

Roasted Brussels Sprouts & Butternut Squash

INGREDIENTS

- 12 ounces Fresh Brussels sprouts
- 1 tsp Olive oil
- 1 Butternut squash (about 3½ cups)
- 2 tsp Dried thyme



Recipe courtesy of Diabetes Food Hub

DIRECTIONS

1. Preheat oven to 450 degrees F.
2. Slice Brussels sprouts in half. Cut larger pieces of squash into 1-inch cubes.
3. Place sprouts and squash in a large bowl and drizzle with olive oil. Stir in thyme, and toss to coat.
4. Spread the sprouts and squash in a single layer in a baking pan and bake for 25 minutes, until the veggies are tender and beginning to brown.

Servings: 7 | Serving size: ½ cups

Nutrition Information: Calories: 60; Total Fat: 2g; Cholesterol: 0mg; Sodium: 15mg; Total Carbohydrate: 11g; Dietary Fiber: 4g; Total Sugars: 2g; Protein: 2g