



30-Minute Meals by Jaclyn

HARVEST VEGETABLE SHEET PAN MEAL

with Super Greek Extra Virgin Olive Oil

SERVINGS: 4-6

PREPPING TIME: 10 MIN

COOKING TIME: 20 MIN

INGREDIENTS

2 sweet potatoes, peeled and diced
16 oz Brussels sprouts, trimmed and halved
1 red onion, diced
1 (12 oz) package apple chicken sausage, sliced
½ cup Super Greek EVOO
6 cloves garlic
2 tsp fresh thyme
2 tsp fresh rosemary
Salt and pepper, to taste
For the Dijon Sauce
2 tbsp Dijon mustard
2 tbsp maple syrup
2 tbsp apple cider vinegar
1 tbsp minced garlic

DIRECTIONS

1. Preheat oven to 425°F. Lightly coat a baking sheet with EVOO.
2. Add sweet potatoes, Brussels sprouts, sausage, red onion, garlic, thyme, and rosemary. Season with salt and pepper and toss into an even layer.
3. Roast for 20 minutes, or until the vegetables are tender.
4. Whisk together Dijon mustard, maple syrup, apple cider vinegar, and minced garlic.
5. Pour the Dijon sauce over the roasted vegetables and sausage. Toss lightly and serve.

A hearty sheet pan meal with roasted fall vegetables and apple chicken sausage, finished with a sweet and tangy maple-Dijon sauce.