

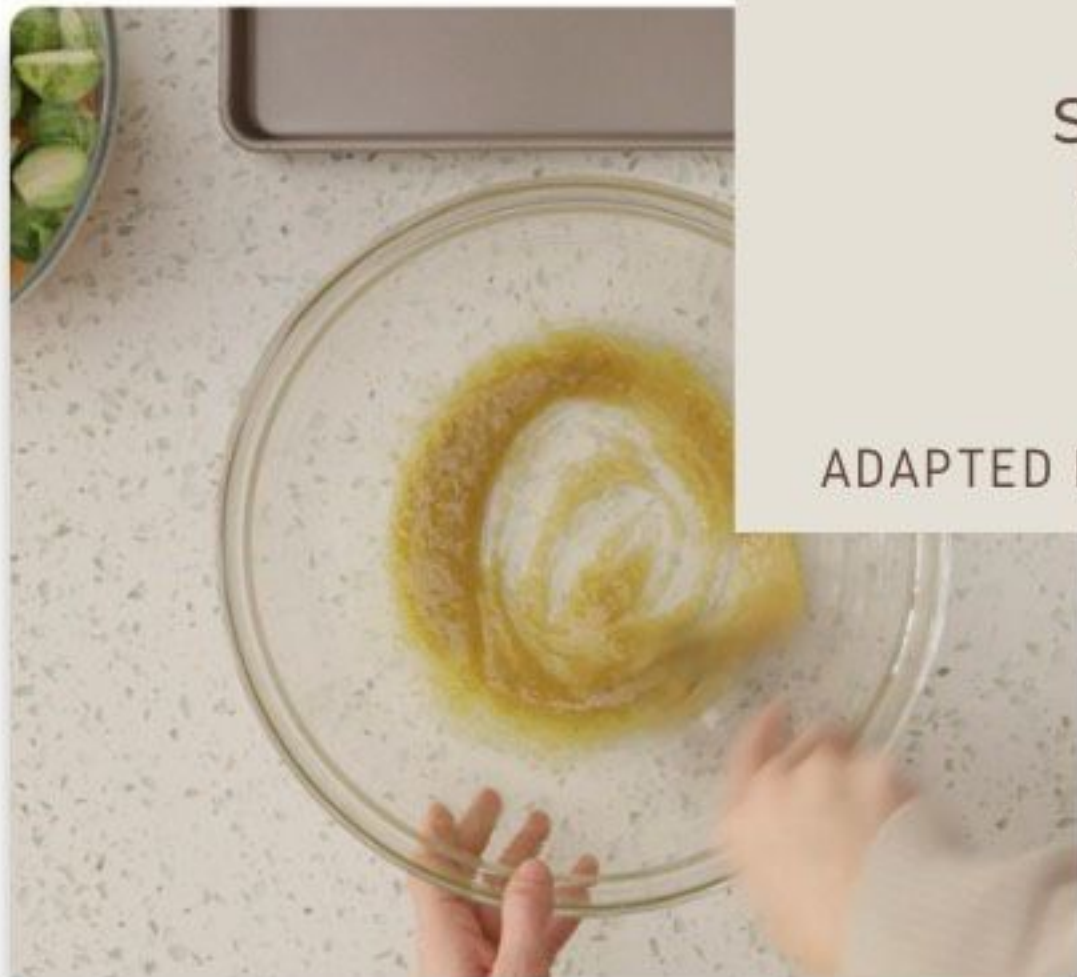


APPLE CHICKEN SAUSAGE DUMP DINNER

4 STEPS TO YUMMY

SLICE
SEASON
ROAST
SERVE

ADAPTED FROM YUMMLY.COM





INGREDIENTS

4 precooked Apple Chicken Sausages, sliced
1 lb sweet potatoes, cleaned and cubed
3 cups brussels sprouts, trimmed and halved
2 Gala apples, cleaned and cut to 2" cube
3 tbs olive oil
1 tbs Dijon mustard
1 tbs brown sugar
1/2 tsp salt
1/2 tsp black pepper

Preheat oven to 400 degrees

1. Place sliced sausages and diced vegetables in a large bowl.
2. In a medium bowl whisk olive oil, mustard, brown sugar, salt and pepper until well blended and pour over sausages and veggies, tossing to coat.
3. Arrange sausage and veggies on a large sheet pan and roast on center rack for 40-45 minutes, turning every 12 minutes until sweet potatoes are fork tender.
4. Serve and enjoy your dump-style dinner

Notes: Substitute broccoli or other green veggie for brussels sprouts. Double seasonings, if desired.

