

Roasted Autumn Vegetables

EASY recipe

3 cups butternut squash, cut into ¾-inch chunks

3 cups Brussels sprouts, sliced in
half lengthwise

2 tbsp extra-virgin olive oil

½ tsp salt

Pinch black pepper

¼ cup dried cranberries

¼ cup roasted pecan halves

Dressing:

2 tsp Dijon mustard

1 tbsp apple cider vinegar

2 tbsp extra-virgin olive oil

Salt and pepper to taste



Preheat the oven to 450°F. Line large (or two small) baking sheet with foil. **In** large bowl, toss together squash, Brussels sprouts, oil, salt and pepper. **Spread** them on baking sheet, making sure Brussels sprouts are cut-side down for initial roasting. **Roast** 15 minutes, then toss and roast 10-15 minutes more or until tender. **Add** to serving platter, and top with cranberries and pecans. **In** a small bowl, whisk dressing and pour over vegetables, tossing to coat before serving.

Serves 6. Per serving:

189 calories | 3g protein | 12g total fat | 1g saturated fat | 9g mono fat | 2g poly fat | 19g carbohydrate | 6g sugar | 5g fiber | 249mg sodium