



So... what is aioli, anyways?  
It is mayo with garlic!

## SHEET PAN DINNER-



## ROASTED VEGGIES, SAUSAGE AND AIOLI

Prep time: 15 mins  
Cook time: 30 mins  
Serves: 4- 6

### Tools:

- Cutting board and Chef knife
- Measuring spoons
- large spoon or spatula
- Sheet tray
- Oven
- Food processor or fork
- Small bowl
- Tinfoil

### Ingredients:

#### Veggies and sausage

- 3 lbs. Of veggies
  - **Possible veggies:** onion, butternut squash, potatoes, sweet potato, zucchini, asparagus, broccoli, bell pepper, green beans, brussels sprouts, grape tomatoes, and carrots
- 2-4 tablespoons olive oil
- 2 teaspoon kosher salt
- 12oz to 1 pound sausages pierced several times with a sharp knife

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- ½ to 2 teaspoons total dried seasoning of your choice (feel free to taste the seasoning first to gauge how potent it is)
  - **Possible dried seasoning:** crushed red pepper flakes, black pepper, paprika, cumin, dried herbs and so on
- 2-4 tablespoons fresh garnish herbs: Fresh parsley, dill, thyme, sage, or basil, minced

### **Aioli - dipping sauce**

- 1 head garlic
- 1 tablespoon olive oil
- kosher salt and ground black pepper to taste
- 1/2 cup mayonnaise
- 1 tablespoon plain unsweetened yogurt
- 3 teaspoon lemon juice or vinegar
- 1 teaspoon Worcestershire sauce (optional)
- 1 pinch ground cayenne pepper (optional)

### **Method: Veggies and Sausage**

Preheat oven to 400°F.

Chop your veggies:

It's important to chop your veggies so that they all cook at the same speed and therefore are finished at the same time. If you are using-

Dense veggies such as butternut squash, sweet potato, carrots, Brussel sprouts.... Chop to about 1/2 inch

Medium dense veggies such as onion, broccoli, bell pepper, chop to ¾ inch

Delicate veggies such as zucchini, green beans, asparagus chopped to about 1 inch

Place all the veggies and sausage on the prepared sheet pan. Pour the olive oil and all the seasonings on top including salt. Use your hands to toss and evenly coat all the veggies and sausage with seasonings. Space everything out so it has plenty of space to cook. If veggies are crammed/overlapping they'll steam instead of roast and will take longer to cook.

Bake 15 minutes, remove from the oven and stir all the veggies around. Return to the oven and bake for another 10-15 minutes or until vegetables are crisp-tender.

Then sprinkle on your fresh herbs!

### **Method: Aioli**

Trim off the top of the head of garlic to expose cloves. Drizzle with olive oil. Sprinkle salt and black pepper on top. Wrap in aluminum foil.

Bake until garlic feels soft when lightly pressed, 30 min. Pull out individual garlic cloves with a sharp knife; place in a small bowl and mash with a fork until creamy or add to a food processor. Add mayonnaise, lemon juice, Worcestershire sauce, and cayenne; mix well until blended.



**Leftovers:** What to do if you have leftovers?

Store veggies and sausage in your refrigerator for up to 5 days. Remember to use your senses when determining if your leftovers are still fresh. Smell, feel (should not feel slimy), look and finally taste!

Aioli will last 4-5 days in your refrigerator.

Consider using the items up in omelettes, breakfast burrito or try a savory grain bowl!

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# SWEET OR SAVORY GRAIN BOWL



## Ingredients:

Cooked grain of your choice! (see chart below)

- To make savory, cook in stock!
- To make sweet, cook in water with honey, brown sugar or chopped fruit (fresh or dried)

**Toppings:** Try a savory bowl using leftover roasted veggies, sausage and aioli! Addition could be a fried egg.

	SWEET GRAIN BOWL	SAVORY GRAIN BOWL
FRUIT/VEGGIES	Fresh or dried fruit such as apple, grapes, apricot, berries, mango, banana, pineapple, peach, plum	Cooked greens, tomatoes, onion, butternut squash, sweet potato, zucchini, asparagus, broccoli, bell pepper, green beans, brussels sprouts, and carrots --Try also adding protein, an egg, pulled chicken, beef or pork or a sausage
CRUNCHY ITEM	Nuts, seeds granola, rice krispies, coconut flakes, chia seeds, flax seed	Sesame seeds, nuts, rice krispies, toasted tortillas, scallions or herbs
THE GOODS! THIS IS THE FATTY/ CREAMY JOY	A little goes a long ways- Milk, cream, ricotta cheese, yogurt or sour cream, pat of butter	Feta cheese, cheddar cheese, yogurt or sour cream, aioli




















**Leftovers:** What to do if you have leftovers?

Pro tip: store each prepared item separately (veggies, meat, sauce) all in different containers. This will allow you more flexibility when using the items up plus the foods will remain fresh longer.

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KEY					
					
	WHAT IS IT?	TASTE	HEALTH BENEFITS	COOKING TIME/METHOD	EAT WITH
 <b>AMARANTH</b>	Tiny brown seeds nutritionally similar to a grain. 	MILD, NUTTY		Bring 1 cup amaranth & 2 cups water to a simmer, cover, & cook until tender & water is absorbed, about 20 mins.	Great when combined with other grains—add a few tbsps to a pot of oatmeal.
 <b>BARLEY</b>	Light golden compact grains. Look for "whole" or "hulled" barley ("pearled" is not whole grain).	MILD, CHEWY, & DENSE		Boil in a large pot of salted water (similar to pasta) until tender, 45 to 60 mins. Drain.	Use instead of rice in a paella.
 <b>BULGUR</b>	Boiled, dried, & cracked wheat.	EARTHY & NUTTY	 	Simmer 2 parts water to 1 part coarse or medium bulgur until water is absorbed, about 10 mins. For fine bulgur, use the same ratio but pour boiling water over grain, cover, & let stand until absorbed.	Braised meats, or mix into an herb-packed salad like tabbouleh.
 <b>FARRO</b>	An heirloom wheat variety. (Look for "whole" farro.)	NUTTY, EARTHY, & CHEWY	 	Boil in a large pot of salted water until tender, 35 to 45 mins. Drain.	Top with a poached egg & wilted greens for an easy dinner.
 <b>FREEKEH</b>	Dried & roasted green wheat (whole or cracked).	FAINTLY SMOKEY & CHEWY	 	Bring 1 cup freekeh & 2½ cups water to a simmer, cover, & cook until tender & water is absorbed, 15 to 20 mins for cracked, or about 40 mins for whole.	Use instead of bulgur in tabbouleh, or add to a stuffing for roasts.

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 <p><b>KAMUT</b></p>	<p>A variety of large heirloom wheat.</p>	<p>FIRM &amp; NUTTY</p>	  	<p>Boil in a large pot of salted water until tender, 45 to 60 mins. Drain.</p>	<p>Simmer in a rich stew where it will hold its shape.</p>
 <p><b>OATS</b></p>	<p>Small grains that can be "rolled" into flakes or "steel-cut" into pieces</p> <p><b>GF</b> <i>(if specified on package)</i></p>	<p>MILD, SUBTLY SWEET, &amp; FILLING</p>		<p>Bring 1 cup rolled oats &amp; 2 cups water (or 4 cups water if using steel-cut oats) to a simmer &amp; cook, stirring occasionally, until tender; 5 to 15 mins for rolled oats, 30 to 45 mins for steel-cut.</p>	<p>Top with seasonal fruit, or add rolled oats to baked goods.</p>
 <p><b>QUINOA</b></p>	<p>Small, round seeds; available in red, white, or black varieties.</p> <p><b>GF</b></p>	<p>GRASSY &amp; NUTTY</p>	 	<p>Boil in a large pot of salted water until tender, 12 to 15 mins. Drain, return to pot &amp; let stand, covered, for 10 mins. Fluff before serving.</p>	<p>Cook in equal parts with rolled oats for a protein-filled breakfast porridge, or add cooked quinoa to muffins &amp; cakes for extra protein &amp; texture.</p>
 <p><b>RICE</b></p>	<p>Whole grain rice can be brown, red, or black.</p> <p><b>GF</b></p>	<p>NUTTIER THAN WHITE RICE.</p>	 	<p>Bring 1 cup rice &amp; 2 cups water to a simmer, cover, &amp; cook until tender, 45 to 60 mins (depending on the type). Let sit, covered, for 10 mins before fluffing &amp; serving.</p>	<p>Serve with a stir-fry or roasted meats &amp; vegetables.</p>
 <p><b>SPELT</b></p>	<p>Large dark brown grains (Look for "whole" spelt).</p>	<p>CHEWY &amp; NUTTY</p>	 	<p>Simmer like pasta until tender, 50 to 75 mins. Drain.</p>	<p>Toss into salads or add to veggie burgers.</p>
 <p><b>WILD RICE</b></p>	<p>Long black seeds of a grass related to rice.</p> <p><b>GF</b></p>	<p>FIRM, NUTTY, &amp; EARTHY</p>	 	<p>Simmer like pasta until tender, 50 to 75 mins. Drain.</p>	<p>Blend with other rices or roasted vegetables for a fall side dish.</p>

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