

Harvest Roasted Dijon Vegetables

Ingredients

- 1 pound butternut squash, peeled and cut into 3/4 inch cubes
- 1 pound Brussels sprouts, halved
- 1.5 Tbs avocado oil
- 3 Tbs unsweetened dried cranberries or cherries
- Salt and pepper

Sauce:

- 1 Tbs Dijon mustard
- 1.5 Tbs unseasoned rice vinegar
- 1.5 Tbs olive oil
- Optional: 1/4 tsp chili flakes

Yield: 5 servings



When the dark, dampness of winter sets in, it is time to start roasting vegetables. Roasting brings out sweetness in starchy winter vegetables, it is important to roast at high heat between 400-450° F to get good caramelization and texture. Always look for locally grown produce to maximize nutrition.

Instructions:

1. Preheat oven to 450° F. On a baking sheet, toss squash and Brussels sprouts with oil and a sprinkle of salt and pepper.
2. Bake 20-30 minutes, stirring occasionally, until fork can easily be inserted into vegetables.
3. Add dried berries to baking sheet for final five minutes of roasting. Transfer all vegetables into serving bowl.
4. In a small mixing bowl, combine mustard, vinegar, and oil until emulsified. Pour over vegetables.

Tip: Feel free to substitute any squash or root vegetable.

Recipe modified from abeautifulplate.com



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