



Weeknight Smoky Turkey Kielbasa with Roasted Cabbage & White Beans

Serves: 4

Time: 35–40 minutes

Equipment: One large sheet pan (or two if crowded)

Once made this recipe will hold well for 3 – 4 days in the fridge. Serve it over mashed potatoes, cooked farro or barley, buttered egg noodles, or cooked rice. For an easy breakfast, tuck leftovers into a wrap along with a fried egg.

Ingredients

- 1 medium head green cabbage, cut into 1–1½" wedges or chunks
- 12-14 oz. smoked sausage or pre-cooked sausage of choice, sliced into ½" rounds
- 1 (15-oz) can white beans (cannellini or Great Northern), drained and rinsed
- 3 Tbsp olive oil
- 1 tsp smoked paprika
- 1 tsp garlic powder (or 2 cloves fresh garlic, minced)
- ½ tsp dried thyme or oregano
- Salt and black pepper, to taste
- Optional: red pepper flakes, Dijon mustard, or lemon wedges

Instructions

1. Preheat oven to 425 degrees. Line a sheet pan with parchment for easy cleanup.
2. In a large bowl, add the cabbage wedges. Drizzle with two tablespoons olive oil, season with salt, pepper, smoked paprika, garlic, and thyme. Toss to coat evenly.
3. Spread cabbage into a single layer and roast until edges just begin to soften, about 10 – 12 minutes.
4. Add kielbasa and beans and toss again with remaining tablespoon of olive oil and a pinch of salt and pepper, spreading everything evenly among the cabbage.
5. Pop back in the oven for an additional 20–25 minutes. Stir once halfway through. Cook until cabbage is caramelized, kielbasa is browned, and beans are lightly crisped.
6. Remove pan from oven and add an optional squeeze of lemon, drizzle of olive oil, or a spoonful of Dijon thinned with warm water. Serve hot on its own or over mashed potatoes, cooked rice or buttered egg noodles.

The Drizzle

- 1/4 cup olive oil
- 1/2 bunch cilantro
- 1 shallot, minced
- 2 Tbsp honey
- 1 lemon, juiced
- 1 lime, juiced
- 1 Tbsp Dijon
- Salt and pepper to taste

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Blend or whisk and drizzle over the top