

ORANGE GLAZED BUTTERNUT SQUASH AND BRUSSELS SPROUTS



Easy



30 minutes



Side Dish



06 Servings

INGREDIENTS

1 pound brussels sprouts washed, trimmed and halved
1 1/2 pounds butternut squash, peeled then diced into 1/2 in cubes (about 3 cups)
3 tablespoons olive oil, divided
2 tsp coarse kosher salt
1 cup pecans, toasted
1/4 cup dried cranberries, optional

Glaze:

2 tablespoons butter (or ghee), melted
2 teaspoons honey
3 tablespoons fresh squeezed orange juice
1 tablespoon orange zest
1/2 teaspoon black pepper
2 teaspoons apple cider vinegar

COOKING STEPS

1. Preheat oven to 400 degrees. Mix squash with 1 1/2 tablespoon of olive oil, mix brussels with 1 1/2 tablespoon of olive oil. Season with 1 tsp salt, each. Roast for 25 minutes.
2. For the glaze: Wisk the butter, honey, orange juice, orange zest, black pepper, and apple cider vinegar together
3. Add the orange glaze sauce to the roasted vegetables, coating and warming through.
4. Top the vegetable mixture with the toasted pecans and dried cranberries, if incorporating.

Recipe Adapted from Heart Beet Kitchen



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