



Roasted Brussels Sprouts and Butternut Squash

Makes 6 servings

Ingredients

Kosher salt
2 tablespoons extra-virgin olive oil
16 ounces Brussels sprouts, halved

16 ounces butternut squash, peeled and diced into $\frac{3}{4}$ -inch pieces
6 sprigs fresh thyme
Fresh black pepper, to taste

Instructions

1. Preheat oven to 425 degrees. Spray a large sheet pan with oil.
2. In a large bowl, combine the Brussels sprouts, butternut squash, thyme, olive oil, $\frac{3}{4}$ teaspoon salt and pepper, and arrange the vegetables on the baking sheet in a single layer.
3. Bake 40 minutes, or until the vegetables are roasted and tender.

Nutrition Facts

Serving size: 2/3 cup; calories per serving: 103; fat: 4.8g; saturated fat: 0.5g; cholesterol: 0mg; sodium: 22mg; carbohydrates: 15g; dietary fiber: 5g; protein: 3g; sugars: 3g

Source: www.skinnytaste.com

