



Recipe

Roasted Brussels Sprouts, Cinnamon Butternut Squash, Pecans, and Cranberries

Roasted Brussels Sprouts taste great when combined with classic Fall flavors. This recipe makes a beautiful presentation, too – it's a perfect holiday side dish.

Roasted Brussels Sprouts:

- 3 cups Brussels Sprouts, ends trimmed, yellow leaves removed
- 3 tablespoons olive oil
- Salt, to taste

Total Time: 40 minutes

Yield: 6 servings

Roasted Butternut Squash:

- 1½ pounds butternut squash, peeled, seeded, and cubed into 1-inch cubes (Yields about 4 cups of uncooked cubed butternut squash)
- 2 tablespoons olive oil
- 3 tablespoons maple syrup
- ½ teaspoon ground cinnamon

Other Ingredients:

- 2 cups pecan halves
- 1 cup dried cranberries
- 2-4 tablespoons maple syrup (optional)



Roasted Brussels Sprouts:

1. Preheat oven to 400° F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
2. Make sure Brussels Sprouts have trimmed ends and yellow leaves are removed. Then, slice all Brussels Sprouts in half. In a medium bowl, combine halved Brussels Sprouts, 2 tablespoons of olive oil, salt to taste, and toss to combine. Place onto a foil-lined baking sheet, cut side down, and roast in the oven at 400° F for about 20-25 minutes. During the last 5-10 minutes of roasting, turn them over for even browning, the cut sides should be nicely and partially charred but not blackened.

Roasted Butternut Squash:

3. Preheat oven to 400° F. Lightly grease the foil-lined baking sheet with 1 tablespoon of olive oil.
4. In a medium bowl, combine cubed butternut squash, peeled and seeded, 1 tablespoon of olive oil, maple syrup, and cinnamon, and toss to mix.
5. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once half-way through baking, until softened.
6. You can roast both Brussels Sprouts and butternut squash on 2 separate baking sheets at the same time, on the same rack in the oven.

Assembly:

7. In a large bowl, combine roasted Brussels Sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.

OPTIONAL: For more sweetness, add 2 or 4 tablespoons of maple syrup, if desired – do not add all maple syrup at once, start with 2 tablespoons, then add more, if desired, and toss with the salad ingredients to combine.