

Sheet Pan Maple-Dijon Sausage and Fall Veggies

Prep Time: 10 minutes

Cooking time: 30 minutes

Servings: 4-6

Kitchen Utensils/Items Needed:

- Large Baking Sheet
- Oven
- Cooking spray or parchment paper
- Small and large mixing bowl and spoon
- Knife and cutting board
- Oven mits



Ingredients

- 12 oz. pre-cooked turkey, pork, chicken, vegetarian, or beef sausage links, sliced into 1/3-inch thick slices
- 16 oz sweet potatoes, peeled and diced into 3/4-inch cubes (***Option to buy pre-chopped***)
- 16 oz. (450g) brussels sprouts, trimmed and halved
- 1/2 medium red onion, roughly sliced (***Option to buy pre-chopped***)
- 1 tablespoon minced garlic (***Option to buy pre-chopped***)
- 2 tablespoons olive oil
- 1 teaspoon Italian seasoning or Herbes de Provence
- 1/2 teaspoon salt and freshly ground black pepper
- 1 tablespoon chopped parsley, for garnish
- 1 tablespoon parmesan shavings, for serving (optional)
- 1/3 cup maple syrup
- 1/3 cup Dijon mustard

Directions

1. Preheat your oven to 400°F. Lightly spray a large sheet pan with cooking spray *or* line it with parchment paper.
2. Chop your vegetables into **similar sized pieces**.
3. Place the diced sweet potatoes and brussels sprouts in a medium to large mixing bowl and drizzle with olive oil. Add the italian seasoning, salt and pepper. Mix well.
4. Spread the diced sweet potatoes and halved Brussels sprouts apart on the sheet pan. Turn the Brussels sprouts cut side down so they get that nice golden sear! Roast the sweet potatoes and Brussels sprouts for a first round in the preheated oven for 15 minutes.
5. In the meantime, make the sauce: Combine maple syrup and Dijon mustard into a small mixing bowl and stir well.
6. Remove the sheet pan from the oven, and add sliced sausage, garlic, and red onion. Drizzle half the maple-dijon sauce over and toss with the veggies and spread everything on the sheet pan in one layer. Return the sheet pan to the oven and continue to roast until veggies are tender, about 15 minutes longer.
7. Remove the sheet pan from the oven. Drizzle the remaining sauce over the sausage and veggies and toss to coat. Sprinkle the sausage and veggies sheet pan with parsley and parmesan and serve immediately. Enjoy!