AUTUMN SAUSAGE AND CHICKEN WITH APPLES SHEET PAN DINNER

By: Simply Creative Chef Rob Scott

Ingredients: Yields 4 servings

16 ounces boneless chicken thighs or tenders
12 ounces sausage, sliced into 1/3 inch thick slices
16 ounces sweet potatoes peeled and diced into ¾ inch cubes
16 ounces brussels sprouts, halved
½ medium red onion, diced into chunks
1 tablespoon minced garlic (3 cloves)
¼ cup olive oil
1 teaspoon each dried thyme, sage, and crushed rosemary
Salt and freshly ground black pepper
2 crisp baking apples cored and diced into 1 ¼ inch chunks
2 tablespoons chopped fresh parsley

Directions:

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