

## Easy One Pan Cheddar Chicken Sausage Meal

Want a low carb, high protein meal that takes less than 10 minutes to prepare? It's easy, your entire family will love it and it's healthy for you! ENJOY!

### Simple Ingredients

- ¼ cup Villa Graziella Organic Olive Oil
- Trader Joe's frozen sweet potato gnocchi
- Trader Joe's cheddar chicken sausage
- peppers (red, yellow, orange, green)
- yellow onion
- 1 tablespoon garlic powder
- 1 tablespoon red pepper flakes
- 1 tablespoon Italian seasoning
- Salt/pepper to taste

### Easy Directions

1. Slice peppers, onions and chicken sausage
2. Combine in a large pepper, onions, chicken sausage and frozen gnocchi
3. Add olive oil, garlic powder, red pepper flakes, Italian seasoning and salt/pepper
4. Stir until all combined and coated
5. Dump on sheet pan
6. Bake at 375 35 minutes or until crispy. Stir occasionally