

# Roasted Brussels Sprouts and Butternut Squash with Cranberries

## Ingredients:

- 1 pound butternut squash
- 1 pound Brussels sprouts, halved
- 4 tablespoons olive oil
- 1/2 teaspoon kosher salt
- Ground black pepper to taste
- 1/4 cup dried cranberries
- 2 teaspoons Dijon mustard
- 1 tablespoon rice vinegar

## Directions:

1. Preheat the oven to 450°F. Place the butternut squash chunks and halved Brussels sprouts on a large baking sheet. Sprinkle with 1/2 teaspoon salt and ground pepper. Drizzle vegetables with the 2 tablespoons of extra virgin olive oil, and toss them to distribute the oil evenly.
2. Spread vegetables evenly on the baking sheet and flip the Brussels sprouts so they are cut side down; they will caramelize more evenly this way.
3. Roast the vegetables for 20 to 30 minutes, tossing them gently 1 to 2 times during roasting to ensure that they caramelize evenly on all sides.
4. Add dried cranberries onto baking sheet in the last 5 minutes of roasting.
5. While vegetables are roasting, whisk together the Dijon mustard and rice wine vinegar. Slowly pour in the olive oil, whisking continuously with your other hand, until the ingredients are emulsified. Season with salt and pepper to taste.
6. Gently place the roasted vegetables in a large serving bowl or platter. Pour on the Dijon vinaigrette and toss the vegetables gently until they are lightly dressed. Serve warm, lukewarm, or cold.

<b>Nutrition Facts</b>	
Serving Size (126g)	
Servings Per Container 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 110	Calories from Fat 50
<b>% Daily Value*</b>	
<b>Total Fat</b> 6g	<b>9%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 170mg	<b>7%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 5g	
<b>Protein</b> 2g	
Vitamin A 130%	• Vitamin C 100%
Calcium 4%	• Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

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