

Holiday Roasted Veggies



Ingredients

2 cups chopped sweet potatoes
1/2 cup diced red onion
1 cup chopped green apple
1 cup quartered brussel sprouts
2 clove garlic, minced
2 T Extra Virgin Olive Oil
1 tsp cinnamon
1 tsp salt & 1/2 tsp pepper

Directions

- 1.) Pre heat the oven to 350 F. Wash produce.
- 2.) Quarter Brussel sprouts; chop red onion, sweet potatoes, green apple, and mince garlic.
- 2.) Add to large bowl and drizzle with olive oil. Sprinkle with salt and pepper and cinnamon and toss to coat.
- 3.) Place on large baking sheet and roast for 30 minutes or until brussel sprouts and sweet potatoes are easily pierced with a fork. Serve with your favorite protein!

Nutrition Facts: ~4, 1.25 cup servings. 175 calories, 27 grams carbohydrates, 7 grams fat, 3 grams protein, 5 grams fiber.

