

Roasted Fall Harvest Bowl



INGREDIENTS

- 1 large sweet potato
- 1 cup butternut squash
- 1 cup Brussels sprouts
- 1 large apple
- ½ cup fresh cranberries
- 1 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1 tbsp pure maple syrup
- ½ tsp Dijon mustard
- Salt and pepper to taste
- Fresh thyme or rosemary

INSTRUCTIONS

1. Preheat oven to 400°F
2. Peel and chop the sweet potato and butternut squash into cubes, and brussels sprouts and apple into halves.
3. Spread the sweet potato, butternut squash, apple, brussels sprouts, and cranberries on a large baking sheet.
4. Drizzle the ingredients with olive oil, and season with salt and pepper.
5. Toss everything together until evenly coated.
6. Place in the oven and let it roast for 25–30 minutes or until vegetables are tender and slightly caramelized. Stir halfway through for even roasting.
7. While the vegetables are roasting, whisk together the balsamic vinegar, maple syrup, and Dijon mustard in a small bowl.
8. Drizzle the maple balsamic glaze over the roasted vegetables when out of the oven, and toss gently to coat.
9. Garnish with fresh thyme and rosemary if desired.
10. Serve warm as a main dish or a side.

For a balanced meal, pair this dish with grains like quinoa or wild rice.