JANE SMITH LIFESTYLE

One-Pan Sweet Potato & Sausage Dinner

Prep: 15 min | Cook: 30 to 35 min | Serves: 4



Sweet potatoes caramelize at the edges while fully cooked sausage and vegetables roast together for an easy fall dinner.

Ingredients

- 2 medium sweet potatoes, peeled and cut into 1-inch cubes
- 14 ounces fully cooked chicken or Italian sausage, sliced
- 1 red bell pepper, cut into chunks
- 1 small red onion, cut into wedges
- 3 tablespoons olive oil
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 teaspoon dried thyme
- 3/4 teaspoon kosher salt
- 1/4 teaspoon black pepper
- Fresh parsley, for finishing
- Optional maple-Dijon finish:
- 1 tablespoon Dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon olive oil
- 1 teaspoon apple cider vinegar

Directions

1. Heat the oven to 425°F. Add the sweet potatoes, sausage, bell pepper, and red onion to a large rimmed sheet pan. Toss with olive oil, garlic, smoked paprika, thyme, salt, and pepper, then spread everything

into a single layer.

2. Roast for 15 minutes, turn the vegetables and sausage, then roast another 15 to 20 minutes until the sweet potatoes are tender and caramelized at the edges and the sausage is heated through.
3. If using the maple-Dijon finish, whisk the ingredients together and drizzle lightly over the hot sheet pan. Finish with fresh parsley.

Jane's Note

Give everything room on the pan so it browns instead of steaming.

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