EASY ONE PAN SAUSAGE WITH BUTTERNUT SQUASH AND BRUSSELS SPROUTS



This easy one pan sausage dinner is made with roasted smoked sausage, tender butternut squash, crispy Brussels sprouts, and a creamy apple cider Dijon sauce. It is a cozy, flavorful fall dinner with easy cleanup.

Author: Chrissi | firsthomelovelife.com

Prep Time: 15 minutes **Cook Time:** 30 minutes **Total Time:** 45 minutes

Yield: 4-6 servings 1x
Category: Dinner, sheet pan
Method: BAKED
Cuisine: Fall Recipe

INGREDIENTS

SCALE 1x 2x 3x

for the sheet pan dinner

- 1 ½ pounds fully cooked smoked sausage, chicken sausage, or kielbasa
- 4 cups butternut squash, peeled and cut into ¾-inch cubes
- 1 pound Brussels sprouts, trimmed and halved
- 2 tablespoons olive oil
- 1 teaspoon kosher salt
- ½ teaspoon black pepper
- 1 teaspoon garlic powder
- ½ teaspoon smoked paprika
- ½ teaspoon dried thyme

for the creamy apple cider dijon sauce

- 1 tablespoon butter
- 1 small shallot, finely minced
- 2 cloves garlic, minced
- ½ cup apple cider
- ⅓ cup heavy cream
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 1 tablespoon apple cider vinegar
- ½ teaspoon dried thyme
- Salt and black pepper, to taste

for serving

- Fresh thyme or chopped parsley, optional

INSTRUCTIONS

1. Preheat the oven to 425°F. Line a large rimmed baking sheet with parchment paper.
2. Slice the sausage into thick rounds. For a Hasselback look, make several shallow cuts across each sausage piece without cutting all the way through.
3. Add the butternut squash and Brussels sprouts to the prepared sheet pan. Drizzle with olive oil and sprinkle with the salt, pepper, garlic powder, smoked paprika, and thyme. Toss well, then spread into an even layer.
4. Arrange the sausage pieces throughout the vegetables.
5. Roast for 25 to 30 minutes, stirring the vegetables halfway through, until the squash is tender, the Brussels sprouts are browned at the edges, and the sausage is hot and lightly crisped.
6. While the sheet pan cooks, melt the butter in a small saucepan over medium heat. Add the shallot and cook for 2 to 3 minutes, until softened.
7. Stir in the garlic and thyme. Cook for 30 seconds, then add the apple cider, Dijon mustard, maple syrup, and apple cider vinegar.
8. Simmer for 4 to 5 minutes, until slightly reduced. Stir in the heavy cream and simmer for 2 to 3 more minutes, until creamy and lightly thickened. Season with salt and black pepper to taste.
9. Drizzle the creamy apple cider Dijon sauce generously over the roasted sausage and vegetables. Garnish with fresh thyme or parsley, if desired, and serve warm.

NOTES

- Use fully cooked smoked sausage for the quickest and easiest one pan dinner.
- Cut the butternut squash into evenly sized cubes so it becomes tender during the roasting time.
- If your Brussels sprouts are very large, quarter them instead of halving them.
- For extra browned edges, broil the sheet pan for 1 to 2 minutes after roasting. Watch it closely.
- Store leftovers in an airtight container in the refrigerator for up to 3 days. Reheat the sauce separately when possible.