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# F2S Roasted Brussels Sprouts and Butternut Squash Salad

## Ingredients: (serves 4)

- 3 cups Brussels Sprouts, trimmed and halved
- 1 1/2 lb Butternut squash, bite size cubes
- 6 Tbsp Olive oil
- 1/2 tsp Salt to taste
- 2 cups Pecans, halved
- 1 cup Dried Cranberries
- 2-4 Tbsp Maple Syrup
- Optional: 1/2 tsp Spice of choice (thyme, cinnamon)
- Optional: 1 cup Bacon, chopped

## Instructions:

1. Preheat oven to 400°F.
2. Trim and halve the Brussels sprouts. Place them on one parchment lined baking sheet and toss with 3 Tbsp olive oil and salt to taste.
3. Peel and cube the butternut squash. Place them on the other parchment lined baking sheet and toss with 3 Tbsp olive oil and salt to taste.
4. Bake both for 20-25 minutes or until softened and browning. Can lightly toast pecans.
5. Combine roasted Brussels sprouts, roasted butternut squash, pecans, cranberries, maple syrup, and any optional ingredients. Toss together.

Adapted from: New York Kitchen

## Nutrition Facts

4 servings per container  
**Serving size** 1.5 cups

Amount per serving  
**Calories** 800

% Daily Value\*

**Total Fat** 60g 77%

Saturated Fat 6g 30%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 320mg 14%

**Total Carbohydrate** 68g 25%

Dietary Fiber 13g 46%

Total Sugars 37g

Includes 9g Added Sugars 18%

**Protein** 9g

Vitamin D 0mcg 0%

Calcium 163mg 15%

Iron 4mg 20%

Potassium 1111mg 25%

\*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.