

DIJON MUSTARD ROASTED SAUSAGE & VEGGIES



INGREDIENTS

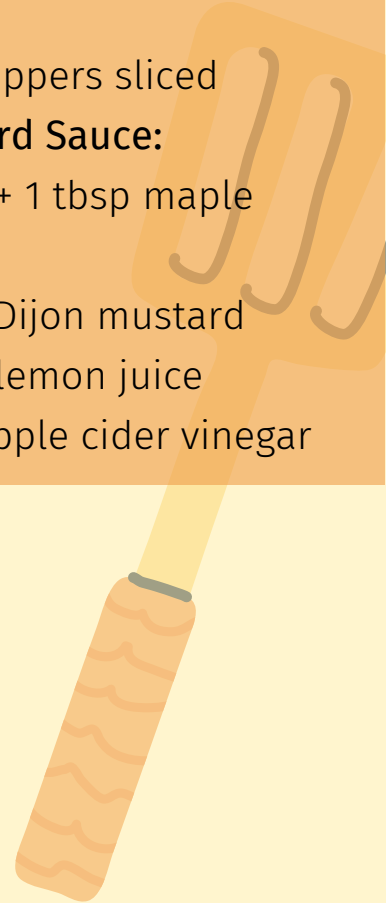
- 15-20 small yellow or medley potatoes
- 10 sausages
- 2 medium zucchini sliced
- 1 cup brussels sprouts halve
- 2 bell peppers sliced

Dijon Mustard Sauce:

- 1/4 cup + 1 tbsp maple syrup
- 1/2 cup Dijon mustard
- 1/4 cup lemon juice
- 2 tbsp apple cider vinegar

INSTRUCTIONS

1. Preheat oven to 375°F. In a bowl, combine Dijon sauce ingredients and set aside
2. Line a baking tray with foil and add all of the ingredients and pour sauce on top
3. Mix ingredients so that sauce coats them completely
4. Stab the sausages a few times & bake for 20 minutes.
5. Flip veggies and sausage after and bake for another 15-20 minutes or until sauce is sticky and everything is browned



NUTRITION FACTS

Serving Size: 1

Number of Servings: 10

Calories	171
Total fat	3.7 g
Saturated fat	0.5 g
Cholesterol	30 mg
Sodium	782.4 mg
Total carbohydrates	15.2 g
Dietary fiber	1.6 g
Sugar	10.2 g
Protein	16.6 g
Calcium	19.4%
Iron	304.8%
Potassium	106.5 mg
Vitamin A	16.1%
Vitamin C	74.8%

