

Delicata Squash Sheet Pan Dinner

Ingredients

- 2 delicata squash
- 8 oz baby yukon or red potatoes
- 12 oz apple chicken sausage links (*Aldi or Trader Joes is my favorite place to buy - You want to prioritize nitrate and nitrite free for these*)
- 2 red apples
- 1 red onion
- 2 celery stalks
- 3 TBS olive oil
- 1 ½ tsp salt
- 1 ½ tsp garlic powder
- 1 tsp pepper
- 2 cups finely chopped kale (*I buy pre chopped*)
- ½ cup finely shredded parmesan cheese

Directions

1. Preheat oven to 425°
2. Halve squash lengthwise, remove seeds and cut into ½ inch pieces. Quarter potatoes. Cut chicken sausage into 1/2 inch rounds Use apple slicer to cut apples.
3. Cut red onion, sliced lengthwise and slice celery stalks into ½ inch pieces
4. Line the baking sheet with parchment paper. Place all ingredients on the baking sheet.
5. Drizzle with olive oil and spices. Toss gently to coat well.
6. Bake on middle rack for 20 minutes.
7. Remove from the oven and add kale to the baking sheet and sprinkle with parmesan cheese. Return to the oven for 5 more minutes.
8. Enjoy!

MADE WITH LOVE

by Teresa Forchard