

OCTOBER

This Month...

- Cones with a Cop
Monday, October 12 at 10:30AM
- **FREE!** Craft Time
Thursday, October 15 at 10:30AM
- Touch-a-Truck & Chili Cook-Off
Friday, October 16 at 5:00PM
- October Luncheon
Monday, October 19 at 12:00PM
- Trunk or Treat
Saturday, October 24 at 12:00PM
- Versiti Blood Drive
Tuesday, October 27
- Soups & Sandwiches & Bingo
Wednesday, October 28 at 12:00PM

Please call or visit the front desk for preregistration & additional information.

www.byrontownshiprec.org
616.878.1998

Fall Sheet Pan Dinner

Ingredients For the Marinade:

- 1/4 cup olive oil
- 1 teaspoon salt, plus more to taste
- 1/4 teaspoon black pepper
- 1/4 teaspoon sweet paprika
- 2 teaspoons fresh thyme
- 2 tablespoons dijon mustard
- 1 tablespoon honey
- 1 tablespoon apple cider vinegar

Ingredients For the Chicken Sausage & Veggies:

- 1 pound chicken apple sausage (5 links), sliced into rounds
- 1 pound sweet potatoes, peeled and diced
- 1 small to medium red onion, diced into large chunks
- 16 oz brussel sprouts, halved
- 5 cloves garlic, minced
- chopped parsley and green onion, for serving

Instructions:

1. Preheat oven to 425 degrees.
2. Make the marinade: Whisk together all of the marinade ingredients until well combined.
3. Add the sausage, sweet potatoes, red onion, Brussels sprouts, and garlic to a large mixing bowl. Pour the marinade over the sausage and veggies and then toss until well combined.
4. Transfer the sausage and veggies onto a large sheet pan lined with parchment paper and arrange in a single layer, making sure the Brussels sprouts are cut side down.
5. Bake the chicken sausage and veggies for 25-30 minutes or until the potatoes are tender, tossing halfway through.
6. Remove the sheet pan from the oven and sprinkle a bit of parsley and green onion over top.
7. Serve immediately and enjoy!

