



Lakeland Natural Health

Roasted Sweet Potatoes & Brussel Sprouts

*Use Organic Ingredients when possible

Ingredients:

- 1 Lb Brussel Sprouts
- 1 Large Sweet Potato
- 2 Cloves of Garlic- smashed
- 1/3 Cup Olive Oil
- 1 Tsp Cumin
- 1/4 Tsp Garlic Salt
- 1 Tsp Salt
- 1 Tbsp Red Wine Vinegar
- Pepper to taste
- Fresh Thyme to garnish

Instructions:

1. Preheat oven to 400F degrees
2. Trim Brussels by cutting off the little brown end, pull off any yellow leaves. Cut large ones in half. Add to a large bowl.
3. Peel sweet potato and cut into 1–2-inch pieces. Add to the large bowl.
4. Smash 2 cloves of garlic and add to the large bowl.
5. Pour 1/3 cup olive oil over the vegetables.
6. Add cumin, garlic salt, salt, and pepper to taste. Stir to coat.
7. Drizzle a little olive oil onto a sheet pan and rub all over the pan. Pour the vegetables onto the pan.
8. Roast at 400F for 30-40 minutes. The vegetables are done when they are brown and a fork slides in easily.
9. Place vegetables in a serving bowl and toss with 1-2 tablespoons red wine vinegar to taste.
10. Garnish with fresh thyme. Serve hot.

You can make this a day or two ahead of time. Bake as directed and let cool without adding the red wine vinegar. Store in the refrigerator in a sealed container for up to two days. When ready to serve, spread onto a greased pan and roast 400F for 5-10 minutes until they are sizzling and hot. Remove from oven, add red wine vinegar to taste and serve.