

Healthy Sheet Pan Sausage and Veggies

Ingredients:

16 oz. package smoked sausage
2 cups fresh broccoli florets
1 red bell pepper
1 medium zucchini
3 cups yellow potatoes
4 TBSP olive oil
½ tsp. salt
¼ tsp. black pepper
½ tsp. Italian seasoning
2 tsp. minced garlic

Directions:

Preheat oven to 400 degrees.

- Line a large baking sheet with parchment paper. Set aside.
- Chop vegetables and sausage into same size pieces. Keep the potatoes a little smaller, since they take the longest to roast.
- Arrange sausage and vegetables in a single layer on the prepared sheet.
- Drizzle with oil, season with salt, pepper, Italian seasoning and sprinkle with minced garlic. Toss everything together.
- Roast for 15 to 20 mins. OR until all the veggies are tender. Flip once halfway through the baking time.

Southern Fresh White Acre Peas

Ingredients:

3 cups fresh white acre peas
3 cups water
1 smoked ham hock (can sub ¼ lb. salt pork or ¼ lb. left over ham)
½ cup minced onion
2 cloves garlic minced
1 TBSP bacon grease or sub olive oil
½ tsp. kosher salt
¼ tsp. ground black pepper

Directions:

Add bacon grease or olive oil to a medium-size saucepan over medium-low heat. Once the pan is hot, add the onion and sauté for about 6-7 mins. Add the garlic and sauté for another minute.

Watch the garlic so it does not burn.

Add the ham hock (or other meat), the peas, water, kosher salt and pepper. Add more water if necessary to cover the peas by at least an inch and turn the heat up until the peas come to a boil.

Reduce the heat to low and let the peas simmer for about 20-25 minutes. Taste a few to check for seasoning and to see if they are done. If not continue cooking for a few more minutes. The fresher the peas are, and the smaller they are, the less time they will need to cook.