



## Ingredients

- Precooked Amylu chicken sausage - 16 sausages
- 2 medium sweet potatoes
- 1 medium yellow onion
- 1-2 medium apples
- salt/pepper/onion or garlic powder
- Olive oil

# Sheet Pan Dinner - sausage & sweet potato

## Preparation

1. Preheat oven to 425\*
2. Chop all ingredients into approximately the same size and arrange evenly on a large sheet pan.
3. Drizzle with olive oil and season with salt, pepper and onion powder. Stir (or use your hands) to make sure all foods are evenly coated.
4. Bake for 15 min and stir. Return to the oven for another 15-20 min until potatoes and apples are tender.

## Tips

This is a slightly sweeter version but if you prefer savory, use brussels sprouts instead of sweet potatoes and apples.