



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

ROASTED BRUSSEL SPROUTS & CINNAMON BUTTERNUT SQUASH WITH PECANS AND CRANBERRIES

3 cups Brussel sprouts, ends trimmed
3 tablespoons olive oil
¼ teaspoon salt, to taste
1 ½ lbs. butternut squash, peeled, seeded
and cubed into 1-inch cubes
2 tablespoons olive oil

3 tablespoons maple syrup
½ teaspoon ground cinnamon
2 cups pecan halves
1 cup dried cranberries
2-4 tablespoons maple syrup, optional

1. Brussel Sprouts: Preheat oven to 400 degrees F. Lightly grease the foil lined baking sheet with 1 tablespoon of olive oil.
2. Trim ends of Brussel sprouts and remove yellow leaves. Slice the Brussel sprouts in half.
3. In a medium bowl, combine halved Brussel sprouts, 2 tablespoons olive oil, and salt (to taste) and combine.
4. Place onto foil lined baking sheet, cut side down, and roast in the oven at 400 degrees for 20-25 minutes. During the last 5-10 minutes, turn them over for even browning. The cut sides should be nicely and partially charred but not blackened.
5. Butternut Squash: Preheat oven to 400 degrees F. Lightly grease the foil lined baking sheet with 1 tablespoon of olive oil.
6. In a medium bowl, combine cubed butternut squash, 1 tablespoon olive oil, maple syrup, and cinnamon, and mix to combine.
7. Place butternut squash in a single layer on the baking sheet. Bake for 20-25 minutes, turning once halfway through, until softened.
8. Note: You can roast both the Brussel sprouts and butternut squash on 2 separate baking sheets at the same time.

9. Toast pecans in the preheated oven at 350 degrees F. Line a baking sheet with parchment paper and place pecans on sheet. Toast for about 5 minutes in the oven. (Can burn quickly so keep a close eye on them.)
10. In a large bowl, combine roasted Brussel sprouts, roasted butternut squash, pecans and cranberries, and mix to combine.
11. Optional: For more sweetness, add 2-4 tablespoons of maple syrup, if desired.

Makes 6 servings.

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