



## Roasted Brussels Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

Recipe By CHEF ABBY J

SERVES: 6

### INGREDIENTS:

- ☐ 3 cups Brussels sprouts
- ☐ 5 tbsp. olive oil, *divided*
- ☐ 1½ butternut squash, *peeled, seeded and cubed into 1 inch cubes (4 cups uncooked)*
- ☐ 3 tbsp. maple syrup
- ☐ ½ tsp. ground cinnamon
- ☐ 2 cups pecan halves, *roasted*
- ☐ 3 tbsp. melted butter
- ☐ 1 tsp. salt, *divided*
- ☐ 1 cup dried cranberries
- ☐ 2-4 tbsp. maple syrup (*optional*)

### FOR ROASTED BRUSSELS SPROUTS:

- ☐ 1. Preheat the oven to 400°F. Lightly grease a foil-lined baking sheet with 1 tbsp. of olive oil.
- ☐ 2. Trim the ends of the Brussels sprouts and slice each in half.
- ☐ 3. In a medium bowl, combine halved Brussels sprouts, 2 tbsp. olive oil, and ½ tsp. salt.
- ☐ 4. Toss to combine.
- ☐ 5. Place onto a foil-lined baking sheet, cut side down, and roast in the oven for about 25 minutes. During the last 10 minutes, turn them over for even browning.

### FOR ROASTED BUTTERNUT SQUASH:

- ☐ 1. Preheat the oven to 400°F. Lightly grease a foil-lined baking sheet with 1 tbsp. of olive oil.
- ☐ 2. In a medium bowl, combine cubed butternut squash, 1 tbsp. of olive oil, maple syrup, and cinnamon; toss to mix.
- ☐ 3. Place butternut squash in a single layer on the baking sheet. Bake for 25 minutes, turning once halfway through baking, until softened.

### TOASTED PECANS INSTRUCTIONS:

- ☐ 1. Preheat the oven to 350°F.
  - ☐ 2. Mix nuts with 3 tbsp. butter and ½ tsp. salt
  - ☐ 3. Toast for about 5 minutes, until they get dark in color.
- NOTE: Pecans burn really fast, so make sure to check the nuts after 5 minutes.

### ASSEMBLY INSTRUCTIONS:

- ☐ 1. In a large bowl, combine roasted Brussels sprouts, roasted butternut squash, pecans, and cranberries, and mix to combine.
- ☐ 2. For more sweetness, add 2 tbsp. of maple syrup and toss before serving.

*This tasty holiday side dish is also gluten-free, vegetarian, and rich in fiber!*

## Did you make this recipe?

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