

Maple Balsamic Roasted Chicken Sausage and Veggies

Chicken sausage, potatoes, carrots and Brussels sprouts are tossed with a sweet and savory maple balsamic glaze, then roasted to perfection in this easy sheet pan meal.



Prep Time	Cook Time	Total Time
15 mins	25 mins	40 mins

Course: Main Dishes Cuisine: American Servings: 6 servings Calories: 368kcal

Ingredients

- 12 ounces chicken maple sausage cut into 2-inch slices
- 1/2 pound Brussels sprouts halved
- 1 1/2 cups baby carrots
- 2 small sweet potatoes cubed
- 3-4 Yukon gold potatoes cubed
- 1 small red onion coarsely chopped
- 1/4 cup olive oil
- 1/4 cup balsamic vinegar
- 1/4 cup real maple syrup
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon oregano
- Salt and pepper to taste
- Fresh parsley for garnish

Instructions

1. Preheat oven to 425 degrees. Line a large baking sheet with parchment paper.
2. Add the sausage, Brussels sprouts, carrots, potatoes and onions to the baking sheet in an even layer.
3. In a small bowl, whisk together the olive oil, balsamic vinegar, maple syrup, onion powder, garlic powder and oregano. Season with salt and pepper, to taste.
4. Drizzle the vinegar and syrup mixture over the sausage and vegetables, then toss to coat well.
5. Bake for 15 minutes, then stir and bake for another 10-15 minutes, or until vegetables are tender and golden and sausage is cooked through. Garnish with fresh parsley, if desired.

Nutrition

Serving: 1g | Calories: 368kcal | Carbohydrates: 41g | Protein: 18g | Fat: 15g | Saturated Fat: 3g | Polyunsaturated Fat: 11g | Cholesterol: 52mg | Sodium: 477mg | Fiber: 5g | Sugar: 15g