

Brussel Sprouts and Cinnamon Butternut Squash with Pecans and Cranberries

Prep Time: 20 mins
Cook Time: 20-25 mins
Total Time: 45 mins
6 servings

Ingredients:

For the Brussels Sprouts:

1 lb Brussels sprouts, ends trimmed and halved
2 tablespoons olive oil
Salt to taste

For the Butternut Squash:

1 ½ lb butternut squash, peeled, seeded, and cubed into 1-inch cubes
2 tablespoons olive oil
3 tablespoons maple syrup
½ teaspoon ground cinnamon

For Assembly:

½ cup pecans, lightly toasted
½ cup dried cranberries

Directions:

Preheat Oven to 400°F and lightly grease two foil-lined baking sheets.

Roast Brussels Sprouts:

In a bowl, toss the halved Brussels sprouts with olive oil and salt. Spread them onto one of the prepared baking sheets, cut side down, and roast in the oven for 20-25 minutes, turning halfway to ensure even browning.

Prepare Butternut Squash: In a separate bowl, combine cubed butternut squash with olive oil, maple syrup, and ground cinnamon. Spread onto the second baking sheet in a single layer and roast for 20-25 minutes, turning once halfway through, until the squash is soft and caramelized.

Toast Pecans:

While the vegetables roast, toast the pecans in the oven at 350°F for 5-7 minutes or until lightly golden. Be careful not to burn.

Combine Ingredients:

In a large bowl, gently mix the roasted Brussels sprouts, roasted butternut squash, toasted pecans, and dried cranberries.