

Women's Leadership Celebration

Cooking Demonstration Recipe

Honey-Thyme Sausage and Vegetable Sheet Pan Meal

Dressing

- 2 Tbs. butter melted
- 2 Tbs. honey or agave nectar
- 1 Tbs. brown sugar
- 3 cloves garlic crushed or minced
- 1 Tbs. spicy brown mustard
- 3/4 tsp. dried thyme leaves

Sheet Pan Sausage and Vegetables

- 1 lb. Kielbasa, andouille or smoked sausage (any fully cooked sausage works fine in this recipe) cut into 2-inch coins
- 2 Tbs. olive oil, divided use
- 2 large sweet potatoes peeled and cut into 1 1/2-inch chunks
- 6-8 small yellow or red potatoes skin-on, cut into to 1 1/2-inch chunks
- 1 head fresh broccoli cut into bite-size florets
- 1/3 cup grated Parmesan

Preheat the oven to 425 degrees F.

In a small bowl whisk the honey-thyme dressing ingredients together; reserve 2 Tbs. for later. In a large mixing bowl, toss the potatoes with 1 Tbs. olive oil, then spread them over a rimmed baking sheet in a single layer; season with salt and pepper, to taste.

Roast the potatoes, uncovered for 20 minutes. Meanwhile, toss the broccoli with 1 Tbs. olive oil and the Parmesan cheese in the mixing bowl you used for the potatoes.

Add the broccoli and sausage coins to the potatoes on the sheet pan; generously brush the sausage with the prepared honey-thyme dressing; roast the sheet pan meal for another 10 minutes, or until the broccoli is a beautiful, bright green and fork-tender.

Remove the sheet pan from the oven, drizzling the remaining honey-thyme dressing over all. Serve at once!

****Recipe Notes**

*Use a nice, heavy baking sheet with a rimmed edge for making sheet pan dinners. The rimmed edge keeps the everything contained (instead of all over the floor!) and a heavy-duty baking sheet also makes the ingredients cook quickly and helps to caramelize them, too.

*Another great thing about sheet pan dinners is how easy they are to serve. I usually take my straight from the oven to the center of my dinner table. I add a couple of servings spoon and then let my family serve themselves. Just add some bread and butter and you've got dinner done.

*You can definitely assemble sheet pan meals ahead of time, then bake them when you are ready to cook dinner. I've assembled my sheet pan meals up to 8 hours in advance, covering them with foil until I'm ready to bake.

Low-Country Sheet Pan Shrimp Boil

Old Bay Mayo

1/2 cup Hellman's mayonnaise
1 tsp. Old Bay seasoning
Zest and juice of 1 lemon
1 tsp. Worcestershire sauce
Dash of hot sauce

Sheet Pan Shrimp

3/4 lb. baby yellow potatoes, cut in half (or use regular size yellow potatoes, cutting them into 2" chunks)
3/4 lb. baby red potatoes, cut in half (or use regular size yellow potatoes, cutting them into 2" chunks)
8-10 cups chicken broth
4 ears fresh corn on the cob, each one cut crosswise into 3-4 chunks
2 lbs. large (16/25 size), EZ peel, unshelled, raw shrimp
1 lb. pkg. smoked Andouille or Cajun sausage, cut in half lengthwise, then into thirds (this is a pre-cooked sausage)

Butter Mixture

1/2 cup unsalted butter, melted
6 cloves garlic, minced
2 Tbs. Old Bay seasoning
1 Tbs. chopped fresh Italian parsley, for garnish

Garnishments

1 lemon, cut into wedges lengthwise
1/2 cup grape tomatoes, halved lengthwise, for garnish

Make the Old Bay Mayo

Combine all ingredients together in a small bowl; reserve.

Make the Sheet-Pan Shrimp Boil

Preheat the oven to 425 degrees Lightly grease a large, rimmed baking sheet.

In a large pot of boiling chicken broth, cook the potatoes until just tender and parboiled, about 12-13 minutes. Stir in corn during the last 5 minutes of the cooking time; drain well. (For specific instructions on how to cook the potatoes and corn in the Instant Pot super fast, see the notes section of this recipe.)

In a small bowl, combine the melted butter, minced garlic, Old Bay seasoning, and chopped parsley.

Place the par-boiled potatoes, corn, shrimp and sausage in a single layer onto the prepared baking sheet; pour the prepared butter mixture over the top, gently tossing to combine.

Place the loaded baking sheet into the preheated oven, uncovered, and bake for about 15 minutes, or until the shrimp are opaque (no longer gray in color but more pink in color). **If you are using peeled shrimp, you will need to decrease the cooking time just a few minutes.)

Serve at once, garnished with lemon wedges and tomatoes, as desired.

****Recipe Notes**

*To cook the potatoes and corn in the 6-quart Instant Pot, add 1 cup chicken broth, potatoes, and corn to the Instant Pot; lock the lid into place. Using the manual setting, choose High Pressure for 5 minutes, bringing the Instant Pot to full pressure. When the timer sounds, perform a quick release to remove all pressure from the Instant Pot; drain well, then proceed as the recipe directs above.

*If you opt for using peeled shrimp in this recipe, you won't need to cook it quite as long as the recipe directs.

100 Calorie Moscow Mules

Makes 1 cocktail/mocktail

Ice

2 oz. vodka

Juice from half a lime

4 oz. diet ginger beer

Lime slices for garnish

Place ice into a mule mug, add rum and lime juice, then slowly pour in the ginger beer; stir to combine. Garnish with lime slices and serve at once.