

# Roasted Vegetables with Apples and Pecans

## Ingredients:

1 pound Brussels sprouts, trimmed, and halved  
1/2 medium red onion, diced into small chunks  
1/4 cup unsalted butter, divided  
1 tablespoon lemon juice  
3 cups butternut squash, cubed  
2 medium apples\*

2 tablespoons packed light brown sugar  
1/4 teaspoon cinnamon  
1/4 teaspoon nutmeg  
2/3 cup pecans (whole or chopped)  
1/3 cup dried cranberries

## Directions:

1. Preheat oven to 400°F and spray a rimmed 18 x 13-inch baking sheet with cooking spray.
2. Add Brussels sprouts and red onion to a large mixing bowl. Add 2 tablespoons butter and 1 tablespoon lemon juice, toss, and season with a pinch of salt and pepper. Transfer to baking sheet and spread out across pan.
3. Add squash and apples to the same mixing bowl and pour 2 tablespoons butter, toss, then sprinkle brown sugar, cinnamon, and nutmeg, and toss again. Transfer to the baking sheet and spread into an even layer around the Brussels sprouts and onions.
4. Roast in the oven, tossing once halfway through, for 40 minutes or until Brussels sprouts are lightly brown and squash is soft. Add the pecans and cranberries during the last 3 minutes of baking. Enjoy.

\*For apples, you can use one sweet and one tart apple. For example, 1 granny smith apple and one honey crisp.

Nutrition Facts	
Serving Size 1 cup (190g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories 290</b>	<b>Calories from Fat 70</b>
<b>% Daily Value*</b>	
<b>Total Fat 8g</b>	<b>12%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 35mg</b>	<b>12%</b>
<b>Sodium 180mg</b>	<b>8%</b>
<b>Total Carbohydrate 48g</b>	<b>16%</b>
Dietary Fiber 7g	28%
Sugars 18g	
<b>Protein 9g</b>	
Vitamin A 150%	Vitamin C 2%
Calcium 10%	Iron 15%
*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

For more information, please contact:

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Source: [cookingclassy.com](http://cookingclassy.com)

