# Sheet-Pan Chicken Sausage & Garlic Veggies

1/2 of recipe: 296 calories, 14.5g total fat (3g sat. fat), 830mg sodium, 25.5g carbs, 7g fiber, 8.5g sugars, 20g protein

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**Prep:** 10 minutes     **Cook:** 20 minutes

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## Ingredients

1 tbsp. olive oil
1 tbsp. chopped garlic
6 oz. (about 2 links) fully cooked chicken sausage, sliced into coins
2 cups trimmed and halved/quartered Brussels sprouts
2 cups roughly chopped cauliflower
1 cup roughly chopped red onion
1/2 tsp. onion powder
1/4 tsp. ground thyme
1/4 tsp. salt

## Directions

Preheat oven to 425 degrees. Spray a baking sheet with nonstick spray.

In a small bowl, mix oil with garlic.

Place chicken sausage and veggies on the baking sheet. Drizzle with oil mixture, and sprinkle with seasonings. Lightly mix.

Bake until veggies are tender, 16 - 18 minutes, flipping chicken sausage and veggies halfway through.

MAKES 2 SERVINGS

**HG Tip:** Look for halved Brussels sprouts in the produce aisle!

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