

Roasted Veggies and Chicken Sausage

Ingredients

- 2 large beets, peeled and cut into 1" cubes
- 1 pound of Brussel sprouts, trimmed and halved
- 3 carrots, cut into 1" cubes
- 3 parsnips, cut into 1" cubes
- 1 large red onion, cut in half and sliced ½" thick
- 4-6 cloves of garlic, minced
- 3 Tbsp. olive oil
- 1 Tbsp. rosemary, chopped
- 1 Tbsp. fresh sage, chopped
- ¼ tsp. salt
- ½ tsp. pepper
- 4 links cooked chicken sausage, gluten free

Directions

1. Preheat oven to 375 degrees. Combine beets with 1 tbsp. oil. Spread on a large rimmed baking sheet. Roast for 30 min.
2. Combine Brussel sprouts, carrots, parsnips, onion, garlic, rosemary, sage, oil, salt and pepper. Split the beets between two baking sheets and add the rest of the veggies. Roast for 10 minutes.
3. Stir the veggies and place sausages on the pan. Continue roasting, stirring once or twice or until veggies are tender, about 20 minutes more.

You can add any veggies to the roasting pan. Just bear in mind their water content. Veggies that are higher in water content like summer squash, zucchini and tomatoes don't need to roast as long. Butternut squash is a great substitute for the beets