## **Roasted Sweet Potatoes and Brussels Sprouts**

Source: thefoodcharlatan.com

## **Ingredients:**

- 1 pound Brussels sprouts, trimmed
- 1 large sweet potato
- 2 garlic cloves, smashed
- 1/3 cup olive oil
- 1 teaspoon cumin
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 tablespoon red wine vinegar
- Fresh thyme, to garnish (optional)

## **Directions:**

- 1. Preheat oven to 400°F.
- 2. Trim Brussels sprouts by cutting off the end. If there are any yellow leaves, pull them off. Cut in half and add to large bowl.
- 3. Peel the sweet potato and chop into 1–2 inch pieces and smashed garlic. Add both to the bowl with Brussels sprouts.
- 4. Add olive oil, cumin, garlic salt, and pepper to vegetables. Stir to coat.
- 5. Add coated vegetables to a foil lined baking sheet. Roast for 35–40 minutes. The vegetables are done when they are lightly browned and a fork slides into them easily.
- 6. Place vegetables in a serving bowl and toss with 1–2 tablespoons red wine vinegar to taste. Garnish with fresh thyme and serve.

For more information, please contact:

Benteh Nuutah Valley Native Primary Care Center Wellness Center (907) 631-7630 southcentralfoundation.com

Serving Size Servings Per			
Amount Per Ser			
		<b>.</b>	
Calories 13	J Car	ories fron	n Fat 8t
		% Da	aily Value
Total Fat 9g			14%
Saturated Fat 1g			5%
Trans Fat			-
Cholesterol 0mg			0%
Sodium 50mg			2%
Total Carbo	hydrate 9	∂g	3%
Dietary Fiber 3g		-600	12%
Sugars 2g	]		
Protein 2g			
Vitamin A 50	% • '	Vitamin (	C 60%
Calcium 2% • I		ron 4%	
*Percent Daily Vadiet. Your daily vadepending on your	alues may be	e higher or I	
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber	Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g





