



## Sheet Pan Gnocchi with Sausage and Broccoli

### Serving:

4-6

### Type:

Main; Meat or Vegetarian

### Author:

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### Notes:

Roasting potato gnocchi in combination with flavorful bites of sausage, whether beef or vegetarian, yields a moist and easy one pan dinner. Toss in your favorite vegetables to amp up the health factor.

You'll need two sheet pans for this recipe.

## Ingredients:

Non-stick cooking spray (olive oil, canola oil or coconut oil)

1 pound frozen potato gnocchi

4 mild chorizo sausages, beef or vegetarian, sliced into bite size pieces

1 medium onion, sliced in half and again into thin half moon shapes

1 24 oz. jar marinara sauce

8 oz. water or vegetable broth

1.5 pounds broccoli, stalks trimmed and cut into bite size pieces (may use frozen florets)

2 Tb. olive oil

1 Tb. Adobo seasoning or garlic powder

salt and pepper

## Directions:

Pre-heat oven to 400 degrees F.

Generously spray 2 sheet pans with cooking spray.

In a large mixing bowl, combine all ingredients. Toss together so that pieces are coated evenly.

Spoon half of the mixture onto each sheet pan.

Tilt tray back and forth to ensure that liquid is evenly distributed and there is a bit of space between each ingredient.

Place both trays in oven and bake for 20 minutes. If you like crispy edges, add another 5-10 minutes of cook time.

### Tips:

If you like savory dishes in the morning, try reheating this in a non-stick pan and toss with 2 scrambled eggs.