

# One Dish Roasted Potatoes and Apples with Chicken Sausage

A scrumptious and easy one-dish baked meal that's perfect for chilly fall and winter evenings.

Makes: 4 Servings

Prep Time: 45 minutes

Source: [ChooseMyPlate.gov](https://www.choosemyplate.gov/recipe/1d1001) recipe/One-Dish Roasted Potatoes and Apples with Chicken Sausage



Small Changes,  
BIG Difference!

## Ingredients

- 3 red potatoes or your favorite potato variety (about 1 pound)
- 1 tablespoon canola oil
- 2 red apples (Fuji, Pink Lady, Honeycrisp, Gala, etc.)
- 1 yellow onion
- 4 chicken herb link sausages (12 ounces)
- 2 tablespoons cider vinegar
- 1/2 teaspoon ground mustard
- 1 tablespoon honey

## Directions

1. Preheat oven to 425 °F.
2. Cut potatoes into chunks, place in 2-quart baking dish.
3. Drizzle with canola oil. Toss to coat.
4. Roast potatoes in oven for about 20 minutes.
5. While potatoes are roasting, cut apples and onions into chunks, and sausage into 1/2-inch slices.
6. Remove baking dish from oven and reduce heat to 375 °F. Add all remaining ingredients to baking dish and toss.
7. Return baking dish to oven and roast an additional 30 minutes until apples and potatoes are tender.



## Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	364
Total Fat:	17 g
Saturated Fat:	3 g
Cholesterol:	120 mg
Sodium:	588 mg
Total Carbohydrates:	39 g
Dietary Fiber:	5 g
Total Sugars:	14 g
Added Sugars:	4g
Protein	15 g

## Utensils Needed

- Cutting Board
- Sharp Knife
- Baking Dish
- Measuring Utensils

# SHOPPING LIST

SAVE TIME, SAVE MONEY

Average total cost without oil and seasonings: \$13.27

Average cost/serving: \$3.32

Recipe makes: 4 servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 3 to Cart  
Red Potatoes (5 oz avg.)



Add 2 to Cart  
Apple (5 oz avg.)



Add 1 to Cart  
Yellow Onion (20 oz avg.)



Add 1 to Cart  
Herb Chicken Sausage Links  
12 oz



Add 1 to Cart  
Apple Cider Vinegar



Add 1 to Cart  
Honey

## My Cooking Notes