

Chicken Apple Sausage Sheet Pan

Ingredients

- 6 chicken apple sausages
- 6 cups chopped butternut squash (about one butternut squash)
- 3 cups Brussels sprouts (chopped)
- ½ red onion (chopped)
- 1 tbsp olive oil
- 1 tbsp maple syrup
- 1 tbsp Dijon mustard
- 2 tsp garlic powder
- 1 tsp kosher salt (plus more to taste)
- 1 tsp Italian seasoning

Directions

- Preheat the oven to 425 degrees Fahrenheit and line a baking sheet with parchment paper or aluminum foil for easy clean-up.
- Chop the butternut squash into cubes after peeling and deseeding and either half or quarter the Brussels sprouts. Chop the red onion and cut the chicken apple sausage into thin rounds. Place all into a large mixing bowl.
- Measure out and add the olive oil, maple syrup, Dijon mustard, garlic powder, salt, and Italian seasoning to a small bowl and mix until combined. Pour over the veggies and apple chicken sausage in the large bowl. Mix well with a rubber spatula or wooden spoon, until the veggies and sausage are evenly coated.
- Pour out the veggies and chicken sausage onto the lined baking sheet and spread them into an even layer. Place into the oven and bake for 25-30 minutes, or until the butternut squash is easily pierced with a fork.
- Drizzle balsamic glaze over the top if desired. Enjoy!

