

Maple Roasted Vegetables with Pomegranates

Recipe #30

October 2016

Ingredients:

1 pound Brussel Sprouts, halved,
stems and yellow outer leaves removed
4 cups cubed Butternut Squash (about 12oz)
½ Tablespoon Olive Oil
1 Tablespoon Maple Syrup
2 Cloves Garlic, minced
½ teaspoon Chili Powder
¼ teaspoon Cinnamon
Salt and Pepper, to taste
½ cup Pomegranate Seeds
¼ cup Feta Cheese
¼ cup Chopped Pecans (optional)



Directions:

Preheat oven to 400 degrees. Add butternut squash and brussel sprouts to a large bowl. In a small bowl, whisk together olive oil, maple syrup, garlic, chili powder and cinnamon. Pour over squash and sprouts and toss to evenly distribute. Pour on a baking sheet and spread out evenly. Roast in oven for 25-30 minutes or until squash is fork tender and sprouts are slightly crispy and caramelized. Remove from oven, cool for a few minutes and then transfer to a large bowl. Top with pomegranate seeds, cheese and pecans, if desired. Serve immediately.