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Sheet- Pan Maple- Dijon Sausage and Veggies

Servings: 6

INGREDIENTS

340g of sausage, sliced
450g any potato (recommended sweet potato)
450g any veggie (recommended Brussel sprouts)
1/2 medium red onion roughly sliced
1 tablespoon minced garlic
2 tablespoons olive oil
1 teaspoon Italian seasoning or another herb
1/2 teaspoon salt and pepper
1 tablespoon chopped parsley
1 tablespoon parmesan shavings

The sauce:

1/3 cup maple syrup
1/3 cup Dijon mustard

DIRECTIONS

1. To make the sausage and veggies sheet pan dinner: Preheat your oven to 400°F (200°C). Lightly spray a large sheet pan with cooking spray. 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!
2. Drizzle everything with olive oil, sprinkle with seasoning, then add salt and pepper to taste. Roast the sweet potatoes and Brussels sprouts for a first round in the preheated oven for 15 minutes.
3. In the meantime, make the sauce: Combine maple syrup and Dijon mustard in a mason jar and shake well.
4. 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.
5. 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!

