

ROASTED FALL SQUASH AND BRUSSELS SPROUTS



INGREDIENTS

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| 1 | medium pumpkin or butternut squash (about 3 pounds), washed, peeled and cut into $\frac{3}{4}$ inch cubes | $\frac{1}{3}$ cup olive oil |
| 1 | pound of fresh Brussels sprouts, trimmed and halved lengthwise | 3 tbsp. balsamic vinegar |
| 1 $\frac{1}{2}$ | cups onions, diced | 1 tsp. sea salt |
| 6 | garlic cloves, thinly sliced | $\frac{1}{2}$ tsp. ground black pepper |
| | | 2 tbsp. parsley, chopped |

DIRECTIONS

- Preheat oven to 375 degrees.
- In a large bowl whisk the olive oil, vinegar, salt and pepper. Add the squash, Brussels sprouts, onions and garlic, and toss until fully coated.
- Place the vegetables on a parchment covered sheet pan. Roast in the oven for 30-40 minutes until they are tender and have developed a nice caramelized color. You will need to turn them at least twice while roasting.
- When finished, place them in a serving dish and sprinkle the parsley over top. This can be served hot or at room temperature. Enjoy!