

*Making it delicious*

# Butternut Squash & Brussels Sprouts

## Ingredients

- 4 cups Butternut Squash, peeled & diced
- 2 cups Brussels Sprouts, washed, trimmed & quartered
- 2 Tbsp. Olive oil
- 1/4 tsp. Salt
- 1/4 tsp. Ground black pepper
- 6 Sage leaves, thinly sliced or torn

Note: This roasting method works for many kinds of vegetables - and you can mix & match! Try it with broccoli, cauliflower, peppers, squash, carrots, cabbage, beets, eggplant, onions, mushrooms, etc.



## Nutrition Facts

4 servings per container  
**Serving size** (205g)

Amount per serving

**Calories** 150

% Daily Value\*

**Total Fat** 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 90mg 4%

**Total Carbohydrate** 22g 8%

Dietary Fiber 5g 18%

Total Sugars 4g

Includes 0g Added Sugars 0%

**Protein** 3g

Vitamin D 0mcg 0%

Calcium 101mg 8%

Iron 2mg 10%

Potassium 721mg 15%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

## Instructions

- Preheat oven to 425° F.
- In a large mixing bowl, combine all the ingredients.
- Stir to coat everything evenly.
- Spread the vegetables on a rimmed baking sheet and bake for 25-35 minutes, until the edges become golden brown, or to your preferred level of softness.
- Optional: For crispier results, remove the pan from the oven after 20 minutes, use a spatula to flip the veggies over, then return the pan to the oven for the remaining 10-15 minutes.

**SERVINGS: 4**

**PREP TIME: 45 MIN**