



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN

Recipe provided by:

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Serving McLean, Livingston, & Woodford Counties

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One-Dish Roasted Potatoes and Apples with Chicken Sausage



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 oz.)
2 Tablespoons cider vinegar
1/2 teaspoon ground mustard
1 Tablespoon honey

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

Yield: 4 servings

Nutrition Facts (per serving): 364 calories, 17 grams fat, 588 milligrams sodium, 39 grams carbohydrate, 5 grams fiber, 15 grams protein