Sausage Sheet Pan Dinner

This is a simple and tasty meal that features many North Carolina ingredients. It was shared in the September 2018 Our State Magazine by food blogger and photographer, Elena Brent Rosemond-Hoerr.

Sheet pan dinners are easy-to-prepare meals with easy clean up.

Servings: 4
Cook Time: Prep Time: 30 minutes; Total Time: 55 minutes
Meal Type: Entree
NC Ingredients: sausage, sweet potato, eggplant, red potatoes, tomato

Ingredients

Sausage Sheet Pan Dinner:

1 lb. Neese’s Country Sausage
1 white onion
1 small eggplant
1 small sweet potato
5 small red potatoes
2 Tbsp. olive oil
Pinch of salt
Pinch of pepper

Aioli:
½ cup mayonnaise
Juice of 1 lemon
½ tsp. paprika or chipotle powder

Toppings (optional):
1 avocado
1 large tomato (or a pint of cherry tomatoes)
3 to 4 radishes

Directions

Heat oven to 375º. Thinly slice the sweet potatoes, red potatoes, and eggplant. Peel, halve, and slice the onion. Spread evenly on a large sheet pan, leaving 3-4 inches of room for the sausage.
Crumble the Neese’s Country Sausage at the top. Evenly salt and pepper the ingredients and drizzle olive oil over the top. Cook for 20-25 minutes, until the potatoes are cooked through.

While the sheet pan is in the oven, peel and slice the avocado, dice the tomato, and slice the radish. To make the aioli, whisk together the mayonnaise, lemon juice, and paprika in a small bowl.

Plate the sausage, potatoes, onions, and eggplant, and top with avocado, tomatoes, and radish. Drizzle aioli on top and serve.