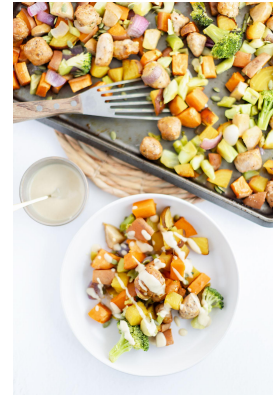


Chicken Sausage + Harvest Veggies Sheet Pan - All the fall feels on one sheet pan. This healthy fall inspired sheet pan recipe includes a sweet maple tahini dressing. Meal-prep, make-ahead, and weeknight friendly.

Ingredients

- 1 red apple, cored and cubed
- 12 oz (1 package) chicken sausage, sliced
- 2-3 medium to large beets, cubed
- ½ red onion, diced into chunks
- 2 large sweet potatoes or 1 small butternut squash, cubed
- 1 head broccoli (or frozen), chopped
- ¼ cup raw pepitas
- Fav seasonings + S|P



Maple Tahini Dressing

- 2 Tbsp Tahini
- 1 tsp pure maple syrup
- 1 tsp dijon mustard
- S+P

Directions

1. Preheat oven to 400 degrees and line a large baking sheet with parchment paper or generously coat with avocado/coconut oil spray
2. Add sweet potatoes to the sheet pan and toss to coat with oil spray.
3. Roast for 15 minutes. While sweet potatoes are roasting, prep other veggies/protein.
4. Remove sweet potatoes from the oven and add the rest of the sheet pan ingredients. Sprinkle seasonings over ingredients, toss to coat, and spread ingredients out in a single layer.
5. Return to the oven and continue to roast until the veggies are tender, about 25 minutes longer.
6. While roasting, prepare dressing by simply mixing all ingredients in a small bowl until combined. May need to add 1 Tbsp increments of water to thin dressing until desired consistency.
7. You can sprinkle pepitas over roasted veggies/protein and return to the oven for an additional 5-10 minutes or sprinkle pepitas after final cooking. Serve with dressing and enjoy!