

One Pan Sausage with Parsnips & Apples

Susan Alsembach

There is nothing difficult about making this meal and it is so tasty, once everything is in the oven, you have a quiet half an hour to sit down and relax.

This is such a versatile dish that I generally make it once a week, often adding any leftover vegetables that I have in the fridge. You can really add any root vegetable of your liking, I often add a few cloves of garlic and some chopped onions.

There are truly so many options to make it your own.

I hope that you enjoy it,

Susan

One Pan Sausage with Parsnips & Apples

9 ingredients · 25 minutes · 4 servings



Directions

1. Preheat the oven to 400°F (204°C). Line a baking sheet with parchment paper.
2. Toss the parsnip and onion with the oil, thyme and salt. Transfer to the baking sheet along with the sliced sausage and arrange into a single layer. Bake for about 20 minutes, or until the sausage is cooked through and the parsnip is just tender.
3. Turn the oven to broil. Mix the apple into the sausage and vegetables and broil for 5 to 6 minutes until the apple is just soft and vegetables start to caramelize.
4. Drizzle the lemon juice over top. If using, mix in the parsley, and season with additional salt if needed. Divide between plates and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add garlic powder and/or black pepper. Choose spicy or honey garlic sausage instead.

No Pork

Use chicken or turkey sausage instead.

Apple

Use a tart-sweet apple, like Empire or MacIntosh.

Ingredients

- 3 Parsnip (large, peeled, chopped)
- 1 Yellow Onion (cut into wedges)
- 15 milliliters Extra Virgin Olive Oil
- 500 milligrams Dried Thyme
- 2 grams Sea Salt
- 454 grams Pork Sausage (sliced)
- 1 Apple (chopped)
- 30 milliliters Lemon Juice
- 15 grams Parsley (chopped, optional)