



Roasted Sweet Potatoes and Brussels Sprouts

*Submitted by PEHP Member (Selena J)
Recipe Source: <http://thefoodcharlatan.com>*

Ingredients:

1 pound Brussels sprouts, trimmed
1 large sweet potato (1 pound)
2 cloves garlic, smashed
1/3 cup olive oil
1 tsp cumin
1/4 tsp garlic salt
1 tsp salt
Pepper to taste
1 TBSP red wine vinegar
Fresh thyme to garnish

Steps:

- Preheat your oven to 400 degrees.
- Trim your Brussels by cutting off the little brown end. If there are any yellow leaves, pull them off. Cut any large ones in half. Add to large bowl.
- Peel your sweet potato and chop into 1-2 inch pieces. Add to the large bowl.
- Smash 2 cloves of garlic and add it to the bowl.
- Pour 1/3 cup olive oil over the vegetables.
- Add cumin, garlic salt, salt and pepper to taste. Stir to coat.
- Line a large sheet pan with foil if you want super easy cleanup.
- Drizzle a little olive oil onto the sheet pan and rub it all over the pan (or foil) with your hand. You could also spray it well with nonstick spray.
- Pour veggies onto the pan.
- Roast at 400 for about 40-45 minutes. The veggies are done when they are brown and a fork slides into them easily.
- Place veggies in a serving bowl and toss with 1-2 TBSP red wine vinegar to taste. Garnish with fresh thyme.