



EMBREE WELLNESS
A SIMPLE PATH TOWARD HOLISTIC HEALTH

AIR FRYER CHICKEN SAUSAGE RECIPE

Ingredients:

- 8 Pre-cooked chicken sausage links (applegate is my fave)
- 1 red bell pepper, diced
- 2 cups quartered brussels sprouts
- 1/2 large red onion, diced
- 1 tbsp avocado oil or olive oil
- 1/2 tsp sea salt
- 1/4 tsp black pepper
- 3 tsp Italian seasoning



Instructions:

1. Slice the sausage into 1/2 inch pieces
2. In a large bowl, combine the sausage and chopped vegetables.
3. Toss items in the oil (you may need another 1-2 tsp) until veggies and sausage are well coated.
4. Sprinkle with salt, pepper, and Italian seasoning. Toss again to combine.
5. Pour the veggie/sausage mixture into your air fryer basket.
6. Cook at 390 for 10 minutes, then remove and toss around the veggies.
7. Cook for another 5-7 minutes, or until lightly browned.
8. Serve hot!