



# AUTUMN FAUX SAUSAGE, VEGGIE, AND APPLE TRAY BAKE

FAST. EASY. FRESH.

**1.** Start by preheating your oven to 425°F. Spray a large baking tray(s) with non-stick spray or line with parchment paper.

**2.** Next, prep your ingredients. Dice the **yams** into ½-inch pieces, trim the ends off the **Brussels sprouts** and then cut in half lengthwise, peel and dice the **shallots**, and peel and mince the **garlic**. Core and dice the **apples**. Slice the **sausage** into ¼-inch slices.

**3.** Place the yam, Brussels sprouts, shallots, garlic, apple, and sausage in a large bowl and add the **olive oil**, **thyme**, **sage**, **rosemary** and a good pinch of **salt** and **pepper**. Toss to combine.

**4.** Spread the veggies and sausage onto the prepared baking tray(s) in a single layer and roast in the oven for 20 minutes, stirring once half way through.

**5.** To serve, spoon into dishes and enjoy!



## Ingredients (4 Person Serving – 720 Calories Per Serving)

Plant-Based Sausage	600 g	Dried Thyme	2 tsp.
Yams	2 Medium	Dried Sage	2 tsp.
Brussels Sprouts	450 g	Dried Rosemary	2 tsp.
Red Onion	1	Apples	2
Garlic	4 Cloves	Salt and Pepper	To Taste
Olive Oil	4 Tbsp.		

# 30 Minute Cook Time!