

DINNER

Sausage and Roasted Vegetable Penne

11 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
50 min	15 min	35 min	4	\$3.09	467 kcal



Sausage and Roasted Vegetable Penne takes roughly 50 minutes from beginning to end. For \$3.09 per serving, this recipe covers 23% of your daily requirements of vitamins and minerals. One portion of this dish contains approximately 24g of protein, 35g of fat, and a total of 479 calories. This recipe...

Ingredients

- ☐ ½ pound button mushrooms, stemmed
- ☐ 4 servings Kosher salt and freshly ground black pepper
- ☐ 4 servings Freshly grated Parmesan, for garnish
- ☐ 1 sweet onion, cut into wedges
- ☐ 1 medium zucchini, sliced in 1/2 lengthwise
- ☐ ½ pint grape tomatoes, washed and dried
- ☐ 2½ tablespoons olive oil, divided
- ☐ 1 red bell pepper, cheeks removed
- ☐ ¼ cup white wine
- ☐ 2 sweet or hot Italian sausages, thinly sliced or casings removed

❑ 12 ounces whole-grain penne, cooked according to package instructions, 1/2 cup pasta water reserved

EQUIPMENT Bowl, Frying pan, Baking sheet, Oven

Method

- 1 Watch how to make this recipe.
- 2 Preheat the oven to 400 degrees F.
- 3 In a bowl, toss all the vegetables, except the tomatoes, with 1 1/2 tablespoons oil. Season with salt and pepper, to taste. Arrange on a baking sheet and roast, until caramelized, about 30 minutes, turning vegetables halfway through the cooking time. In a small bowl, add the tomatoes and the remaining olive oil and toss to coat. Season with salt and pepper, to taste, and add to the baking sheet, at the halfway point of cooking, to caramelize.
- 4 Meanwhile, in a large skillet over medium heat, add the sausage and saute until cooked through. Turn up the heat and deglaze with white wine. Once the vegetables are cooked, cool slightly, then coarsely chop.
- 5 Add the vegetables and any pan juices to the sausage in the skillet. Toss in the cooked penne, adding reserved pasta water, if needed, to moisten. Season with salt and pepper, to taste, and serve in bowls topped with Parmesan.

Nutrition per serving			
	467	23 g	35 g
	KCAL	PROTEIN	FAT
			16 g
			CARBS
Saturated Fat			12.6 g · 78% of daily needs
Fibre			3.2 g · 13% of daily needs
Sugar			9.7 g · 11% of daily needs
Sodium			908 mg · 40% of daily needs
Cholesterol			63 mg · 21% of daily needs
Vitamin C			61.2 mg · 74% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/sausage-and-roasted-vegetable-penne-141945