

Maple Roasted Vegetables

Ingredients

- 1 medium (2-3 lb) butternut squash
- 2 large (3-in diam.) beets, peeled
- 1 pound brussel sprouts
- 4 Tbsp olive oil
- 1½ tsp salt
- 2 Tbsp maple syrup
- 1½ Tbsp balsamic vinegar
- ⅓ cup walnuts

Directions

1. Preheat oven to 400°F.
2. Peel and dice butternut squash and beet into ½ inch cubes. Trim ends of brussel sprouts and cut in half lengthwise.
3. In a large bowl, combine the olive oil, salt, maple syrup, and balsamic vinegar. Add vegetables and toss to cover.
4. Cover a large baking sheet with aluminum foil. Spread the vegetables out on the sheet in a single layer. Roast for 40 minutes, turning with a spatula halfway through.
5. Carefully remove vegetables from the baking sheet, placing them into a large serving bowl. Add pecans and lightly toss to mix vegetables. Serve warm.

Handling & Storage

Cut the leaves off the beets, leaving about 1 inch stems. Store leaves in a plastic bag in the vegetable drawer for no more than 3 days. Use the leaves in salads.

Place the beets in a separate plastic bag. Store beets in the refrigerator for up to a week, or a little longer. To prepare, scrub beets with a brush, remove roots, then cut as desired.

Nutritional Information

Calories: 273

Total Fat: 13.9 g

Saturated Fat: 1.7 g

Cholesterol: 0 mg

Sodium: 634 mg

Total Carbohydrates: 37.5 g

Dietary Fiber: 7.8 g

Sugars: 12.5 g

Protein: 6.7 g

Serves: 6