Roasted Autumn Vegetables

3 cups butternut squash, cut into 3/4-inch chunks

3 cups Brussels sprouts, sliced in half lengthwise

2 tbsp extra-virgin olive oil

½ tsp salt

Pinch black pepper

1/4 cup dried cranberries

1/4 cup roasted pecan halves

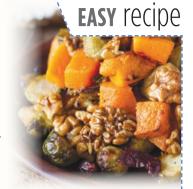
Dressing:

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