
Chicken Sausage and Vegetables Sheet Pan Supper with Aged Balsamic

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Servings: 4

1. Preheat oven to 425°. Spread a large rimmed baking sheet with 2 tbsp. oil. Separate onion into rings of 2 to 3 layers. Set onion, sausages, brussels sprouts (or broccoli), yellow squash, bell pepper and apples in pan. Liberally salt and pepper everything. Drizzle with remaining 2 tbsp. oil, toss to coat, and arrange evenly.
2. Bake until vegetables are tender and meat is cooked through, 25 to 30 minutes. Drizzle vinegar on top and sprinkle with parsley.

2 tablespoons EVOO, or avocado oil
1 medium red onion, cut into 1/2-in. rounds
8 chicken sausages
10 ounces brussels sprouts, halved (quartered if large) or broccoli
1 large sweet potato, peeled, sliced 3/4" thick
1 large yellow bell pepper, cored and sliced
2 yellow squash, ends removed, cut in thick slices
2 medium Fuji apples, cored and cut into wedges
Kosher salt and freshly ground pepper
2 tablespoons EVOO
2 tablespoons aged balsamic vinegar, syrupy balsamic vinegar
Chopped Italian parsley to garnish

Per Serving (excluding unknown items): 336 Calories; 16g Fat (38.1% calories from fat); 5g Protein; 52g Carbohydrate; 11g Dietary Fiber; 2mg Cholesterol; 35mg Sodium. Exchanges: 1/2 Grain(Starch); 2 1/2 Vegetable; 2 Fruit; 2 1/2 Fat.

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