**Hawaiian BBQ Sheet Pan Dinner**

1. Place on parchment lined sheet pan
	1. 1lb of Natural Conecuh Sausage (cut in bite size pieces)
	2. 2 Zucchini (cut in 1’ thick rounds)
	3. 1 Red Onion (chopped)
	4. 3 Red, Yellow & Green Bell Pepper (Sliced)
	5. Pineapple (Chopped in bite size pieces)
2. Top with ¼ cup of Shed’s or Stub’s BBQ Sauce, salt & pepper
3. Toss to coat all veggies with mixture sauce and seasoning
4. Bake at 425 for 20-30 minutes

Serve with BBQ Chicken:

1. Place Organic Chicken Bone In Skin On Thighs in a baking pan
2. Top with Shed’s or Stub’s BBQ sauce
3. Bake at 350 for 30 minutes (I have also baked this at 425 along with the veggies and it was fine)

Serve with Quinoa

1. Bring to boil 2 cups of water & 3 Tbl of Kerrygold Butter
2. When boiling add 1 cup of quinoa and turn heat to low
3. Cook on low until quinoa is cooked and no water remains
4. Fluff with fork and serve

Tips To Make It Easier

Don’t like to chop fresh veggies:

Replace onions and bell peppers with frozen fajita veggies mix

 Buy Fresh Pineapple pre-chopped in fruit produce section

Where to Buy:

 Natural Conecuh can be found at Costco

 Shed’s & Stub’s BBQ Sauce can be found at almost any store

*Allergen Warning: Read all labels!*

*Bell-peppers are a Nightshade!!!!*

*Shed’s & Stub’s BBQ sauce are gluten free but do contain molasses and other natural sugars*