

MAPLE ROASTED SWEET POTATOES & BRUSSELS SPROUTS WITH PECANS

Serves: 4-6

Total time: 45 minutes

By: Jen Gerasimas

Ingredients

- 1 large sweet potato, cubed
- 2 cups of Brussels sprouts, halved
- Avocado or olive oil
- Salt
- 1 ½ tbsp of butter
- 1 Tbsp maple syrup
- ½ tsp cinnamon
- ½ cup of pecans



Directions

1. Preheat oven to 425 degrees Fahrenheit. Line a baking sheet with foil for easy clean up.
2. Place sweet potatoes and Brussels sprouts on baking sheet and drizzle with avocado or olive oil.
3. Spread vegetables out evenly.
4. Roast for about 15 minutes, then toss.
5. Roasted for another 15 minutes.
6. In a small saucepan, combine butter, maple syrup, cinnamon, and pecans. Warm over medium heat for 5-10 minutes.
7. Pour pecan mixture over sweet potatoes and Brussels sprouts and roast for an additional 5-10 minutes.