **5** Place in oven for 25 min. Tossing half way through
- 6 Serve hot in a bowl with cheese and herbs

Pro tip: make on Sunday to have on hand during the week for a quick, healthy, and filling meal.

