Autumn Roasted Veggies with Apples and Pecans

Ingredients:

- 16 oz Brussels sprouts, bottoms trimmed, halved
- 1/2 medium red onion, diced into small chunks
- 4 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 3 cups cubed butternut squash, diced into 3/4-inch pieces
- 2 medium crisp baking apples

Directions

- 1. Preheat oven to 400 °F. Spray a rimmed 13 x 18-inch baking pan with non-stick cooking spray.
- 2. Add Brussels sprouts and red onions to a large mixing bowl. Pour in 2 tablespoons olive oil and lemon juice, toss while seasoning with salt to taste. Transfer to baking sheet and spread out across pan.
- 3. Add squash and apples to same mixing bowl. Pour in remaining olive oil and toss. Then sprinkle brown sugar, cinnamon, nutmeg, and salt to taste over top and toss to evenly coat.
- 4. Transfer to baking sheet and spread into an even layer (just around Brussels sprouts and onions).
- 5. Roast in preheated oven until Brussels sprouts have browned slightly and squash is soft, tossing once halfway through baking. Sprinkle pecans and cranberries over top during the last 3 minutes of baking, about 40 minutes total.
- 6. Serve warm.

- 2 tablespoons packed light brown sugar
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2/3 cup pecans, whole or roughly chopped
- 1/3 cup dried cranberries
- Salt

Nutrition Facts

Serving Size (281g) Servings Per Container 5

Amount Per Serving

Calories from Fat 180 Calories 340 % Daily Value* Total Fat 20g 31% Saturated Fat 2g 10% Trans Fat 0g Cholesterol Omg 0% Sodium 35mg 1% Total Carbohydrate 38g 13% **Dietary Fiber 8g** 32% Sugars 22g Protein 5g Vitamin C 170% Vitamin A 190% Calcium 8% Iron 6% *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 80a Less than 65a Saturated Fat Less than 20a 25a 300mg Cholesterol Less than 300ma Sodium Less than 2,400mg 2,400mg Total Carbohydrate 300a 375g Dietary Fiber 25a 30a Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

