

BRUSSEL SPROUTS & SQUASH

INGREDIENTS

1 1/2 lbs brussels sprouts	1 tsp sea salt
5 cups of peeled and cut into 1/2 - 1 inch cubes butternut squash	1/2 tsp garlic powder
1 tbsp olive oil	1/4 tsp black pepper
2 tbsp pure maple syrup - optional	1/2 cup pecan halves
	1/3 cup dried cranberries

PROCEDURE

Wash and cut the ends off of the brussels sprouts then cut in half lengthwise. Peel the butternut squash, cut in half and remove the seedy insides. Dice into 1/2 - 1 inch pieces

In a small bowl, mix together olive oil, syrup, sea salt, garlic powder and pepper.

Preheat oven to 425°F. Line a large baking sheet with a parchment paper then spread prepped vegetables onto a large baking sheet in an even layer. Drizzle with maple syrup mixture and toss to coat. Roast for 30-35 minutes, tossing halfway through. Add the pecans and roast for another 3 minutes, until squash is fork-tender, brussels are crispy and pecans are toasted.