

# AUTUMN SAUSAGE VEGGIE AND APPLE SHEET PAN DINNER

Serves: 4 | Prep Time: 15 minutes | Cook Time: 30 minutes

1. Preheat oven to 400°F. Spray a rimmed 18 by 13-inch baking sheet with non-stick cooking spray.
2. Add sausage, sweet potatoes, brussels sprouts, apples, onion and garlic to sheet pan.
3. Drizzle everything with olive oil, sprinkle with thyme, sage and rosemary then season with salt and pepper to taste and toss to coat.
4. Roast in preheated oven for 15 minutes then remove and toss.
5. Return to oven and continue to roast until veggies and apples are tender, about 15 minutes longer.
6. Sprinkle with parsley and serve warm.

## INGREDIENTS

- 12 oz. apple chicken sausage, sliced into 1/3-inch thick slices
- 16 oz. sweet potatoes or butternut squash, peeled and diced into 3/4-inch cubes
- 16 oz. brussels sprouts, halved
- 1/2 medium red onion, diced into chunks
- 1 tablespoon minced garlic (3 cloves)
- 1/4 cup olive oil
- 1 teaspoon each dried thyme, sage and rosemary (crush rosemary)
- Salt and freshly ground black pepper
- 2 crisp baking apples, cored and diced into 1 1/4-inch chunks
- 2 tablespoon chopped fresh parsley

