

Description: A hearty and flavorful dinner bowl filled with chicken sausage, roasted sweet potatoes, green beans, and quinoa.

Ingredients:

- 1 pound chicken sausage
- 2 large sweet potatoes
- 1 pound fresh green beans
- 1 cup quinoa
- 1 medium onion

Instructions:

1. Preheat oven to 400°F (200°C).
2. Peel and cube the sweet potatoes, toss with oil and roast in the oven for 20-25 minutes or until tender.
3. Slice the chicken sausage and cook in a skillet over medium-high heat until browned, about 5-7 minutes.
4. Trim the green beans and cook in a skillet with sliced onion over medium heat until tender, about 5-7 minutes.
5. Cook the quinoa according to package instructions.
6. To assemble the bowls, divide the cooked quinoa between plates, top with roasted sweet potatoes, chicken sausage, and green beans.

Tips:

- Use any variety of chicken sausage you prefer, such as spicy or smoked.
- Customize the bowl with your favorite toppings, such as diced avocado or a fried egg.

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Original ingredients requested: chicken sausage, green beans, sweet potatoes, quinoa, onion (Meal type: dinner)