



K-KITCHEN
MONTHLY RECIPES + NUTRITION COACHING

Ingredients

- Turkey or beef pre-cooked sausage
- 1 small bag Brussels sprouts, quartered
- 1-2 yellow onions, roughly chopped
- 1-2 honeycrisp or crisps sweet apples
- 1-2 sweet potatoes
- Olive oil
- Mixed Up Salts & pepper
- Cinnamon
- Pink Himalayan Salt

Roasted Veg + Sausage

Preparation

1. Preheat oven to 425*
2. Roughly chop sausage, veggies and apples
3. Combine onions and brussels in mixing bowl, drizzle with olive oil and season with mixed up salt and pepper.
4. Combine sweet potatoes and apples in a separate bowl, drizzle with olive oil and sprinkle with cinnamon and salt.
5. Place onions, brussels and sausage onto large baking sheet, mixed together. Place potatoes and apples beside mixture on same pan.
6. Roast at 425* for ~30-40 minutes, checking often and stirring occasionally, until produce is tender and sausage is browned.

Tips

Drizzle sweet potato and apples with a little pure maple syrup before cooking for additional flavor.

Chop onions and apples into larger pieces than the veggies in order not to burn.

Mixed up salt is a combination of salt and seasonings.