

Zucchini Bread Recipes

Easy One-Pan Honey Garlic Sausage & Veggies

10 min Prep time	**30 min** Cook time	**40 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb smoked sausage, sliced
- [ ] 2 cups mixed bell peppers, cut into strips
- [ ] 1 cup carrots, sliced on the diagonal
- [ ] 1 cup zucchini, quartered
- [ ] 1 red onion, wedges

Glaze & Seasoning

- [ ] 3 tbsp honey
- [ ] 3 cloves garlic, minced
- [ ] 2 tbsp olive oil
- [ ] 1 tbsp lemon juice
- [ ] 1 tsp dried thyme
- [ ] Salt and pepper to taste

Instructions

1. Preheat the oven to 425°F (220°C) and line a large baking sheet with parchment paper.
2. In a bowl, whisk together honey, minced garlic, olive oil, lemon juice, thyme, salt, and pepper.
3. Add the sliced sausage and vegetables to the bowl, tossing until everything is lightly coated with the glaze.
4. Spread the mixture in a single layer on the prepared sheet pan; avoid stacking to ensure even roasting.
5. Roast for 20 minutes, then stir gently and continue roasting another 10-12 minutes, or until the vegetables are tender and the glaze is caramelized.
6. Remove from oven, let rest a minute, then garnish with fresh parsley or a squeeze of lemon before serving.

Nutrition per serving

420 kcal	20 g	28 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- If you prefer a spicier kick, add a pinch of red pepper flakes to the glaze.
- For extra crispness, switch half the vegetables to a higher-heat roasting tray.
- Use a dark metal pan to encourage deeper caramelization.