

Roasted Brussels Sprouts and Butternut Squash

Ingredients:

1lb brussels sprouts

1 medium butternut squash

2 Tbs olive oil

[White spice](#) to taste

Directions:

- Preheat oven to 400 degrees
- Trim brussels sprout stems and remove any discolored outer leaves. Cut each one in half
- Peel, seed and dice squash (Put the squash in the microwave for 2 minutes to soften up the skin to make it easier to peel with a vegetable peeler.)
- Toss sprouts and squash with olive oil and season generously with white spice.
- Place vegetables on a baking sheet and allow to roast for 30-35 minutes or until golden and tender. (I like to give it a quick toss again about half way through the cooking time to make sure it is browning evenly.)
- Serve with your dinner of choice and enjoy!