


# Autumn Veggie & Sausage Sheet Pan Lunch

 Ready in 45 minutes




Meal Type:  
**LUNCH**

Preparation Difficulty:  
**EASY**

Program Phase:  
**ALL PHASES**

Preparation Time:  
**PREP: 15 minutes**  
**COOK: 30 minutes**



 **TIP: DOUBLE THIS RECIPE AND MEAL PREP IT IN ADVANCE. PORTION OUT INTO SEPARATE CONTAINERS SO LUNCH IS READY FOR THE WEEK!**

## INGREDIENTS (2-3 SERVINGS):

12 oz. smoked chicken sausage, sliced into 1/3-inch thick slices (per serving: 4 oz female, 6 oz male)

16 oz celery root, peeled and diced into 3/4-inch cubes OR carrots, chopped

16 oz brussels sprouts, halved

1/2 medium red onion, diced into chunks

1 tbsp minced garlic (3 cloves)

1/4 cup olive oil

1 tsp each dried thyme, sage and rosemary (crush rosemary)

Salt and freshly ground black pepper

2 tbsp chopped fresh parsley

For MALE lunch: 2 crisp baking apples, cored and diced into 1 1/4-inch chunks (Like Jazz or Braeburn)

1. Preheat oven to 400 degrees. Spray a rimmed 18 by 13-inch baking sheet with cooking spray.
2. Add sausage, celery root or cauliflower, brussels sprouts, apples, onion and garlic to sheet pan.
3. Drizzle everything with olive oil, sprinkle with thyme, sage and rosemary then season with salt and pepper to taste and toss to coat.
4. Roast in preheated oven 15 minutes then remove and toss.
5. Return to oven and continue to roast until veggies and apples are tender, about 15 minutes longer.
6. Sprinkle with parsley and serve warm.

**#EATGOODFEELGOOD**