

ROASTED BUTTERNUT SQUASH & BRUSSELS SPROUTS WITH POMEGRANATE



Prep Time

10 min

Cook Time

30 min

Level

Medium

Servings

4-6



Ingredients

3 cups peeled & cubed butternut squash (about ½ large squash)
1 pound Brussels sprouts, ends trimmed off and cut in half
2 tablespoons olive oil
¼ teaspoon salt

Orange Glaze

2 tablespoons honey
2 tablespoons fresh squeezed orange juice (about ½ of an orange)
pinch of salt

Topping

1 pomegranate, seeded

Prep Ahead Tips

- Peel and cube butternut squash up to 3 days in advance
- Cut ends off brussels sprouts and cut in half up to 1 day in advance
- Make the orange honey glaze up to 1 day in advance
- De-seed pomegranate up to 3 days in advance

Making the Orange Glaze

Place ingredients in sauce pan on low heat. Whisk the orange juice and honey together until you see a slight boil, and set aside.

Directions

1. Preheat oven to 325°F.
2. Grease a large rimmed baking sheet and set aside.
3. Prepare all your veggies as instructed above (see tips on prepping in advance).
4. Spread the brussels sprouts and cubed butternut squash on the baking sheet.
5. Toss with olive oil and salt until well coated.
6. Spread the veggies out, separating the butternut squash from the brussels sprouts and placing the brussels sprouts cut side down.
7. Roast for 15 to 20 minutes.
8. Remove from oven and toss around each veggie to well coat, but making sure they remain separated and the spouts stay cut side down.
9. Return tray to the oven and roast for another 10 minutes.
10. Once the sprouts are crispy and the butternut squash is mostly tender, remove the sprouts from the pan into a dish to set aside.
11. Toss the remaining butternut squash in the pre-made orange glaze and return it to the oven to roast for another 5 minutes.
12. Remove the butternut squash from oven and toss with the brussels sprouts.
13. Sprinkle with the pomegranate seeds. Best served warm, but still good cold or room temperature. Serve & Enjoy!